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