

# 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**  
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