



Healthy Latino Recipes

Network for a Healthy California

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The Network for a Healthy California —Latino Campaign invites you to discover the zesty flavors and enticing aromas of healthy Latino cooking. This cookbook provides family favorites that use a variety of colorful fruits and vegetables, while keeping the amount of fat, added sugars, and sodium per serving within healthy guidelines.

Eating the right amount of fruit and vegetables as part of a lowfat, high fiber diet may lower your risk of serious problems like obesity, type 2 diabetes, heart disease, stroke, and certain types of cancer.

The amount of fruits and vegetables that is right for you depends on your age, gender, and physical activity level. View the Recommended Cups of Fruits and Vegetables chart on pages 5 and 6 to find out how many cups of fruits and vegetables each person in your family needs.

Don't forget to be active, too! Being physically active gives you more energy. It helps lower stress. And, it helps you keep a healthy body weight. To take care of your health and lower the risk of serious health problems, you need at least 30 minutes of moderate-intensity physical activity every day like dancing, walking, or doing yard work. Children need at least 60 minutes of physical activity every day.

Take charge! You hold the power to bring healthy changes at home. Start by using these low-cost and easy-to-make recipes.

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