

What you eat. *Unique, like you.*

I pay attention to
what is in my food

I choose **wholesome,**
naturally nutritious foods

I want to reduce my
environmental footprint

I enjoy a variety
of **whole grains**

I believe that a **healthy**
body equals a **healthy mind**

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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whatyoueat.ca

DAIRY FARMERS OF CANADA
BROUGHT TO YOU
BY OUR DIETITIANS