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 milk and milk products

• a small serving of meat (eg, chicken, fish, lamb) or a meat alternative (eg, lentils, chick peas, dried beans).
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.