

Healthy foods and drinks

Eat a variety of foods each day ...



- lots of colourful vegetables and fruit



- some wholegrain breads and cereals or starchy vegetables (eg, potatoes, kūmara)

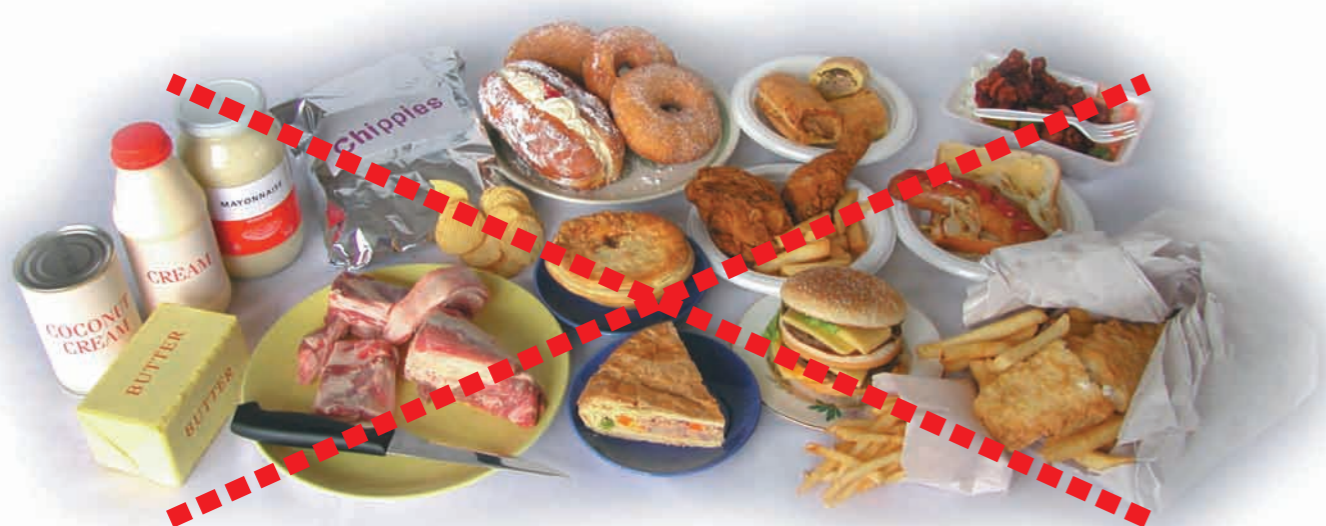


- some milk and milk products



- a small serving of meat (eg, chicken, fish, lamb) – or lentils, eggs, chickpeas, dried beans, etc

Avoid or have only occasionally...



- fatty, salty foods



- sugary foods and drinks

Healthy foods, drinks and regular physical activity help prevent diabetes, heart disease and other illnesses.