Did you know that eating the right amount of fruit and veg can lower your risk of cancer by 5-12 percent? Yet most adults don’t eat enough of either, particularly veg.

Try to add fruit and veg to every meal:

- Add chopped bananas or strawberries to your brekky cereal
- Add some sliced tomato on your toast
- Munch on some carrot or cucumber sticks at morning tea
- Add legumes like kidney beans or chickpeas to your salad at lunch
- Reduce meat in your stir-fries, curries and pasta sauces – and add more veggies.

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.