PORTIONS HAVE GROWN

SO HAS TYPE 2 DIABETES, WHICH CAN LEAD TO AMPUTATIONS

CUT YOUR PORTIONS. CUT YOUR RISK.

» Call 311 for your Healthy Eating Packet

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NYC Health

Michael R. Bloomberg
Mayor
Thomas Farley, MD MPH
Commissioner

LAS PORCIONES HAN AUMENTADO

TAMBIÉN LA DIABETES TIPO 2, LA CUAL PUEDE CAUSAR AMPUTACIONES

AHORA

ANTES

REDUZCA SUS PORCIONES. REDUZCA SU RIESGO.

» Llame al 3II para obtener el paquete de alimentación saludable

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PORTIONS HAVE GROWN

SO HAS OBESITY, WHICH CAN LEAD TO MANY HEALTH PROBLEMS

NOW

THEN

CUT YOUR PORTIONS. CUT YOUR RISK.

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LAS PORCIONES HAN AUMENTADO

TAMBIÉN LA OBESIDAD, LA CUAL PUEDE CAUSAR MUCHOS PROBLEMAS DE SALUD

AHORA

ANTES

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2,000 CALORIES PER DAY

is all most adults should eat. Young kids need even fewer.

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2,000 CALORÍAS POR DÍA

es todo lo que los adultos deben consumir. Los niños necesitan aun menos.

REDUZCA SUS PORCIONES. REDUZCA SU RIESGO. » Llame al 3ll para obtener el paquete de alimentación saludable

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