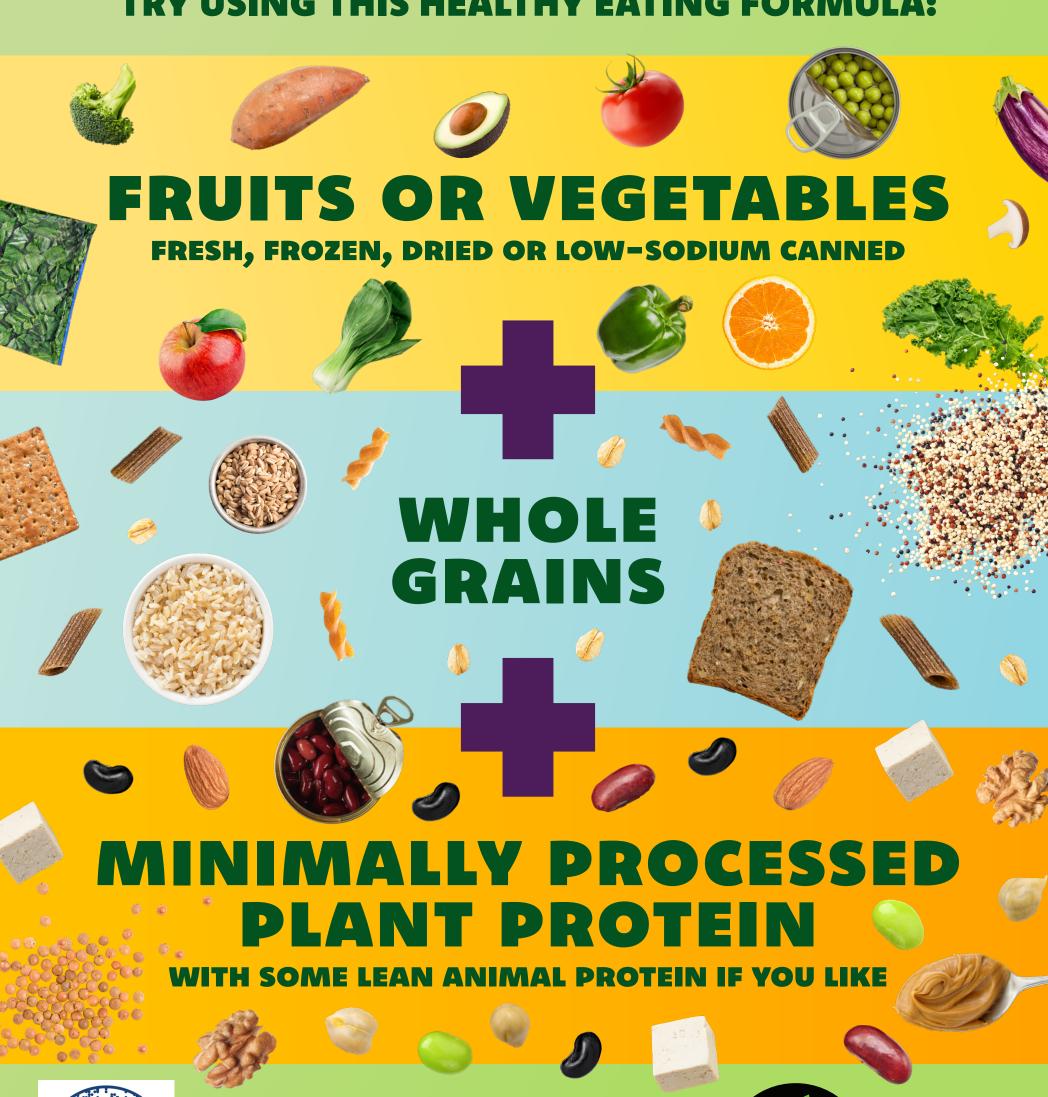# EAT A WHOLE LOT MORE PLANTS

Eating mostly plant foods like fruits, vegetables, whole grains and beans is good for your health and can help manage or reduce your risk of type 2 diabetes.

TRY USING THIS HEALTHY EATING FORMULA:

FRUITS OR VEGETABLES
FRESH, FROZEN, DRIED OR LOW-SODIUM CANNED

+

WHOLE GRAINS

+

MINIMALLY PROCESSED PLANT PROTEIN
WITH SOME LEAN ANIMAL PROTEIN IF YOU LIKE

For free recipes, resources and food assistance, call **311** or visit **nyc.gov/nutrition**.