

What you eat. *Unique, like you.*

Eating **together as a family** is important to me

I look for family favorites that **deliver on nutrition**

I offer my kids beverages that are **recommended** for them

I cook with my kids to **nurture good habits**

I trust **Canadian** produced foods

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