

Healthy eating benefits physical and mental health

This Men's Health Week:

Aim for 2 servings of fruit and 5-6 servings of vegetables (fresh or frozen) each day

Consume a variety of foods and try something new

Limit intake of foods containing saturated fat, added salt, added sugars and alcohol

MEN'S HEALTH
WEEK 2023 June 12-18

HEALTHY HABITS

For more information, visit eatforhealth.gov.au/food-essentials



**2023 INTERNATIONAL
MEN'S HEALTH WEEK**
#menshealthweek



**CENTRE FOR
MALE HEALTH**

