

# 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 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 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.*



New Zealand Government



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or the Authorised Provider at your local DHB.