



Be a Food Explorer!

Healthy Foods for the Whole Family



Baptist Health

Let food be thy medicine and medicine be thy food.
– Hippocrates (400 BC)

Baptist Health invites you and your family to embark on a journey of health and wellness through the delicious foods that grow here in South Florida and on our very own campuses. Even before the first seeds were sown at our first Grow2Heal garden at Homestead Hospital in 2014, Baptist Health had eliminated trans fats and deep-fried foods and re-evaluated portion size, along with many other efforts, for all our menu offerings. Small, simple steps push forth the Baptist Health Food Philosophy that has become an essential guide to preventive healthcare through nutrition for our community and staff. We hope this publication will inspire you to make delicious lifestyle changes that improve and enhance your lives. Baptist Health is excited to lead you on this journey to create a sustainable, healthier, happier you!



Join our Food Explorers

Meet Olivia and Josh. They're ready to go on an adventure to discover healthy foods in South Florida. And you're invited!

Food Explorers love trying new foods and finding out where their food comes from. Their journey starts with growing fruits and veggies and knowing when they're ready to harvest and eat. They know how important it is to read labels and understand what we're eating.

Along the way, Olivia and Josh have come up with games and activities to make it fun to learn about healthy foods. And they love to cook! They've shared easy recipes using some of the fruits and vegetables they've discovered. You can try them at home for family and friends so they can join your adventure, too.

Once you know about the fruits and vegetables that grow here and learn how to prepare them and make delicious, good-for-you meals, you'll be a Food Explorer for life — and you can bring your friends and family along for the ride.

Ready to get started? Let's go!

Grow2Heal gardens host regular field trips that include a tour of the garden, hands-on planting and harvesting, tasting and cooking classes.



What do we grow?

Our subtropical climate in South Florida means we get to enjoy many fruits and vegetables year-round. In the winter and early spring, farmers in the Redland and Homestead area grow vegetables like beans, tomatoes, greens, cucumbers, squash, kale, eggplant, beets and carrots. Much of this produce is shipped to feed people in other parts of the United States, where it's too cold to grow these crops during winter months. Florida also grows citrus, avocado, starfruit, mamey sapote and other tropical fruits in winter and spring.

Crops like okra, peppers and calabaza do well in South Florida's summer heat. So do fruits like mangos, jackfruit, lychee, longan, dragonfruit, watermelon and breadfruit.

When you eat local produce — fruits and vegetables grown right here in South Florida — you're getting fruits and veggies that didn't travel a long distance to get here, so they're fresh and tasty. Shop for local fruits and veggies at farmers markets and farmstands in the agricultural district.

And it's easy to grow your own vegetables at home. All you need is a sunny spot outside. You can grow in pots or built-up areas called raised beds. When you eat something you grew yourself, it tastes extra delicious!

Josh and Olivia are getting ready to plant cherry tomatoes, long green beans and tropical spinach at their school garden.



WHAT'S IN SEASON IN SOUTH FLORIDA

These fruits and veggies are harvested here during these seasons:

WINTER: Greens, beets, broccoli, cabbage, carrots, chard, beans, eggplant, peppers, tomatoes, winter squash, avocado, citrus, mulberries, strawberries, turmeric, canistel, passionfruit, caimito

SPRING: Greens, corn, cucumbers, eggplant, zucchini, yellow squash, green jackfruit, lychee, mango, pineapple

SUMMER: Kale, calabaza, eggplant, hot peppers, callaloo, okra, collards, longan, canistel, sapodilla, avocado, carambola

FALL: Squash blossom, sweet potato, yuca, Seminole pumpkin, okra, mamey sapote

YEAR-ROUND:

Guava, bananas/plantains, coconut, papaya



Plant Your Own

WHAT YOU NEED: Paper cups, potting soil, seeds (lettuce or greens, beans, peppers, squash and sunflowers are good choices), spray bottle for water.

WHAT TO DO: Place soil in cups. Put seed in each cup (sprinkle lettuce seeds) and cover lightly with soil, then mist with water. Keep in a sunny location, misting so the soil doesn't get dry. Soon you'll see tiny seedlings popping up. When they grow 6" tall, you can transplant them into larger pots outside. Make sure your seedlings are watered regularly. You can harvest your lettuce or greens by cutting off leaves. Wash under water, dry leaves with paper towels and eat!

