Looking to make healthier choices this new year?
PSP Health Promotion and CANEX have partnered to help you make informed choices when it comes to food. Look for the BeneFit logo on CANEX shelves!

What did our Health Promotion dietitians look for?

- saturated and trans fats
- sodium
- sugars
- hydrogenated oils
- artificial sweeteners
- Fibre
- Protein
- Whole grains
- Vegetables and fruit

Foods and beverages flagged with the BeneFit logo meet our dietitian’s criteria for a healthier choice in it’s product category. When you want to reach for a snack or treat, let the program guide you to a better choice.

For more information, contact your Health Promotion team! 613-687-5511 ext 4685 or healthpromotionpetawawa@forces.gc.ca