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.

Revised July 2016. 07/2016. Code

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

Offer children healthy snacks between meals.

These foods and drinks make healthy snacks.

These foods contain lots of fat, sugar and salt. Avoid them – or eat only occasionally.
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).

Offer children healthy snacks between meals. These foods and drinks make healthy snacks.

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.

Revised July 2016. 07/2016. Code HE1523
This resource is available from www.healthed.govt.nz or the Authorised Provider at your local DHB.