

What you eat. Unique, like you.

I love nutritious one-pot meals
that can use up **leftover vegetables**

I value **Canadian-produced** foods

I keep my bread in the
freezer to **reduce food waste**

I choose foods that provide
good nutritional value for the cost

I reach for **frozen produce** when
fresh ones are not in season

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

Nutrition Month presented
by Dietitians of Canada
nutritionmonth2021.ca



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DAIRY FARMERS OF CANADA
**BROUGHT TO YOU
BY OUR DIETITIANS**