

EAT A WHOLE LOT MORE PLANTS

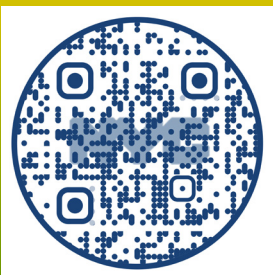
Eating mostly plant foods like fruits, vegetables, whole grains and beans is good for your health and can help manage or reduce your risk of type 2 diabetes.

MIN'S RECIPE

Tofu Vegetable Stir Fry

SHARON'S RECIPE

Black Bean Tacos With
Pineapple Salsa



For free recipes, resources
and food assistance, call
311 or visit nyc.gov/nutrition.



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