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, FRESH, 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**.

NYC Health

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