

What you eat. *Unique, like you.*

I look for **tasty**
and **easy** meals

I **rehydrate** after
physical activity

I look for **healthy**
carbs to fuel my sport

I need a
protein boost

I **bike** to school
and work

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

Nutrition Month presented
by Dietitians of Canada
nutritionmonth2021.ca



Nutrition Month
official sponsor
whatyoueat.ca

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