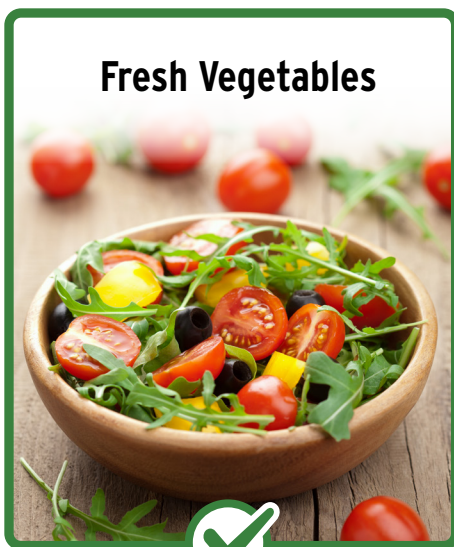


# Did You Know?

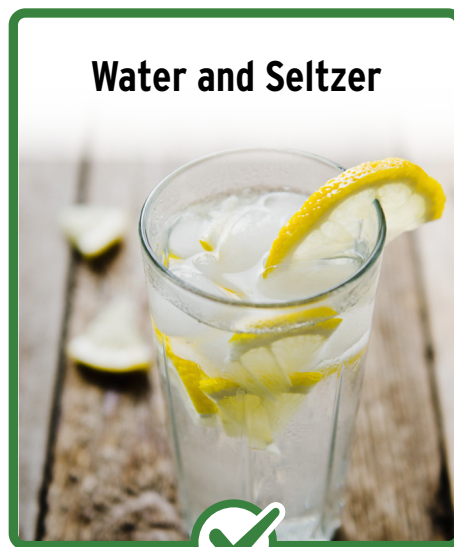
Eating too many added sugars may lead to type 2 diabetes and weight gain.

Try these healthy options throughout your day:

Fresh Vegetables



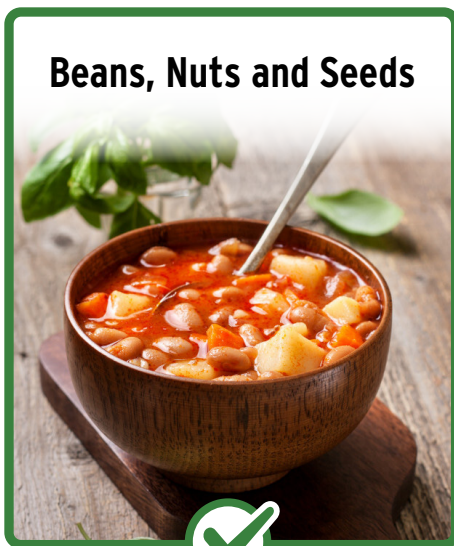
Water and Seltzer



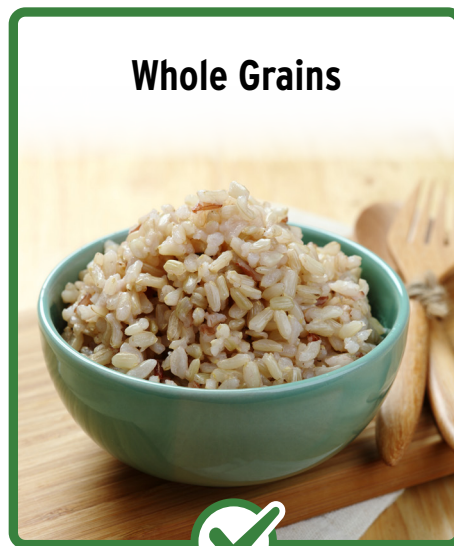
Fresh Fruits



Beans, Nuts and Seeds



Whole Grains



Seafood



For more information, visit [nyc.gov/health](https://nyc.gov/health) and search for healthy eating, or visit [myplate.gov](https://myplate.gov).