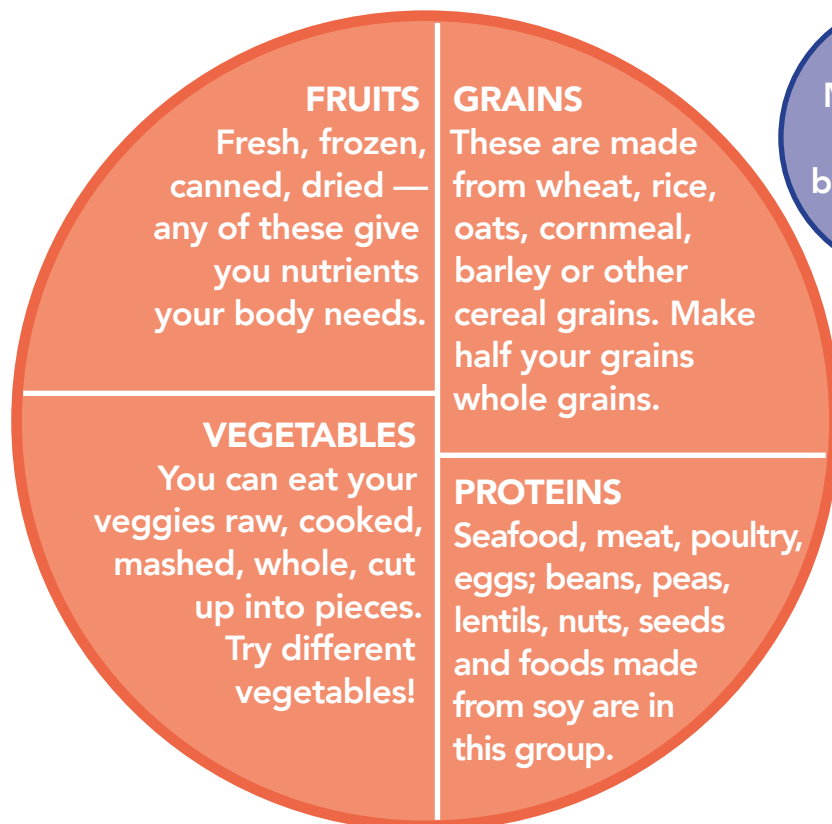
You can re-grow scallions, also known as green onions! After using the green part, place the roots in a small jar of water. Keep the jar filled with water in a sunny place. Soon, the green tops will start growing back. Cut them off with scissors when you're ready to use.





What a healthy plate looks like

Did you know that half your plate should be fruits and veggies?
An easy way to know you're getting foods that are good for you
is fill your plate with the foods below.



DAIRY
Milk, cheese and yogurt belong to this group.

WHAT TO DRINK?
Instead of drinks with added sugars like soda pop, sugary fruit drinks or sports drinks, try water with a squeeze of fruit.

Food Explorers Bingo

Olivia and Josh are on a quest to try as many new foods as they can! How many of these foods have you tried? Cross off the foods you've eaten. As you taste new foods on the bingo card, cross them off, too. Which are your favorites?



