

eat
well
and
be
active
every
day



walking
using the stairs
gardening
playing with the kids



try to eat food
from each group
every day

at least 6
servings a
day of
breads and
cereals, rice
and pasta

at least 5
servings a
day of
vegetables
and fruit

at least 2
servings a
day of milk,
yoghurt,
cheese or
icecream

at least 1
serving a day
of fish or
chicken, lean
meat or eggs
or dried
beans

eat well
and feel great

This resource is available from
www.health.govt.nz or the
Authorised Provider at your local DHB.

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New Zealand Government



EVERYDAY
EATING
for health



start your day with
breakfast



cereal and fruit
or toast and an egg



drink
water
everyday



sweet treats are for
special
times



lunch at work

lunch
at home



good for
snacks



eat fruit
everyday

eat takeaways not more
than once
a week



cut down on fats

home cooking is best



eat vegetables
everyday



try new foods

