The simplest way

to set a healthy example for our kids.

Did you know that in NSW 9 out of 10 parents are not eating the recommended daily amount of veg and half are not eating the recommend daily amount of fruit?

What you eat influences what your children eat; this is especially important with fruit and veg because eating adequate amounts all your life can help protect you and your children against all of these:

- Coronary heart disease
- Some forms of cancer
- Obesity and being overweight
- Constipation
- High blood pressure and cholesterol levels
- Diabetes

By eating more fruit and veg now you'll be a healthy role model for your kids and help protect their health in the future.

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