

2000 CALORIES **A DAY** IS ALL MOST ADULTS SHOULD EAT



Giant apple raisin muffin

LOOK FOR THE NEW NYC
**READ 'EM
BEFORE YOU
EAT 'EM!**
CALORIE POSTINGS!

Healthy snack? Maybe not.

NYC
Michael R. Bloomberg,
Mayor

Department of
Health & Mental
Hygiene
Thomas R. Frieden, M.D., M.P.H.,
Commissioner

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Chicken burrito with all toppings

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If this is lunch, is there room for dinner?

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Fried chicken, macaroni and cheese, biscuit and soda



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530
CALORIES



Tuna sub sandwich

vs.

290
CALORIES



Roast beef sub sandwich

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Choose less. Weigh less.

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