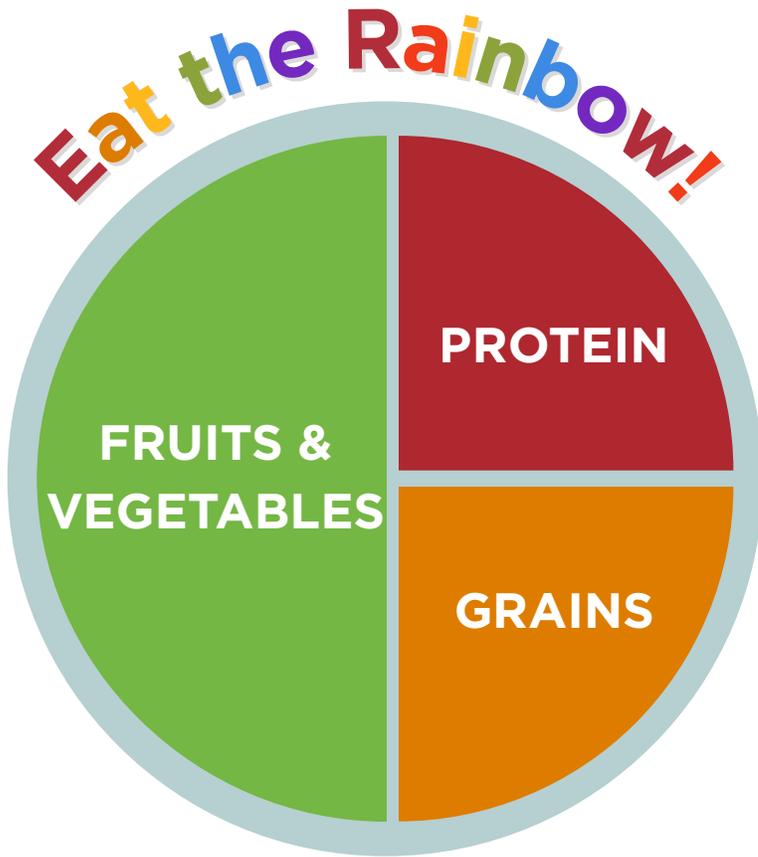


Spring Into Healthy Habits

Reminders For A Healthier You



Spring is a great time to refresh your routine! Small food choices can help support your energy, digestion, and overall health.

When it comes to fruits and vegetables, we know they are great sources of fiber, which helps keep us feeling full, lowers cholesterol, and slows blood sugar spikes.

It's also important to eat a variety to make sure you're getting different vitamins and minerals.

Remember - **different colors can provide different health benefits!**

NUTRIENTS

SUPPORTS

RED	Lycopene, vitamin A, vitamin C, vitamin E, iron, calcium, potassium	Heart, brain, bladder health, cancer prevention
ORANGE	Beta-carotene, vitamin A, vitamin C, potassium	Eyes, heart, lungs health, immune support, cell health and function
YELLOW	Beta-carotene, lutein, vitamin A, vitamin C, folate, potassium	Eyes, heart, skin health, immune support, cell protection
GREEN	Vitamin K, vitamin C, folate, potassium, lutein	Blood, bone, heart health, immune support, cancer prevention
BLUE	Vitamin K, vitamin C, manganese, antioxidants	Brain, heart health, immune support, anti-inflammatory
PURPLE	Vitamin K, vitamin C, manganese, resveratol, antioxidants	Brain, heart health, immune support, anti-inflammatory



Need More Help? Interested in a FREE nutrition education class?
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Reminders For A Healthier You

Move More, Feel Better



Spring is a great time to connect with your body and get some movement in. Here are some ways to move each day. Get outside and enjoy the fresh air!

- **Take a 10-minute walk after a meal** - this can help with digestion and blood sugar levels.
- **Take a movement break every hour** - standing up and stretching can help improve circulation and stiffness.
- **Turn household chores into movement** - gardening, vacuuming, or washing your car count keeps you moving so they count as physical activity.
- **Spend time with someone** - walk with a friend, join a community activity, or take a family walk after dinner.



Bell Pepper and Potato Tacos

Ready In: 30-45 minutes **Yields:** 3-4 Servings

Ingredients:

- | | | |
|---|--|---|
| <input type="checkbox"/> 1 lb. medium-sized potato, diced | <input type="checkbox"/> 2-3 tbsp, olive oil | <input type="checkbox"/> ½ tsp smoked paprika |
| <input type="checkbox"/> 1 large bell pepper, diced | <input type="checkbox"/> 1 tsp cumin | <input type="checkbox"/> Salt and pepper to taste |
| <input type="checkbox"/> ½ onion, chopped | <input type="checkbox"/> ½ tsp dried oregano | <input type="checkbox"/> 8 corn tortillas |

Suggested Toppings:

Lime, jalapeno, cilantro, queso fresco or feta, avocado, salsa, cooked chicken or fish

Directions:

1. Heat 2 tablespoons of olive oil in a large skillet over medium heat.
2. Add diced potatoes in a single layer. Cook 10-15 minutes, stirring occasionally until golden and tender. Season with salt.
3. Add onion and bell pepper. Cook for about 5 minutes until softened.
4. Stir in cumin, oregano, smoked paprika, salt and pepper.
5. Warm tortillas in a dry pan.
6. Fill tortillas with potato-pepper mixture and add toppings. Enjoy!



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