


FILL YOUR PLATE WITH COLORFUL FRUITS AND VEGETABLES TO IMPROVE YOUR HEART HEALTH.

Eat Well. Be Well.



NYC Food Standards

NYC
Health



**WHOLE GRAINS
ARE A GOOD SOURCE
OF FIBER WHICH MAY
HELP TO LOWER YOUR
RISK OF HEART DISEASE.**

Eat Well. Be Well.

NYC WATER TASTES GREAT AND BEST OF ALL, IT'S FREE!

Eat Well. Be Well.

NYC Food Standards

NYC
Health

**WHOLE FRUIT IS
DELICIOUS, NUTRITIOUS
AND HAS FEWER
CALORIES AND MORE
FIBER THAN JUICE.**

Eat Well. Be Well.



NYC Food Standards

NYC
Health

**CHOOSE SMALLER
PORTIONS OF SWEETS.
IT'S THE SAME TREAT,
BUT WITH FEWER
CALORIES.**

Eat Well. Be Well.

NYC Food Standards

NYC
Health