

Diet and You

You've heard this....

“It is recommended adults eat at least five serves of vegetables and two serves of fruit every day.”



Recent findings from the WA Department of Health advise we are on average eating only half the recommended amount. This means that 93% of West Australians are not eating the levels required.

Those that do have a lower risk of many diseases such as cardiovascular disease, stroke, several types of cancer, and possibly hypertension, Type 2 diabetes and **cataract**.

There is strong international evidence that eating more vegetables and fruit may be the single most important dietary change needed to reduce risk of disease.

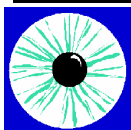
Because of this link between diet and disease, West Australians are encouraged to take heed and action.

One method we have been using for some 9 years is the use of certain anti-oxidant (vitamin) supplements which has had the benefit of reducing the progression of **cataract**. An eye examination is required to assess your particular condition and expected outcomes.

For further information as to how this could help you please call our office.

This information is provided by ...

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