



HEALTHY

EATING

Submit your completed activity to mocwalk@mushkegowuk.ca by 11:59 PM Monday, August 25





Colour your plate:

the name of the game is variety! Aim to fill half your plate with different fruits and vegetables at every meal.

2

Limit highly processed foods:

these foods are often high in saturated and trans fats, salt, and added sugars. Choose whole foods more often. 3

Make water your drink of choice:

fruit juices, pop and many specialty coffee drinks have a high sugar content. Stay hydrated with water.

Share your favourite healthy recipe and tell us who you shared it with:

