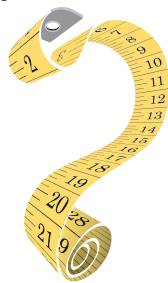


How does your trolley measure up?

Poor food choices and an inactive lifestyle increase your risk of developing chronic diseases including some cancers, heart disease and type 2 diabetes.

For information on healthy eating, go to australia.gov.au/MeasureUp



What measures will you take

Australian Better Health Initiative

A joint Australian, State and Territory government initiative.

- To buy:
- Plenty of vegetables
 - Variety of fruit
 - Healthy breads and cereals eg. wholegrains

Authorised by the Australian Government, Capital Hill, Canberra.