







Prescription for Healthy Eating and Active Living

Patient Name _____

Date _____

*Use with the corresponding pages of the Guide to Healthy Eating and Active Living in NYC.**

-  Eat fruits and vegetables every day (page 4)
-  Eat smaller portions (pages 5-7)
-  Drink water instead of sugary drinks (page 8)
-  Replace junk food with healthier snacks (page 9)
-  Cook nutritious meals (page 13)
-  Move more (page 16)

How will you do this?

Date of Next Visit

Health Care Provider Signature

*To download this guide, visit nyc.gov and search **Eating Healthy**.