



National  
Defence

Défense  
nationale

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



For your health,  
**brighter**  
is better!

Choose  
a **colourful**  
array of vegetables  
and fruit every day.



**A rainbow of colour**  
for top nutrition.

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