



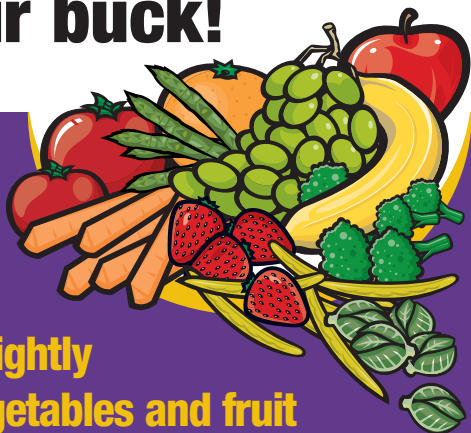
National  
Defence

Défense  
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Health Promotion in the Canadian Forces  
**STRENGTHENING  
THE FORCES**  
*ÉNERGISER LES FORCES*  
Promotion de la santé dans les Forces canadiennes



# Get more **nutrition bang** for your buck!



Eat a wide  
variety of **brightly  
coloured vegetables and fruit**  
every day to help you reduce your risk  
of cancer, heart disease and stroke!

*Set Your Sights on Healthy Eating* was developed by Strengthening the Forces, Director Force Health Protection / Health Promotion in partnership with CF Food Services.