



Minnesota Center of Excellence in Newcomer Health Newcomer Education for Wellness (NEW) Video Series HEALTHY EATING VIDEOS

An overview of the importance of healthy eating, what unhealthy food and drinks to avoid, how to eat a balanced meal, what nutrition to consider for infants and children, and tips for eating healthy on a budget.

[Healthy Eating \(Arabic\)](https://youtu.be/XZ7fh2CiTpM)

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[Healthy Eating \(Burmese\)](https://youtu.be/WawC2uDX0z4)

(<https://youtu.be/WawC2uDX0z4>)



[Healthy Eating \(Dari\)](https://youtu.be/RWgin3unxhA)

(<https://youtu.be/RWgin3unxhA>)



[Healthy Eating \(English\)](https://youtu.be/GQ-S9OaZZKk)

(<https://youtu.be/GQ-S9OaZZKk>)



[Healthy Eating \(French\)](https://youtu.be/qgisMinc1gg)

(<https://youtu.be/qgisMinc1gg>)



[Healthy Eating \(Haitian Creole\)](https://youtu.be/SexHZ_nslro)

(https://youtu.be/SexHZ_nslro)



[Healthy Eating \(Karen\)](https://youtu.be/PHiqzz3KaVY)

(<https://youtu.be/PHiqzz3KaVY>)



[Healthy Eating \(Pashto\)](https://youtu.be/4kqhmSlo_IQ)

(https://youtu.be/4kqhmSlo_IQ)



[Healthy Eating \(Somali\)](https://youtu.be/pfAcoPLFnPs)

(<https://youtu.be/pfAcoPLFnPs>)



[Healthy Eating \(Spanish\)](https://youtu.be/AgaV-QOlqIc)

(<https://youtu.be/AgaV-QOlqIc>)



[Healthy Eating \(Swahili\)](https://youtu.be/k3DYaND2P2g)

(<https://youtu.be/k3DYaND2P2g>)



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