

What you eat. Unique, like you.

I enjoy dinner with my **significant other**

I have **protein foods** at every meal

I aim for foods **with bone-building nutrients** at every meal

I make sure to eat lots of **vegetables**

I love trying **new recipes**

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

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DAIRY FARMERS OF CANADA
BROUGHT TO YOU
BY OUR DIETITIANS