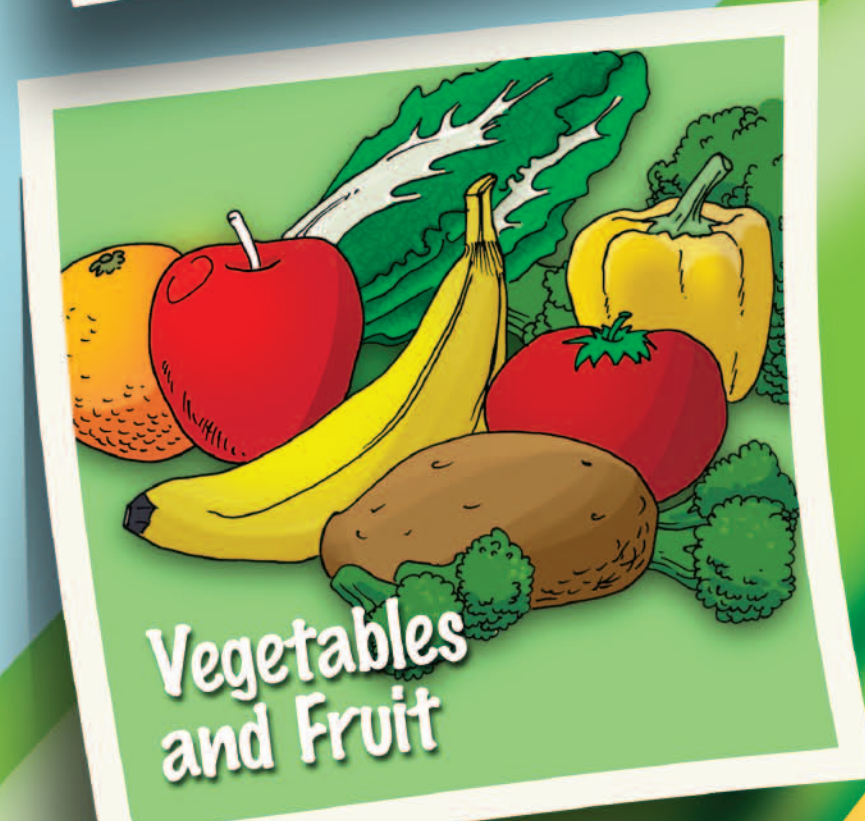
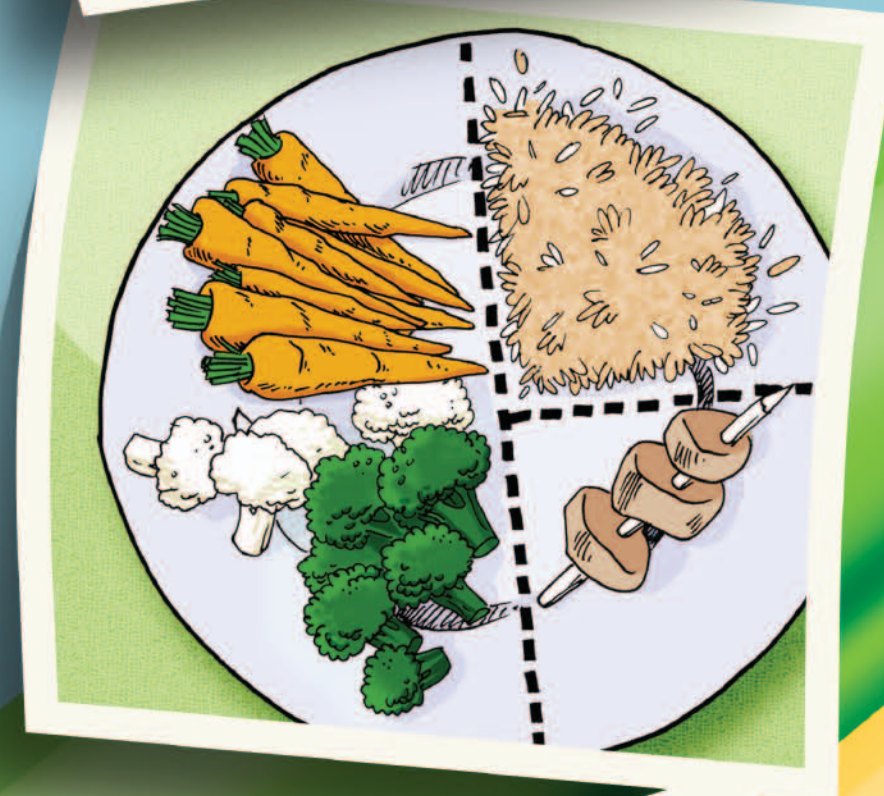
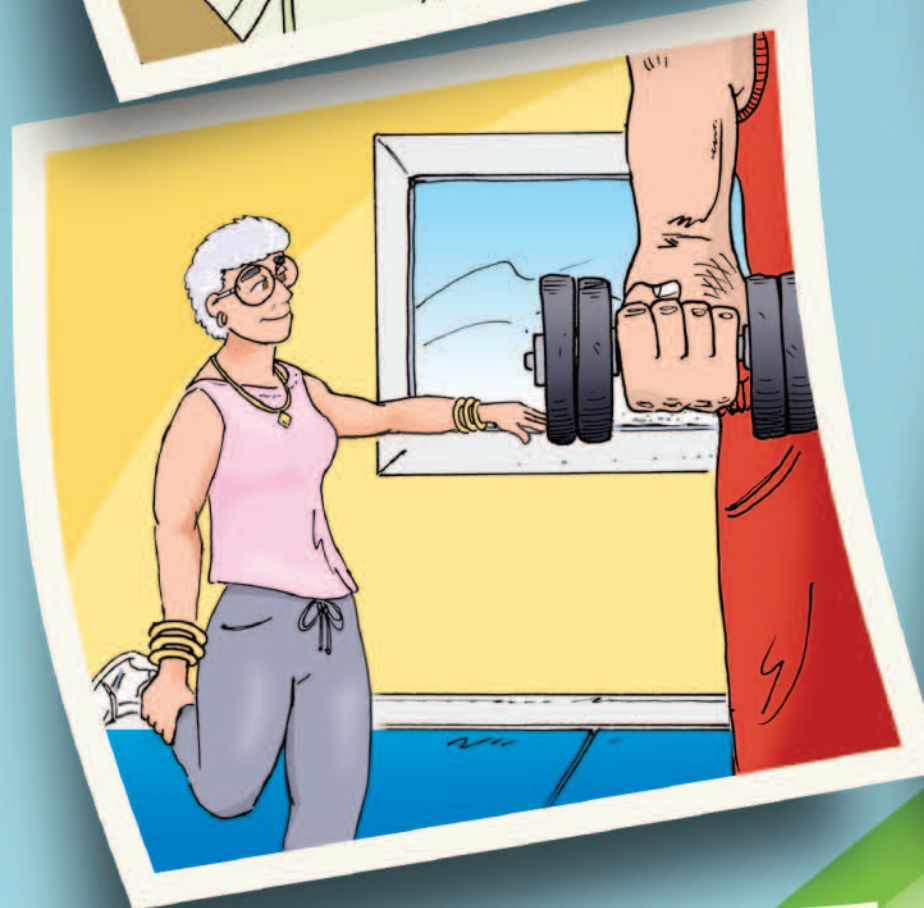
