Presented by Longo's in partnership with UHN Toronto Rehab



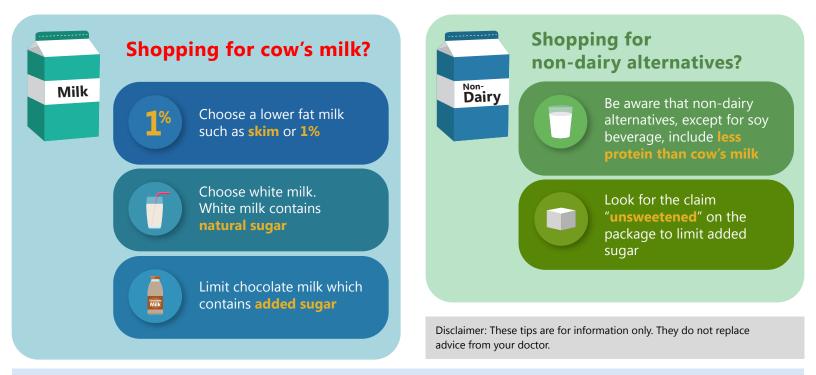
CARDIAC college

**Choosing Healthy Foods** 

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## Choosing Milk and Non-Dairy Alternatives



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Learn more about choosing healthy foods.

Visit www.cardiaccollege.ca or www.diabetescollege.ca to watch the Choosing Healthy Foods video series.