Mango



Mulberries



Broccoli



Oranges



Blueberries



Avocado



Jackfruit



Watermelon



Cherry tomato



Sweet potato



Strawberries



Mushrooms

FREE



Longans



Papaya



Caimito



Lychee



Starfruit



Zucchini



Calabaza



Eggplant



Cauliflower



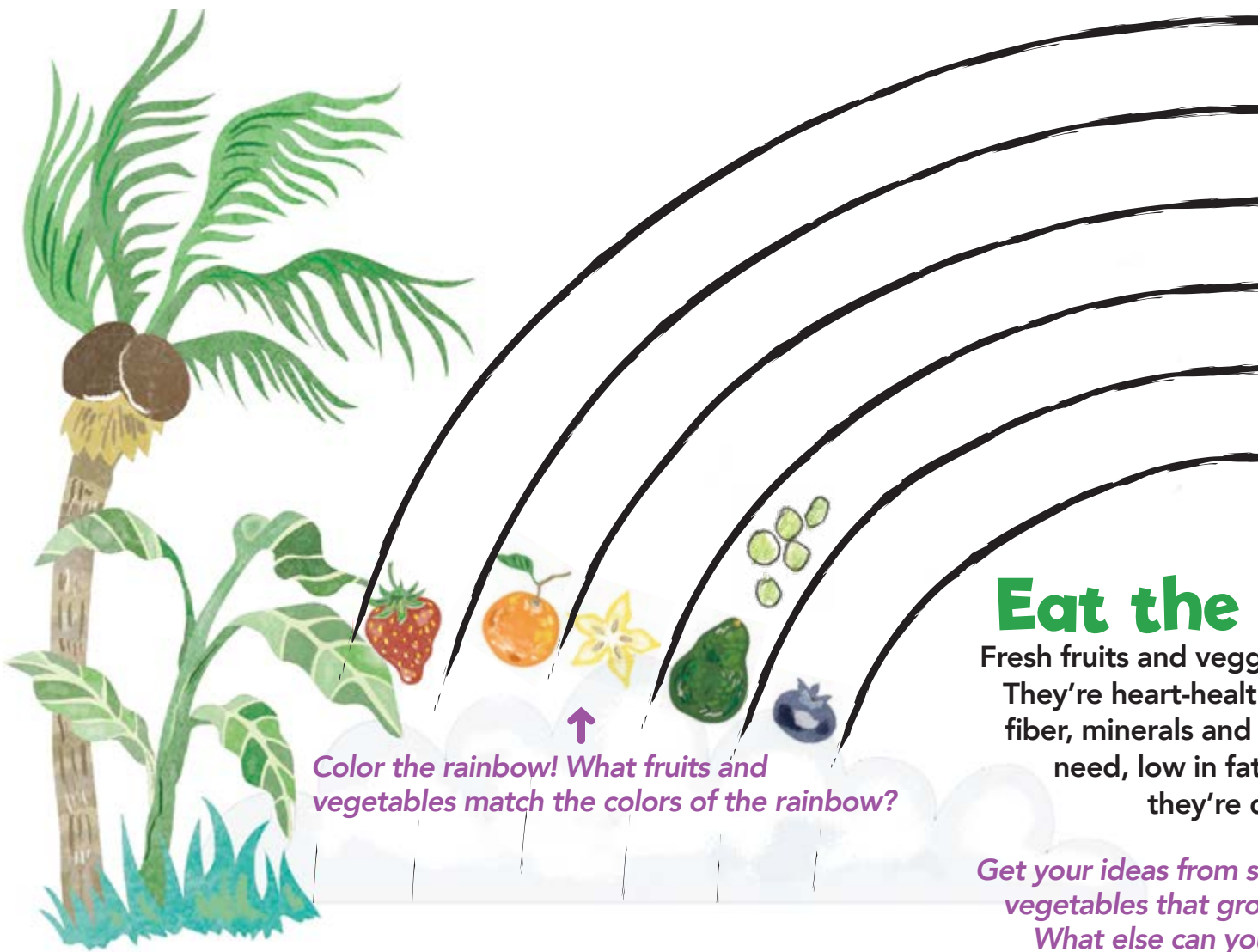
Pineapple



Collards



Figs



Color the rainbow! What fruits and vegetables match the colors of the rainbow?

Eat the

Fresh fruits and veg
They're heart-heat
fiber, minerals and
need, low in fat
they're c

Get your ideas from s
vegetables that gro
What else can yo



RED to support heart health and memory

- | | |
|--------------|--------------|
| Beets | Roselle |
| Dragon fruit | Strawberries |
| Guava | Tomato |
| Mamey sapote | Watermelon |
| Pomegranate | _____ |
| Radishes | _____ |
| Red pepper | _____ |

ORANGE for healthy eyes

- | | |
|---------|--------------|
| Carrots | Squash |
| Mango | Sweet potato |
| Oranges | Tangerines |
| Papaya | _____ |
| Pumpkin | _____ |



YELLOW to support the immune system

- Bananas and
- Plantains
- Canistel
- Corn
- Grapefruit
- Jackfruit
- Passionfruit

rainbow

Fruits are good for you. They are healthy, high in vitamins, and contain other nutrients you need. And best of all, they are delicious!