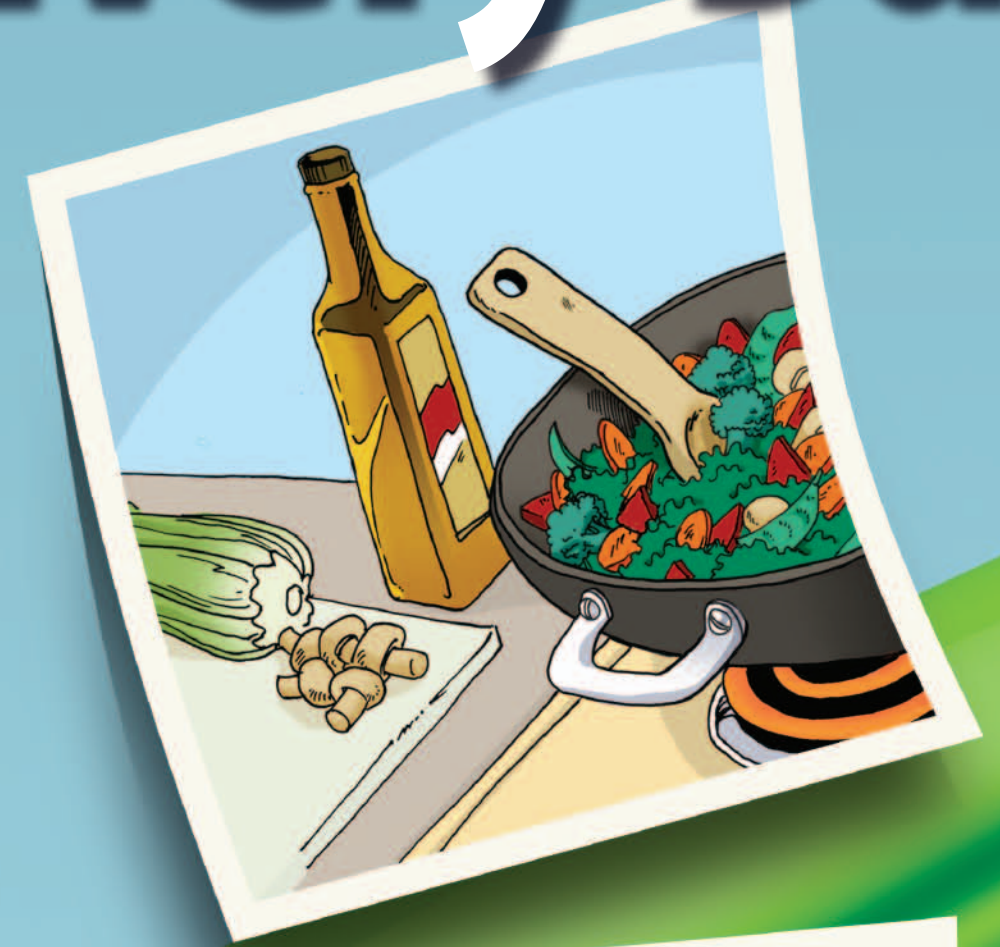
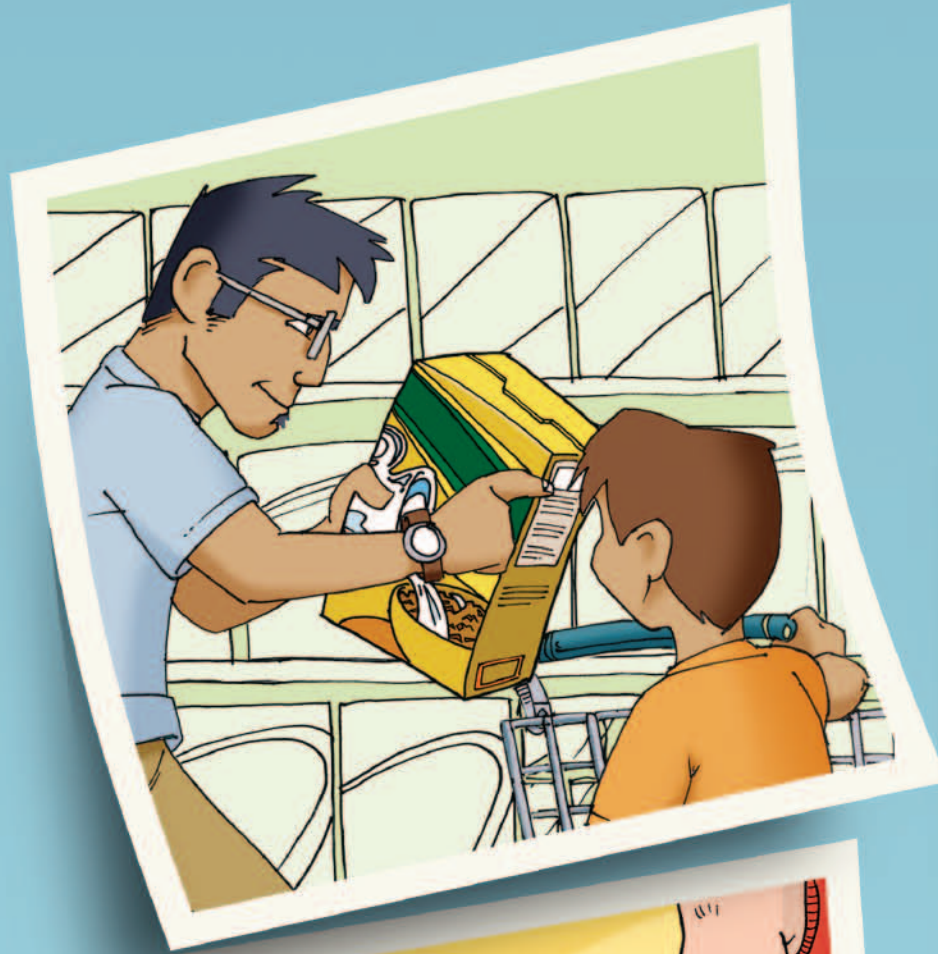




Eat Well and Be Active Every Day



Vegetables and Fruit



Grain Products



Milk and Alternatives



Meat and Alternatives

Find related educational tools at: www.health.gc.ca/eatwell-beactive