

The simplest way

...to make a healthy breakfast.

We recommend eating two serves of fruit and five serves of vegetable every day.

Why? Because fruit and veg are packed full of nutrients and vitamins that give you energy, keep you healthy and help prevent diseases like cancer.

Try to get your family eating fruit and veg with breakfast – it will help all of you have more energy throughout the day.

You might like:

- wholegrain toast with avocado and tomato
- sliced banana on Weetbix
- frozen berries blended with reduced-fat milk and yoghurt for a smoothie.



**For more information visit www.eatittobeatit.com.au
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The *Eat It To Beat It* program is supported by the Western Sydney
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