Some of the fruits and vegetables grown in South Florida. Can you add to the list?

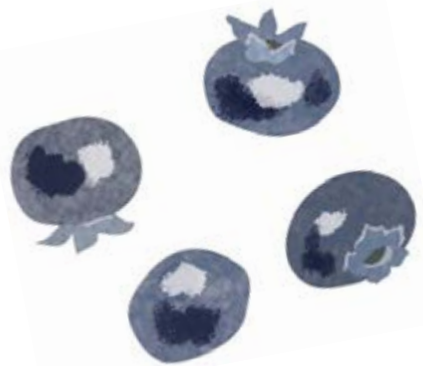


to support the immune system

- Pineapple
- Squash
- Starfruit
- Yellow pepper

GREEN for strong bones

- | | |
|-------------|--------------|
| Avocado | Green pepper |
| Broccoli | Kale |
| Callaloo | Okra |
| Collards | Zucchini |
| Cucumbers | <u>Peas</u> |
| Green beans | _____ |



BLUE for healthy brain

- Blackberries _____
- Blueberries _____

PURPLE to fight inflammation

- Caimito _____
- Eggplant _____
- Mulberries _____
- Turnips _____

Build a healthy lunchbox

Making your own lunch is one way to take charge of your health. Sometimes, snack foods from the grocery store aren't the healthiest choices. They may be filled with added sugar, saturated fats, salt and sodium. Learn how to read labels to make the best decisions.

Read the label

How can you tell if packaged foods like snacks, cereal, breads and canned foods are healthy choices? Just look on the label on the package! The label tells you:

- 1 SERVING SIZE** – Pay attention to the serving size and the number of servings you eat. The label is based on one serving and it tells you how much one serving is. If you eat more, then you're getting more calories.
- 2 CALORIES** – Your body needs calories from food to work. But eating too many calories isn't healthy. Read labels to find out the calories of different foods. For snacks, 100 calories per serving is considered a moderate amount; 400 calories per serving is a high-calorie snack.
- 3 ADDED SUGARS** – Some foods have more sugar added when they're being made. For a healthy diet, make sure you eat foods that don't have high amounts of calories from added sugars. They

Compare labels →

The label at the right is for one ounce of plain almonds, or 23 whole kernels. Look in your kitchen or refrigerator for packaged snack food. Compare its label to the one at the right. Is it a healthy choice?

should be less than 10 percent of total calories every day.

- 4 % DAILY VALUE** – Your body needs nutrients to keep you growing and going every day. This number tells you how many nutrients are in each serving. Look for foods that are high in nutrients like fiber, vitamin D, calcium, iron and potassium, and low in saturated fat, trans fat, sodium and added sugars.

Nutrition Facts	
Serving Size 1 oz (23 whole kernels) (28g)	
Calories 164	
% Daily Value *	
Total Fat 14.2g	18%
Saturated Fat 1.1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0.3mg	0%
Total Carbohydrate 6.1g	2%
Dietary Fiber 3.6g	13%
Total Sugars 1.2g	2%
Includes ~g Added Sugars	~%
Protein 6g	12%
Vitamin C 0mg	0%
Vitamin D 0µg	0%
Iron 1.1mg	6%
Calcium 76.4mg	6%
Potassium 208.2mg	4%
Phosphorus 136.6mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



What do you want in your healthy lunchbox?

↑ Fill Olivia and Josh's lunchboxes by drawing your favorite healthy foods in the picture above! Here are some ideas:

- | | | | | |
|---|--|---|---|---|
| <input type="checkbox"/> Whole-grain tortilla wrap with cheese, spinach leaves and cabbage shreds | <input type="checkbox"/> Low-fat plain yogurt with starfruit slices or passionfruit | <input type="checkbox"/> Avocado chunks with red pepper strips and cheese | <input type="checkbox"/> Baked empanadas filled with spinach and cheese | <input type="checkbox"/> Little bananas |
| <input type="checkbox"/> Pita bread filled with nut butter and banana slices | <input type="checkbox"/> Rollups of large lettuce or spinach leaves filled with carrot shreds and chicken slices | <input type="checkbox"/> Baked tortilla chips, watermelon salsa | <input type="checkbox"/> Kale chips | <input type="checkbox"/> Dragonfruit chunks |
| | | <input type="checkbox"/> Bean salad with cornbread | <input type="checkbox"/> Popcorn | <input type="checkbox"/> Fruit waters (add lemon, orange, strawberry, pineapple to water) |
| | | | <input type="checkbox"/> Cherry tomatoes | |

