

What you eat. *Unique, like you.*

I opt for **healthier options** when ordering in

I stay **hydrated** the healthy way

I pack **nutritious snacks** to keep me going

I make sure **half of my plate** is vegetables

I turn to foods that provide **bone building nutrients**

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

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