

Try using this
Healthy Eating Formula
to plan a meal:

fruits or vegetables

fresh, frozen, dried or low-sodium canned

whole grains

**minimally processed
plant protein**

with some lean animal protein if you like



Eat a whole lot more plants.

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



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

