

## Healthy ways of cooking



### Baking

- It does not need added cream



### Boiling or Steaming

- It does not need added cream



### Grilling

- Trim fat off meat and throw away the trimmed fat in the rubbish
- Use a baking rack to drain the extra fat and throw this extra fat in the rubbish



### Stir Fry

- Use water, or if using oil, use a small amount



### Stewing

- Use lean meat
- Add more vegetables and/or beans to make it go further



### Roasting

- Use a rack when roasting to drain the fat and throw this drained fat in the rubbish
- Remove skin and throw in the rubbish before serving the chicken



### BBQ

- Remove excess fat from meat before barbequing



### 'Umu

- Use less coconut cream for palusami
- Remove excess fat from meat or canned meat for the lū

## Simple steps to good health

- 1** Eat foods from all 4 food groups.
- 2** Eat foods **low in saturated fat, salt and sugar.**
- 3** Keep healthy by doing **at least 30 minutes of moderate physical activity 5 days or more per week.** Stay in shape by doing **some extra huff and puff and weight-bearing exercise.**
- 4** Avoid sitting for long periods of time.
- 5** Drink at least **8 glasses of liquid each day** – water is best.
- 6** If you drink alcohol limit your intake to:
  - **No more than 3 standard drinks\* per day for MEN**
  - **No more than 2 standard drinks\* per day for WOMEN**
- 7** Buy, prepare, cook and store food carefully to ensure food safety.

**Pacific Heartbeat | Heart Foundation**  
9 Kalmia Street, Ellerslie, 1051  
PO Box 17-160, Greenlane, Auckland 1546  
P 09 571 9191 | F 09 571 9190

[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

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# Eat for Health



Supported by the Ministry of Health

# 6 Grain Foods

## Mostly whole grains

Provide carbohydrates for energy; dietary fibre to assist digestion and regular bowel movements; vitamins and minerals for good health.



Eat **6** servings each day

### Serving Examples

- 1 sandwich-slice of bread, preferably whole grain
- 1 small bun or bread roll, preferably whole grain
- 1 cup cooked rice/pasta, preferably whole grain
- ½ cup cooked porridge
- 2 weet-bix
- ½ cup of muesli
- **Try bread with minimal spread on it**
- **Try adding fruit to cereals instead of sugar**

# 5+ Vegetables and Fruit

## Mostly seasonal & colourful ones

Provide carbohydrates, fibre, vitamins and minerals. Vitamins are essential for normal growth and protection from some diseases. Minerals are important for all functions of the body.



Eat at least **5** servings each day

### Serving examples

- ½ cup of raw, cooked, frozen or canned colourful vegetables or fruit
- 1 medium fruit, eg. apple, orange or mango
- 2 small fruits, eg. plums, apricots, kiwifruit
- 1 cup cooked potato, kumara, taro, yam or cassava
- 1 medium banana – yellow or green
- **Choose fruit canned in natural juice or drain the syrup**

# 2 Milk and Milk Products

## Mostly low or reduced fat

Provide calcium for strong bones and teeth, and protein for growth and repair.



Eat **2** servings each day

### Serving examples

- 1 glass of milk (250ml)
- 1 carton of yoghurt (150ml)
- 2 thin slices cheese (40g)
- Choose reduced fat milk, cheese and yoghurt
- **Milk powder or evaporated milk is also a good choice**

# 1-2 Dried Beans, Lentils, Nuts, Seeds, Fish, Seafood, Eggs, Chicken and Lean Red Meat

Provide protein, vitamins and minerals. The body is easily able to absorb the iron in lean red meats, chicken and seafood.



Eat **2** servings each day

- ¾ cup cooked dried beans, eg. baked beans, kidney beans, chickpeas or lentils
- ⅓ cup or small handful of unsalted, raw or lightly roasted nuts or seeds

OR

Eat **1** serving each day

- 1 medium fillet of fish – cooked (100g)
- 1 egg
- 1 chicken leg or 2 drumsticks (no skin)
- 1 small chicken breast (100g – no skin)
- 1 medium steak or large chop (fat removed)
- 2-3 slices cooked meat (approx. 100g)
- ¾ cup of stew, mince or casserole (195g)

\*Eat no more than 500g (½ kilo) of cooked red meat per week.