

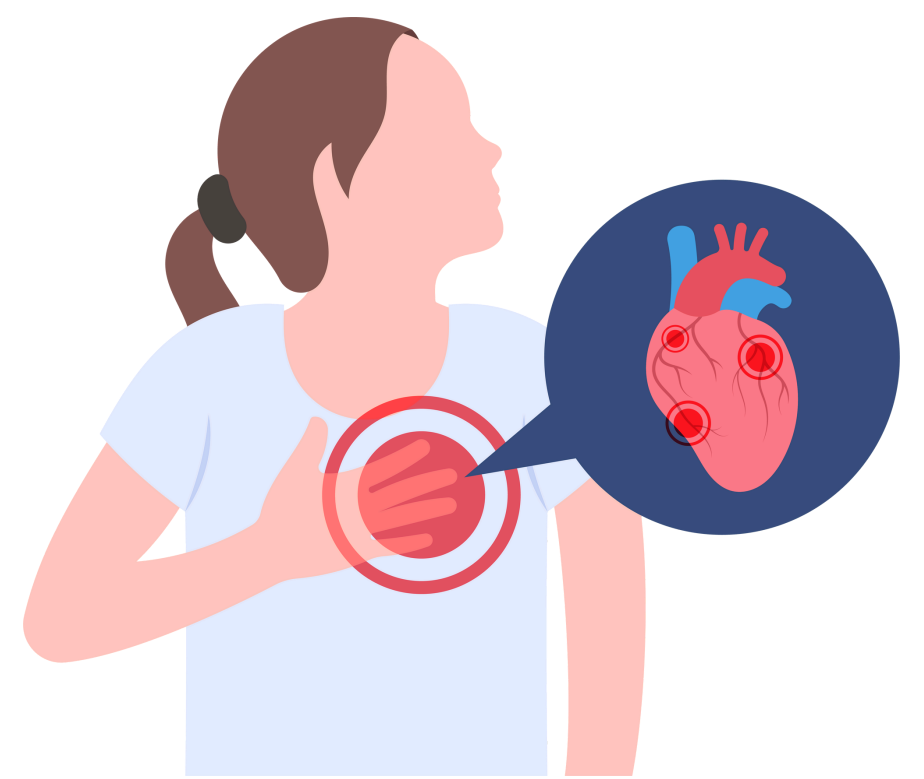
# VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

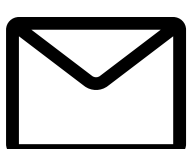
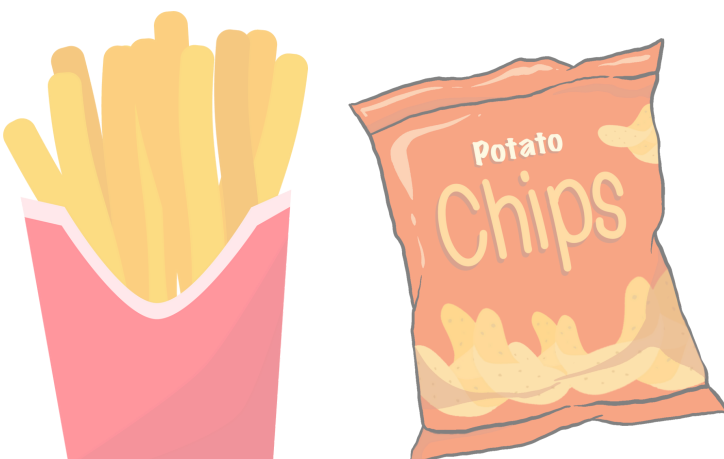
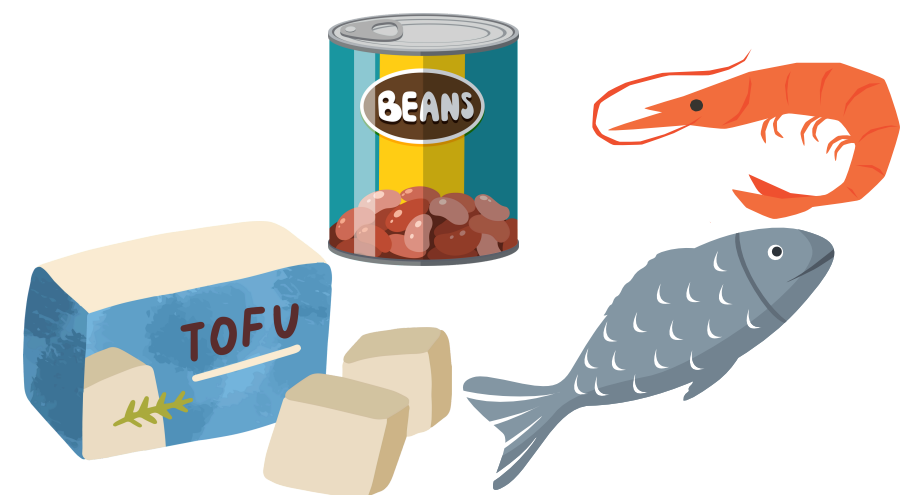
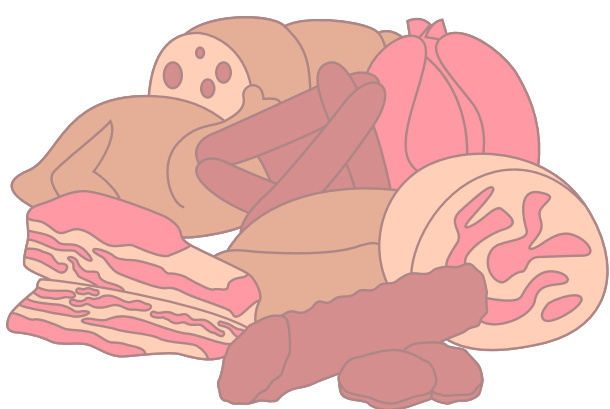
# Saturated Fats

**Saturated fat** isn't good for our health because....

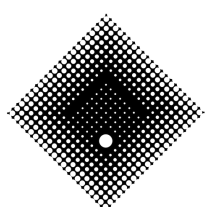
- Increases risk of heart disease
- Rates of heart disease in Australia are too high



**What can we eat instead?**



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



**VICTORIA UNIVERSITY**

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WESTERN VICTORIA  
An Australian Government Initiative

Supporting People with an Intellectual Disability to Access Health (SPIDAH)

