How to Order More Provider and Patient Materials on Pediatric Obesity
Call 866-692-3641

Provider Resources

My Plate Planner for Children and Teens
English and Spanish

What’s on Your Plate?
Custom Plate Planner
English and Spanish

Prescription for Healthy Eating and Active Living
English and Spanish

Patient Education

Teens: Don’t Be Fooled! Learn the Facts About Food and Fitness
English, Spanish, French and Bengali

Guide to Healthy Eating and Active Living in NYC
English, Spanish, Russian, Traditional Chinese, Simplified Chinese, Korean, Italian, French, Bengali and Arabic

Family Resource Guide for Staying Healthy in New York City
English

The New York City Mother’s Guide to Breastfeeding
English, Spanish, Russian, Traditional Chinese, Korean, French, Bengali, Arabic and Urdu

You Have the Power to Improve Your Family’s Health and Well-Being: A Coaching Guide for Parents
English, Spanish, French and Bengali

Visit nyc.gov/health and search for eating healthy to view these materials and additional resources.