

Eating for Eye Health

The Macular Degeneration Cookbook



Ita Buttrose & Vanessa Jones



Ita Buttrose and chef Vanessa Jones have written *Eating for Eye Health* containing 90 delicious, easy-to-follow recipes rich in flavour, texture and colour.



There are breakfast, lunch, dinner and snack ideas using eye health friendly foods, as well as important nutrition information.

Good eye health comes with great food and great taste!

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

Every cookbook sold supports the Macular Degeneration Foundation



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