

What you eat. *Unique, like you.*

I am **lactose intolerant**

I have **gluten sensitivity**

I opt for **decaffeinated** beverages

I make **time away from work** to enjoy mealtime stress free

I keep **fruit on hand** for a tasty, nutritional boost

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

Nutrition Month presented
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nutritionmonth2021.ca



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