

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.

ANTON'S RECIPE

Jerk Style Black Beans

CARLA'S RECIPE

Chopped Broccoli Salad
With Walnuts



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



Eric L. Adams
Mayor
Ashwin Vasani, MD, PhD
Commissioner