

**PORTIONS HAVE GROWN
SO HAS TYPE 2 DIABETES, WHICH
CAN LEAD TO AMPUTATIONS**

THEN



NOW



CUT YOUR PORTIONS. CUT YOUR RISK.

➤ Call 311 for your Healthy Eating Packet

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Michael R. Bloomberg
Mayor
Thomas Farley, MD MPH
Commissioner



**LAS PORCIONES HAN AUMENTADO
TAMBIÉN LA DIABETES TIPO 2,
LA CUAL PUEDE CAUSAR AMPUTACIONES**

ANTES

AHORA

REDUZCA SUS PORCIONES. REDUZCA SU RIESGO.

» Llame al 311 para obtener el paquete de alimentación saludable

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Michael R. Bloomberg
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**PORTIONS HAVE GROWN
SO HAS OBESITY, WHICH CAN LEAD
TO MANY HEALTH PROBLEMS**

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**LAS PORCIONES HAN AUMENTADO
TAMBIÉN LA OBESIDAD, LA CUAL PUEDE
CAUSAR MUCHOS PROBLEMAS DE SALUD**

ANTES



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2,000 CALORIES PER DAY

is all most adults should eat. Young kids need even fewer.

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2,000 CALORÍAS POR DÍA

es todo lo que los adultos deben consumir. Los niños necesitan aun menos.

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