

Make a Change: One Meal at a Time

Small changes can produce big results!



- Boost your breakfast with fibre and protein.
- Make healthy lunch a habit.
- Dish up a healthy dinner plate.

Registered Dietitians

Are trusted professionals that play an important role in helping Albertans achieve optimal nutritional health.



Healthy Eating Starts Here



Healthy eating starts where you live, work, learn and play.

Healthy Eating at Work
[Learn More](#)

Healthy Eating at School
[Learn More](#)

Healthy Eating at Child Care Centres
[Learn More](#)

Healthy Eating in the Community
[Learn More](#)

Steps to a Healthier You
[Learn More](#)

Healthy Eating Resources
[Learn More](#)

- Website developed by Registered Dietitians to link Albertans with healthy eating resources.
- Find recipes on [Inspiring Healthy Eating](#) to create a healthy plate.

www.healthyeatingstartshere.ca