

Put an end to
**portion
distortion.**

For better health keep your eyes

on the **portion size.**



Though it may be tempting to get more value for your dollar when purchasing food, the “more-for-less” approach may be damaging your health and your waistline. When it comes to food portions keep health in mind and take a “less-is-more” approach.

Take action to improve your health from the inside out.



For more information call Health Connection
1.800.361.5653
or visit us on the web www.york.ca

HealthyMeasures
Be active • Eat well • Be yourself
www.healthymeasures.ca