

“But, it’s easier to buy my food...”

Follow Canada’s Food Guide
for a balanced diet.

It will help you meet your needs for
vitamins, minerals and other nutrients.



6-8 servings



6-7 servings



3-4 servings



2-3 servings

**WHY
ACT
NOW**

Eat your way to a healthy heart.

HOW TO EAT YOUR
VITAMINS



Healthy eating isn’t as hard as you think.

[Facebook.com/WhyActNow](https://www.facebook.com/WhyActNow)



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