



asian women for health
 Vì Sức Khỏe Phụ Nữ Châu Á
 亚洲健康女性

AWFH is a peer-led, community-based network dedicated to advancing Asian women’s health and wellness through education, advocacy, and support.



Boost Your Nutrition!

You can save on healthy food with a little know how on healthier eating habits and embrace a few simple strategies for an enjoyable and fulfilling experience!

Power of Smoothies!

Smoothies offer a convenient and budget-friendly way to incorporate immune-supportive fruits and veggies and give your body that extra boost of nutrition! Smoothies also includes more fiber into your diet, as most Americans only intake

50%

of what their body actually needs!



Healthy Ingredients (+ their benefits!)

Ginger Aids digestion, treats nausea

Blueberries High in antioxidants, lowers blood pressure

Turmeric Lower risk of heart disease; anti-inflammatory

Chia Seeds Rich in omega-3 fatty acids, fiber, and protein

Goji Berries Supports immune system and improves eye health

Purple Smoothie Recipe!

- A very small piece of ginger
- A very small piece of turmeric OR a dash of turmeric powder
- A handful of spinach
- A handful of frozen blueberries
- A handful of strawberries
- 1 chopped apple
- 1 cup of orange juice

Did you know?

frozen fruits and vegetables are just as nutrient dense as fresh fruits and vegetables!



Learn more
 by watching a recording of our webinar:
awfh.org/healthyeating