Make it yourself

Learning to prepare your own meals is fun, but there are a lot more reasons to get cooking. You can learn lots of useful skills (including math!) and discover how to use foods that are good for you. When you cook, you find out how to be a good shopper. Best of all, you'll know how to make healthy foods for yourself, your friends, your family and anyone else. Josh and Olivia came up with these recipes to get you started!



CREAMY FRUIT SMOOTHIE

SERVES 1 If you have overripe bananas, just freeze them in a container or zip-top bag so they're ready for this recipe! Recipe from Susan Nowrouzi, MS, RDN, CDCES, Wellness Dietitian, Baptist Health South Florida.

- 1 cup frozen berries (blueberries, strawberries, raspberries)
- 1 frozen ripe banana
- ½ cup low-fat milk
- 2 tablespoons almond butter
- ½ cup plain yogurt
- 1 tablespoon maple syrup or honey
- 2 tablespoons low-fat, low-sugar granola
- ½ cup fresh berries

Mix all ingredients except granola in a high-speed blender. Pour in a glass and top with granola and fresh berries.

CONFETTI CORN BREAD

MAKES 9-12 SQUARES The more colorful peppers you can find, the prettier this will look.

- 1 cup cornmeal
- 1 cup unbleached flour
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 tablespoon baking powder

- 1 egg
- ¼ cup vegetable oil
- 1 cup milk
- 2-3 small red, yellow and green bell peppers, seeds removed, cut into ¼-inch squares

Preheat oven to 425 degrees. Grease an 8- or 9-inch baking pan. In a large mixing bowl, combine cornmeal, flour, sugar, salt and baking powder. In a small bowl, beat egg with a fork until blended. Beat in oil and milk. Pour into flour mixture and stir until blended. Stir in peppers. Spread into prepared pan. Bake 20-25 minutes until a toothpick inserted in the center comes out clean. Cool on a rack. Cut into squares and serve.

BAKED SWEET POTATO FRIES WITH YOGURT DIP

SERVES 4-6 These baked fries are perfect to dip into a creamy yogurt sauce.

- 3 large sweet potatoes
- ¼ teaspoon salt
- ½ teaspoon smoked paprika
- 2 tablespoons olive oil
- ½ cup plain Greek yogurt
- 2 tablespoons green scallions, chopped fine

Preheat oven to 400 degrees. Have a large baking sheet ready. Scrub potatoes well but don't peel them. Cut each in eight long wedges and place in a large bowl. Sprinkle with salt and paprika. Add olive oil and mix well. Spread in a single layer on baking sheet. Bake for 35-40 minutes until golden. Meanwhile, make dip, combine yogurt and scallions. Serve fries with dip.

ONE-POT LENTILS AND KALE

SERVES 4 Lentils, vegetables and cheese make this a complete dinner.

- 1 cup lentils, rinsed in water
- ¾ cup water
- ½ teaspoon salt
- ½ cup onion, chopped
- 2 cloves garlic, peeled
- 3 tomatoes, coarsely chopped, with their juice
- 3 large kale leaves, sliced in thin strips
- ½ cup cheese, shredded

Preheat oven to 350 degrees. In a large oven-proof dish, combine lentils, water, salt, onion, garlic, tomatoes and kale. Cover with lid or foil. Bake for one hour. Carefully remove lid or foil before serving.



Build your own salad in 5 easy steps

- 1 Start with leafy greens: spinach, kale, romaine
- 2 Add lean protein: chicken breast, fish, tofu
- 3 Add fiber and color: beans, legumes, grains and veggies
- 4 Pick healthy fats: guacamole and nuts
- 5 Use balsamic vinegar or olive-oil based dressing

Angie Placeres, MS, RDN, CDCES
Wellness Dietitian, Baptist Health South Florida

Plant power

You can eat a healthy meal without meat, chicken, fish or dairy products. Many people around the world eat plant-based foods because they're nutritious, tasty and use less land and water than raising animals. Try these delicious recipes. They're all plant-based!



