

Your meals are healthier than ever.

Meals served at the city's public schools, senior centers, homeless shelters, child care centers, correctional facilities, public hospitals and other city programs are healthier than ever – thanks to New York City's new Food Standards.

Eating healthy meals can help prevent weight gain, and lowers your risk of heart disease and diabetes.

- Portion size and calories
- Fruits and vegetables
- Whole grains
- Milk
- Cooking method
- Salt
- Drinks

| What makes these meals healthy? | Why is this important? |
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|  <p>Food served is the right amount to eat for a meal.</p> | <p>Eating smaller portions and fewer calories can lower your risk of obesity and diabetes.</p> |
|  <p>At least two fruits or vegetables are served at both lunch and dinner.</p> | <p>Fruits and vegetables contain lots of vitamins, minerals and fiber to keep you healthy.</p> |
|  <p>Whole grain foods (like whole wheat bread and brown rice) are served more often.</p> | <p>The fiber in whole grains helps you feel full longer, helps you digest and protects your heart.</p> |
|  <p>Milk, when served, is either fat-free or 1%.</p> | <p>Drinking fat-free or 1% milk has all the protein, calcium, vitamins and other nutrients of whole milk, with fewer calories and less fat.</p> |
|  <p>Food is prepared using healthy cooking methods, like baking and steaming.</p> | <p>Eating food that is baked or steamed, instead of fried, lowers your risk of heart disease.</p> |
|  <p>Foods served contain the right amount of salt.</p> | <p>Eating foods with less salt helps you prevent and control high blood pressure.</p> |
|  <p>Water is available at all meals. Other low-calorie drinks that may be served include coffee, tea and seltzer.</p> | <p>Cutting out high-calorie, sugary drinks can help prevent obesity and diabetes.</p> |

Eat better. Live better. Visit www.nyc.gov/health

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