

# What you eat. *Unique, like you.*

I love nutritious one-pot meals  
that can use up **leftover vegetables**

I value **Canadian-produced** foods

I keep my bread in the  
freezer to **reduce food waste**

I choose foods that provide  
**good nutritional value** for the cost

I reach for **frozen produce** when  
fresh ones are not in season

WHATYOU EAT.CA

**Good for you!**  
**Dietitians help you find your healthy.**

Nutrition Month presented  
by Dietitians of Canada  
[nutritionmonth2021.ca](https://nutritionmonth2021.ca)



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