

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.

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