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



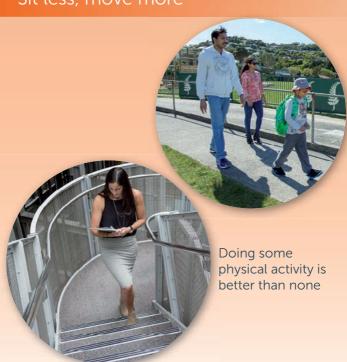


Morning

Start your day with breakfast



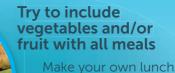
Sit less, move more





Midday

Enjoy a variety of healthy foods









Drink plenty of water



Leftovers are a great choice

Be active throughout the day

Do some moderate or vigorous physical activities



Moderate activities





Take time to enjoy a meal with others



Add a can of beans or lentils to the meal

to make it go further

Have plenty of vegetables



Do activities you enjoy



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



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.

Revised October 2015. 11/2018. Code HE1333.





New Zealand Government