5 Tips for Healthy Eating
Information from your primary health care teams

Eat Regularly
Aim to eat something every 4 to 6 hours

Enjoy your Food
Make choices that reflect your taste, budget, culture and lifestyle.

Start Cooking
Be adventurous and try something new or keep it simple, it’s up to you!

Get Creative
Make the most of what you have on hand

Grocery Shop with a Plan
Make a plan before you head out