

Healthy family food



Healthy food

Eat a variety of foods each day ...



- *lots of colourful vegetables and fruit.*



- *some wholegrain breads and cereals or starchy vegetables, eg, potatoes, kumara.*



- *some low- and reduced-fat milk and milk products.*



- *a serving of legumes (eg, lentils, chickpeas, dried beans), nuts and seeds, or a small serving of egg, fish, seafood, chicken or red meat (eg lamb).*

Healthy drinks



Milk or water is the best drink for children.



Healthy drinks.



These drinks contain lots of sugar. Try to avoid them.

Healthy school lunches



Use a variety of breads. Wholegrain breads are best.



Try new fillings.



Include fruit and vegetables every day!

Healthy eating and keeping active

Be active every day.



*Healthy eating and
regular physical activity
help to keep you a
healthy weight ...*



*... and protect your family from diabetes, heart
disease and other illnesses.*