OVERNIGHT OATS WITH FRUITS

1 SERVING Make this the night before. When you're ready to eat, stir in your favorite fruits and nuts.

- 1 cup uncooked old-fashioned oatmeal (not instant)
- ½ cup almond milk
- ½ cup seasonal fruits, like mango, jackfruit, berries, bananas, cut into pieces

What else can you add?

- Raisins
- Dates
- Shredded coconut
- Dried fruits
- Chopped nuts
- Sunflower seeds
- Sesame seeds
- Chia seeds

In a jar or bowl, add oats. Pour in milk. Refrigerate overnight or at least 8 hours. Stir in fruits and any add-ins, and eat! It's best to eat this within 24 hours.

RAINBOW CARROT SALAD

SERVES 4 You can make this with any carrots, but if you find different colors, even better!

- 4 large carrots, scrubbed and peeled
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ cup parsley, chopped

Shred the carrots on a box grater using the side with the big holes. Be careful! Place in a bowl with the olive oil, lemon juice, salt and parsley and mix well.

CARIBBEAN BEANS AND RICE

SERVES 8 Use your favorite beans in this easy recipe.

- 1 tablespoon vegetable oil
- 1 medium onion, chopped
- 1 green pepper, chopped
- 1 stalk celery, chopped
- 1 14.5-oz. can low-sodium tomatoes
- 1 15.5-oz can red kidney beans or black beans
- 2 green plantains, cut in ¼-inch slices, peeled
- 1 clove garlic, mashed
- 1 teaspoon oregano (dried or fresh)
- 3 tablespoons parsley, chopped
- 1½ cups instant brown rice (uncooked)

In a large pan, heat oil. Add onion, green pepper and celery and cook over medium heat, stirring occasionally, until tender. Add tomatoes and their juice, beans and their liquid, garlic, oregano and parsley. Bring to a boil, then turn down and simmer for 30-35 minutes, until plantain is cooked. Stir in rice and cover pot. Reduce heat and simmer for about 5 minutes. Turn off heat and let stand for five minutes before serving.

GARDEN PASTA

SERVES 4 This tasty pasta sauce doesn't even need cooking!

- 1 lb. box pasta: penne or pennette, fusilli, rotelle are all good choices
- 1 tablespoon salt
- 2 medium tomatoes or 1 pint (2 cups) cherry tomatoes
- 1 patty pan, zucchini or yellow squash
- ¼ cup fresh herbs: basil, mint, parsley, oregano, thyme, tarragon, sage
- ½ teaspoon salt
- 3 tablespoons olive oil

Fill a large pot with water and 1 tablespoon salt. Set to boil. Meanwhile, prepare sauce. If using whole tomatoes, cut into ½-inch cubes and place with their juice in a large serving bowl. Cut squash in thin slices and place in bowl with tomatoes. Add herbs and salt. In a small pot, heat olive oil just until it starts to shimmer. Carefully pour on top of tomatoes, squash and herbs — it will sizzle. Use a big spoon to gently combine.

Cook pasta in boiling water according to package directions. Drain and add to tomato mixture. Mix well and serve.

Be a smart cook

- Check with grownups before you get started.
- Wash your hands with soap and water.
- Read the recipe carefully and get all your ingredients ready.
- Use oven mitts and pot holders with hot pots.
- No "double dipping." Don't put spoons back in food after using them for a taste.
- Clean up your space as you go.

