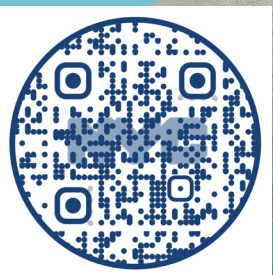


EAT A WHOLE LOT MORE PLANTS

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.

ABUELA'S RECIPE
Sweet Potato and
Red Bean Chili

MARIA'S RECIPE
Chickpea Curry



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



Eric L. Adams
Mayor
Ashwin Vasan, MD, PhD
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