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

- '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

- 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

- 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

- 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