



# celebrate *our* differences



**“TELL ME WHAT YOU EAT AND I’LL TELL YOU WHO YOU ARE”** proclaims a famous French lawyer, magistrate, and politician also known for his book, *The Physiology of Taste*. What makes you who you are? Maybe it’s Grandma’s secret recipe or a favorite dish discovered on a recent trip. It could be as simple as your hometown’s signature fare, or as exotic as the spices embraced by your culture. We live in a diverse world, a diverse country, a diverse community, and a diverse family. Just as food helps us “celebrate our differences”, it also gathers us around the same table to share new tastes, explore diverse ideas, and connect with each other.



- Know who you are, understand your risks, and incorporate small changes into your everyday life
- Discover the joy of your culture through the health benefits of dance such as salsa, African dance, a polka or belly dancing
- Get creative and find healthy alternatives for the ingredients in your recipes
- Explore the world or your community through healthy, new foods to add to your plate
- Invite your friends to your table and share who you are through the foods that you serve



**Make a choice for better health. Visit [spiritofwomen.com](http://spiritofwomen.com).**

Your health, much like your recipes, is all about ingredients, measurement, directions, and your individual taste. Diversity does not need to be a barrier when it comes to your health. Your Spirit of Women hospital, doctors, and nurses serve you based on your unique needs and preferences.

What is on your plate?



**DISCUSS THESE DIFFERENCES WITH YOUR DOCTOR AND TOGETHER CREATE YOUR RECIPE FOR BETTER HEALTH:**

- Personal and family health history and concerns
- Risks associated with your age, gender, and ethnic background
- Recommended screenings based on your health profile
- Disease and conditions prevalent in your community
- Lifestyle choices that can affect your health
- Cultural beliefs and requirements
- Language and learning preferences