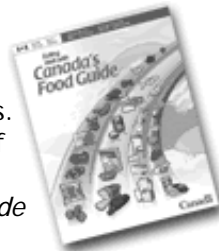


EATING WELL WITH CANADA'S FOOD GUIDE... **It's New!**

Canada's Food Guide has a new look! The guide contains specific advice for children ages 2 to 13 years. It will help you to learn about the amount and type of food your child needs for good health. Contact your local health unit for a copy or visit *Canada's Food Guide* online at www.healthcanada.gc.ca/foodguide



Leeds, Grenville
& Lanark District
**HEALTH
UNIT**

Your Partner in Health

For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit