

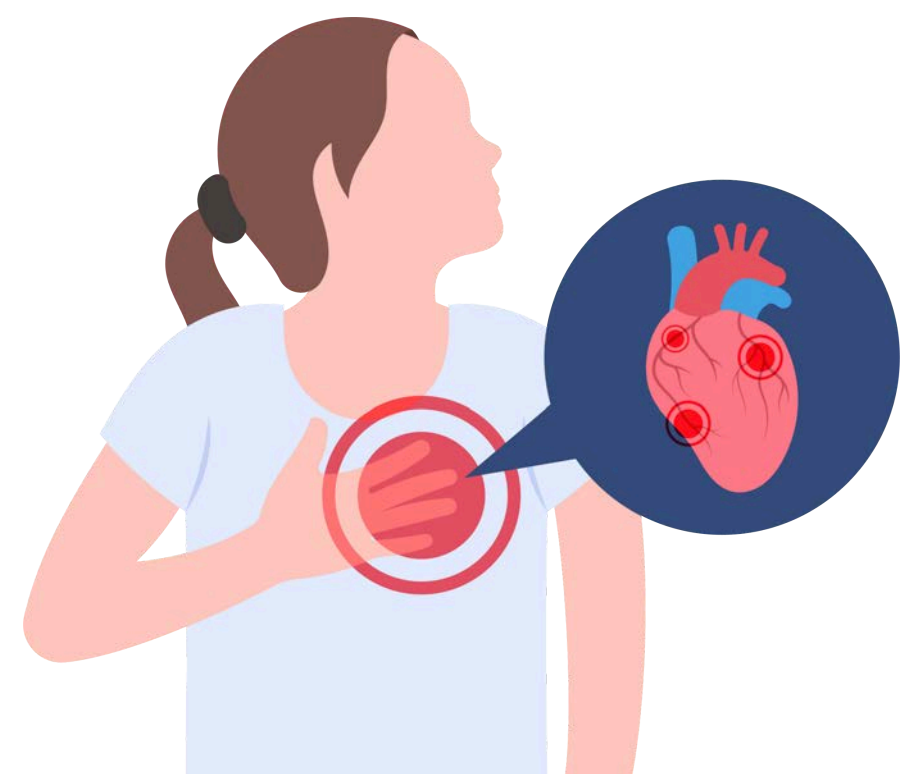
VU CHEW Program

(Cooking, Healthy Eating, and Wellness)

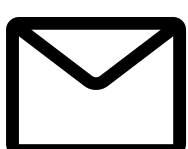
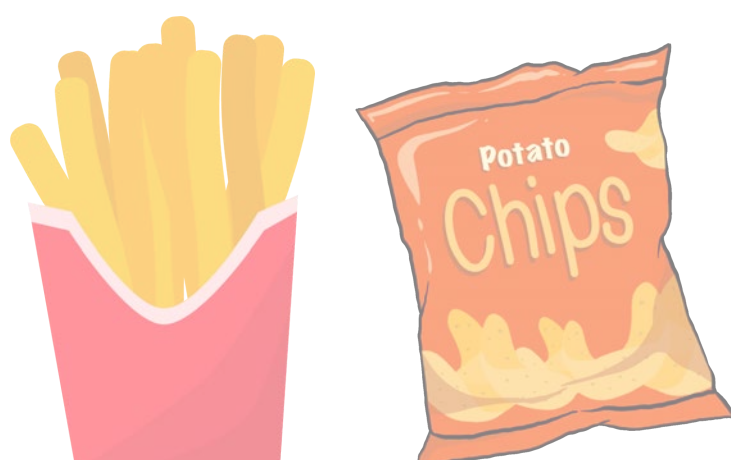
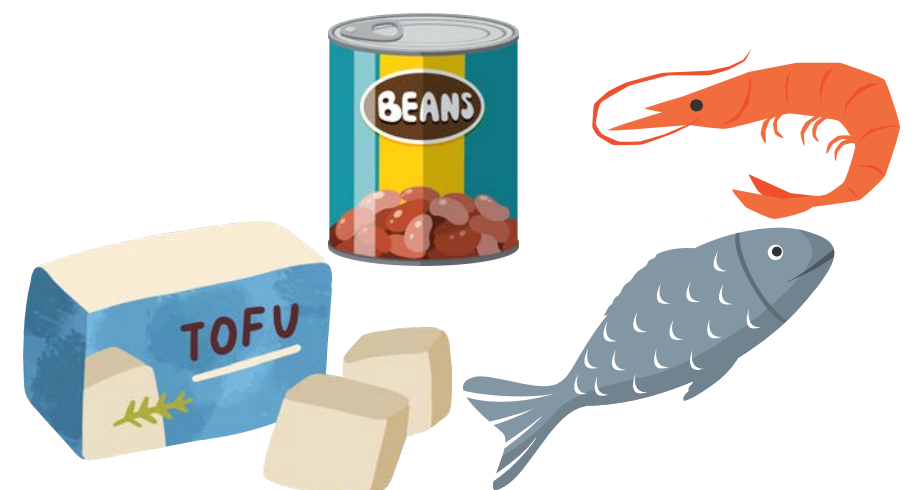
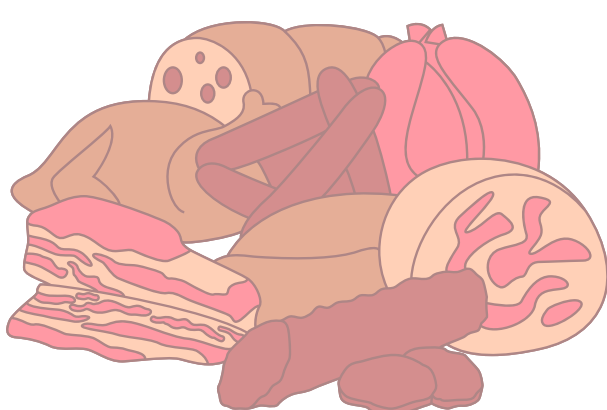
Saturated Fats

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

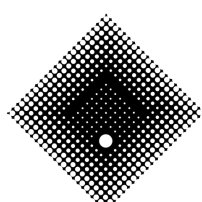
- Increases risk of heart disease
- Rates of heart disease in Australia are too high



What can we eat instead?



contact Monica for more information monica.wellington@vu.edu.au



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WESTERN VICTORIA
An Australian Government Initiative

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

