

# Choosing healthy food helps you to...

**Have stronger  
muscles and  
bones**

**Have  
more  
energy**

**Have a  
healthy  
smile**

**Lower your  
risk of  
disease**



**CHOOSE TO  
BOOST  
VEGGIES & FRUIT**

**Are you getting your 5 servings daily?**

# A Rainbow of Vegetables and Fruit

**Eat a rainbow of vegetables and fruit every day. Be sure to include dark green and orange!**



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# Fill Half Your Plate

Fill half your plate with veggies and fruit at every snack and meal to make sure you are getting enough of the vitamins, minerals and fibre your body needs.



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