The simplest way
...to find more healthy tips!

_Eat It To Beat It_ wants as many people as possible to understand why eating the right amount of fruit and veg is vital in the fight against cancer.

That’s why we’re on Facebook – meaning you have stacks of easy, cheap and fun recipes and tips at your fingertips.

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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.