

Phase 1 - Vegieman 30" TVC



You know how everyone's telling us to eat less. Well I'm here to tell you to eat more ...



More fruit and more vegetables



We all know that fruit and vegies are an important part of healthy eating.



They're packed full of vitamins and minerals.



And healthy eating can help protect against heart disease,



lowers your risk of cancer, diabetes and helps maintain a healthy weight.



You need two serves of fruit and five serves of vegies every day.

Combine this with regular physical activity and soon you'll be looking as good as me.



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