

# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

## Fruit

**Everyday is a good day to have fruit**

**What does one serve of fruit look like?**



**How many serves a day?**

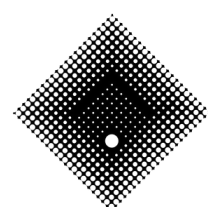


**Why do we need it?**

- High in fibre
- Low calorie
- Low fat
- Good for digestion and lowering risk of chronic illness



contact Monica for more information [monica.wellington@vu.edu.au](mailto:monica.wellington@vu.edu.au)



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UNIVERSITY**

**phn**  
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Supporting People with an Intellectual  
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