

Eat **healthy food**  
and **move**  
more **every day**



# Eat healthy food and move more every day

This brochure shows how you can eat healthy and move more throughout the day.





# Morning

Start your day with  
breakfast



OR



Choose whole grain breads  
or cereals. Have low-  
or reduced-fat milk

## Sit less, move more



Doing some  
physical activity is  
better than none



# Midday

Enjoy a variety of healthy foods

**Try to include vegetables and/or fruit with all meals**

Make your own lunch



Drink plenty of water



Leftovers are a great choice

## Be active throughout the day

**Do some moderate or vigorous physical activities**



Moderate activities





# Evening

Take time to enjoy  
a meal with others



Have plenty of  
vegetables

Add a can of beans  
or lentils to the meal  
to make it go further



## Do activities you enjoy

**Strengthen your  
muscles**



Vigorous activities

## Choose healthy snacks and drinks between meals



Go for snacks rich in vitamins and minerals and low in saturated fat, added sugar and salt

Tap water is best

## More information

For more information, see the booklet *Healthy Eating, Active Living* (code **HE1518**), available from HealthEd ([www.healthed.govt.nz](http://www.healthed.govt.nz)).

For easy, fast and affordable food ideas, visit the My Family Food website ([myfamily.kiwi/foods](http://myfamily.kiwi/foods)). For fun ideas to keep your family active, visit the My Family Activities website ([myfamily.kiwi/activities](http://myfamily.kiwi/activities)).

This resource is available from [www.healthed.govt.nz](http://www.healthed.govt.nz) or the Authorised Provider at your local DHB.

Revised October 2015. 10/2015. Code **HE1333**.

