



Eat Brighter. Live Lighter.

When you think of fruit and vegetables, think colour instead. Eating plenty of fruits and vegetables in all the colours of the rainbow will give you a great mix of the nutrients you need for good health. Whether fresh, frozen, bottled, canned or dried, aim for 2 serves of fruit and 5 serves of vegetables each day. For more information and delicious recipes, visit livelighter.com.au/eatbrighter.

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