The simplest way
...to eat more fruit & veg

Did you know that eating the right amount of fruit and veg is essential in the fight against cancer?

Try to make them part of every meal, to make sure you get your 2 serves of fruit and 5 serves of veg every day.

At brekky, add some mushrooms or spinach to your eggs. Eat a piece of fruit at morning tea, and then add a salad to your lunch. Serve vegies with dinner, and have fruit and yoghurt for dessert.

To make lunch boxes as healthy as possible:

- Pack some vegie sticks, like carrot or cucumber
- Cut up fruit into small pieces
- Freeze fruit like grapes and add to the lunch box
- Include left over baked vegies.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.