

# How to Order More

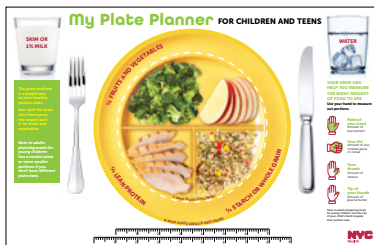
## Provider and Patient Materials on Pediatric Obesity

Call 866-692-3641

### Provider Resources

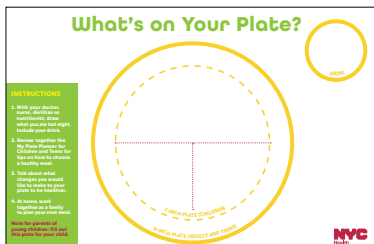
#### My Plate Planner for Children and Teens

English and Spanish



#### What's on Your Plate? Custom Plate Planner

English and Spanish



#### Prescription for Healthy Eating and Active Living

English and Spanish



### Patient Education

#### Teens: Don't Be Fooled! Learn the Facts About Food and Fitness

English, Spanish, French and Bengali



#### Guide to Healthy Eating and Active Living in NYC

English, Spanish, Russian, Traditional Chinese, Simplified Chinese, Korean, Italian, French, Bengali and Arabic



#### Family Resource Guide for Staying Healthy in New York City

English



#### The New York City Mother's Guide to Breastfeeding

English, Spanish, Russian, Traditional Chinese, Korean, French, Bengali, Arabic and Urdu



#### You Have the Power to Improve Your Family's Health and Well-Being: A Coaching Guide for Parents

English, Spanish, French and Bengali



Visit [nyc.gov/health](https://nyc.gov/health) and search for **eating healthy** to view these materials and additional resources.