

eat most
vegetables & fruit

eat some

grain foods & starchy vegetables

legumes, fish, seafood, eggs, poultry & meat

milk, yoghurt & cheese

healthy oils, nuts & seeds

CUT BACK ON

junk foods, takeaways & foods or drinks high in sugar, salt or saturated & trans fats

simple steps

Healthier eating can be easy. Why not start by taking one simple step?

Here are some ideas to add goodness to your kai:

vegetables & fruit : a variety of colours

my step



'Add one' more vege to dinner



'Add one' salad vege to your sandwich



'Add one' coleslaw to a takeaway meal



'Add one' piece of fruit to breakfast or lunch

grain foods & starchy vegetables : wholegrain & high-fibre

my step



Swap from white bread to wholegrain



Choose baked potatoes or kumara instead of deep fried



Use wholemeal instead of white flour



Choose just one starchy or grainy food at a meal

legumes, fish, seafood, eggs, poultry & meat : lean & skinless

my step



Cut the fat off meat and skin off chicken



Drain the fat from canned corned beef



Add a can of legumes to a dish and use less meat



Steam, grill or pan fry fish instead of deep frying

milk, yoghurt & cheese : reduced fat

junk food & takeaways : cut back



Switch to lite blue, green or yellow top milk



Swap from full fat to reduced fat cheese



Swap from a sweet bakery item to plain yoghurt



Try homemade instead of bought takeaways



Downsize from a big plate to a smaller size

healthy oils, nuts & seeds



Swap from butter or ghee to oils or margarine



Choose a handful of nuts for a snack instead of potato chips



Add avocado to a sandwich or salad



Swap a can of fizzy to water or milk



Swap from two scoops of ice cream to one scoop