



## EATING for EYE HEALTH

THE MACULAR DEGENERATION COOKBOOK

Ita Buttrose & Vanessa Jones



The Foundation's original *Eating for Eye Health* cookbook, co-authored by Ita Buttrose and Vanessa Jones, has been re-launched due to popular demand.



*Eating for Eye Health* is loaded with delicious recipes made up of the foods we should be eating to keep our eyes in tip-top condition. The book features more than 90 recipes, carefully selected to make it easy to prepare delicious, nutritious meals that are good for our eye health featuring fish, yellow and dark green leafy vegetables, fresh fruit and nuts...all readily available ingredients.



Our focus is your vision

***Eating for Eye Health* is available  
in print and audio format**

Every cookbook sold supports  
Macular Disease Foundation Australia

# Eating for Eye Health order form

Item	Quantity	Total \$
Printed cookbook @ \$27.00* each		
Audio cookbook @ \$25.00* each		
Plus postage and handling		
Thank you - tax deductible donation All donations over \$2 are tax deductible		
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\*All costs include GST as appropriate. \*\*These costs are for postage in Australia only; please contact the Foundation for overseas postage costs.

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**Mail:** Suite 902, Level 9, 447 Kent Street, SYDNEY NSW 2000

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