

What you eat. *Unique, like you.*

I keep **healthy homemade** options on hand

I enjoy lattes for a **nutritional boost**

Protein keeps my hunger at bay

When I'm in a hurry, I **pack something** for the road

I favour **whole fruit** for their full benefits

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

Nutrition Month presented
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BROUGHT TO YOU
BY OUR DIETITIANS