

What you eat. Unique, like you.

I enjoy **spicy foods**

I choose **Canadian**

I care for
the environment

I listen to **music**
while cooking

I like **reinventing**
old classics

WHATYOU EAT.CA

Good for you!
Dietitians help you find your healthy.

Nutrition Month presented
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nutritionmonth2021.ca



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DAIRY FARMERS OF CANADA
BROUGHT TO YOU
BY OUR DIETITIANS