

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

Eat healthy food and move more every day

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



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).

For easy, fast and affordable food ideas, visit the Healthy Kids website (www.healthykids.org.nz/eat). For fun ideas to keep your family active, visit the Healthy Kids website (www.healthykids.org.nz/move/games).

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

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