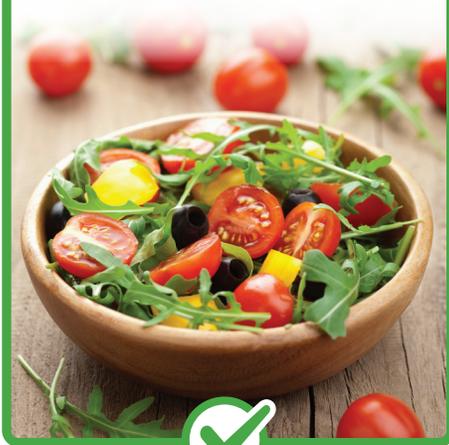


DID YOU KNOW?

Eating too many added sugars may lead to type 2 diabetes and weight gain.

TRY THESE HEALTHY OPTIONS THROUGHOUT YOUR DAY:

FRESH VEGETABLES



WATER/SELTZER



FRESH FRUITS



BEANS, NUTS & SEEDS



WHOLE GRAINS



SEAFOOD



For more information, visit nyc.gov/health and search 'healthy eating' or visit www.choosemyplate.gov