

TOMORROW
PEOPLE

“Healthy eating is
the key to a healthy life”

Mark Olive, Celebrity Chef

You don't
need to be a chef
to eat healthy food.

By eating fruit and vegies
every day – whether
they are fresh, canned or
frozen – you can build a
healthy body, and protect
yourself against serious
illnesses like diabetes.

**By
eating
healthy
food and being
physically active,
you can improve
your health as well
as the health of your
family and – ultimately
– the health of our
community.**

For more information on
healthy eating, go to
[www.australia.gov.au/
tomorrowpeople](http://www.australia.gov.au/tomorrowpeople)

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Tomorrow People starts today
Do it for our kids. Do it for our culture