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Eat a variety of healthy foods each day

Have plenty  
of vegetables  
and fruits

Eat protein  
foods

Make water  
your drink  
of choice

Choose  
whole grain  
foods

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# Food Guide In Canada

**Yan Bai**



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introductions if anyone at the meeting is new to the group or if there is a guest speaker this is the time when introductions should be made the person in charge of the meeting can

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helge lund chairman 12 may 2021 welcome in a few moments i will say something about the resolutions proposed but first i want to share some reflections on the past year a year