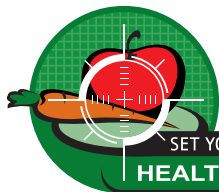




National  
Defence

Défense  
nationale

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



SET YOUR SIGHTS ON  
**HEALTHY EATING**

# Rate your plate!



Simple changes can turn your plate around. Pick one change and make it count:

- 1.** increase vegetables, or
- 2.** decrease the meat, or
- 3.** substitute fruit for dessert, or
- 4.** substitute milk for soda

Gradual changes become lifelong changes, one change at a time!

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