



Feed Your Mind

Healthy
foods help
you learn!

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Did you know...

- Tomatoes lower your cholesterol.
- Broccoli helps prevent certain cancers.
- Carrots protect your skin from sun damage.
- Oranges keep your heart healthy.
- Grapes protect against Alzheimer's disease.
- Strawberries provide fibre and are low calorie.
- Watermelon before a workout soothes sore muscles.

Eat at least 7 servings of different coloured fruits and vegetables a day.