Make a Change: One Meal at a Time

Small changes can produce big results!



 Boost your breakfast with fibre and protein.

Make healthy lunch a habit.

Dish up a healthy dinner plate.





Registered Dietitians

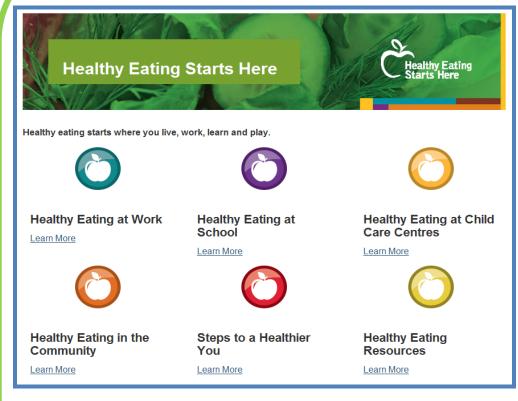
Are trusted professionals that play an important role in helping Albertans achieve optimal nutritional health.







Healthy Eating Starts Here



- Website developed by Registered Dietitians to link Albertans with healthy eating resources.
- Find recipes on <u>Inspiring Healthy</u>
 <u>Eating</u> to create a healthy plate.

www.healthyeatingstartshere.ca