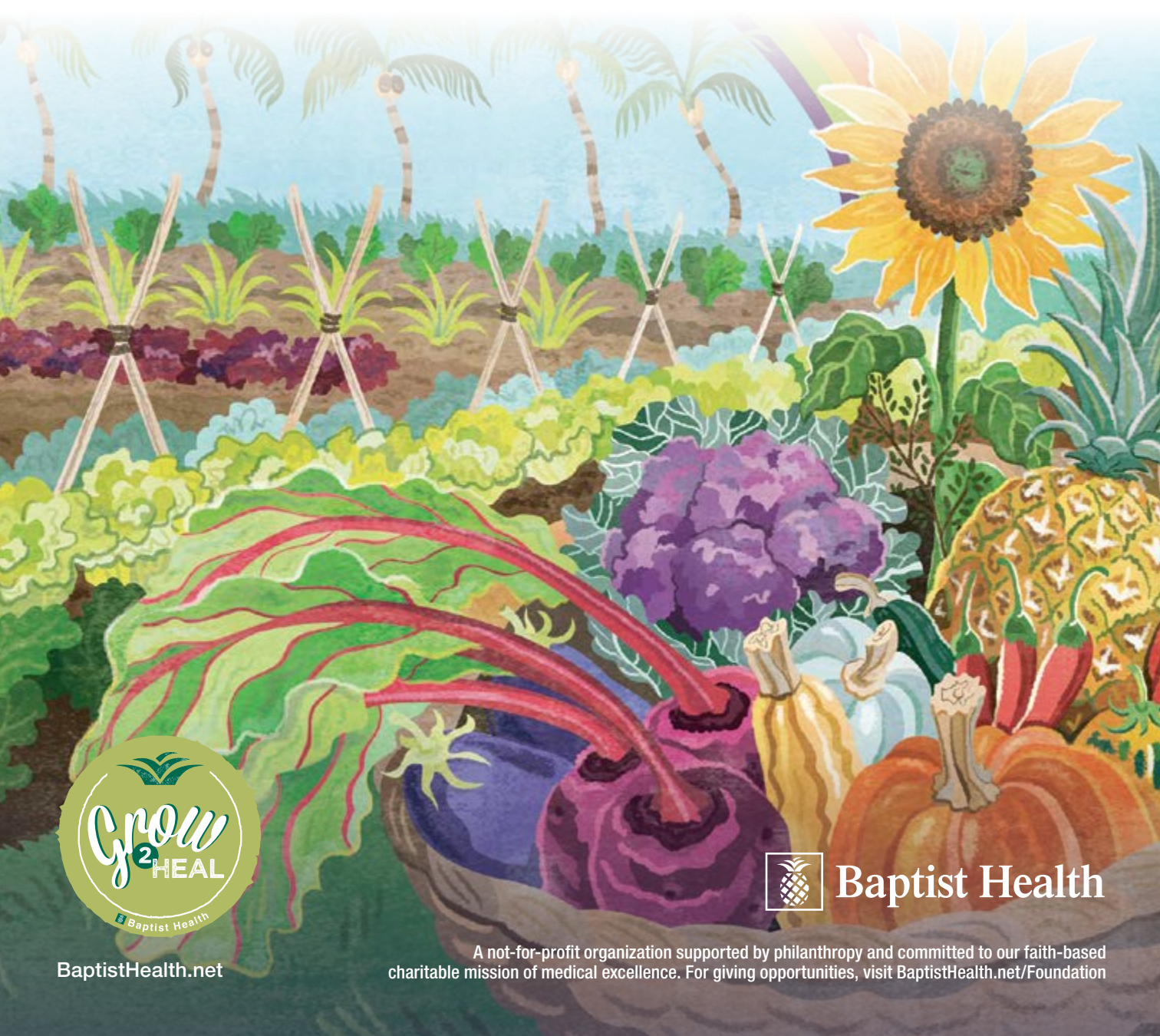
← **What are Josh and Olivia cooking? Draw your favorite plant-based meal on the plate.**

Our Gardens Are Growing

Homestead Hospital's Grow2Heal garden has been cultivating fresh fruits and vegetables for patients, visitors, employees and local organizations in need since 2014. Grow2Heal gardens have also cropped up on the campuses of Doctors Hospital, South Miami Hospital, West Kendall Baptist Hospital and Miami Cancer Institute.

The fruits of our labor provide people with a bounty of health benefits, including boosting the immune system and managing chronic health issues.

We know that good nutrition is important to overall wellness. We are committed to delivering good health, from the ground up.



Baptist Health

BaptistHealth.net

A not-for-profit organization supported by philanthropy and committed to our faith-based charitable mission of medical excellence. For giving opportunities, visit BaptistHealth.net/Foundation