

Health Tip of the Month

Cut the Junk!

Make Healthy Choices Easy

Cut the Junk is a New York City campaign appearing all over subways, billboards, clinics, and hospitals.

The campaign strikes out against obesity and makes you think twice about your food choices.

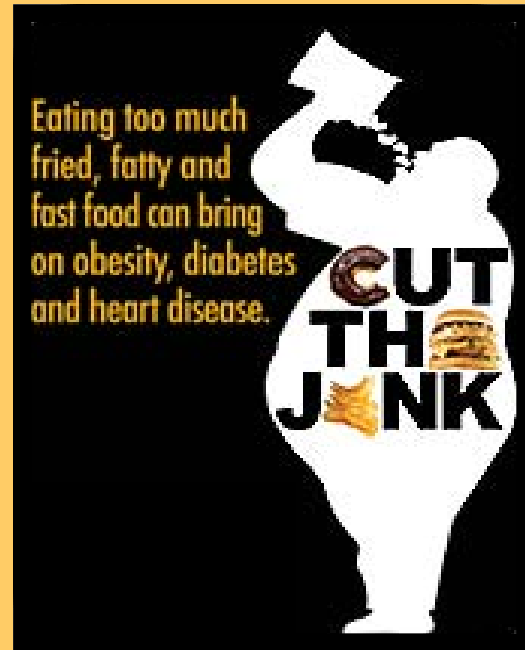
Eating healthy doesn't have to cost a fortune. You can eat wholesome foods within your budget. Cooking at home can be cheaper than eating out.

Did you know? The booklet, ***Cut the Junk: A Guide to Making Healthier Choices***, is now available online at NYC.gov or by calling 311.

Make smart food choices.
Live a healthier life.



Cornell University
Cooperative Extension
New York City



A Guide to Help You Cut the Junk

Learn ways to take control of how much you eat and to manage your weight.

Compare food costs and find that fast food is not always the cheaper option.

Nutrition Facts labels can be confusing. Find tips to help you better understand them.

Choose healthy when it comes to snacks.

Worksite Wellness Initiative: by Camille Gregorio, Dietetic Intern
CUNY Hunter College 24:10/12
More Health Tips? visit <http://nyc.cce.cornell.edu>