

Eating and **movement** for health and wellbeing



Aim to eat a variety of foods daily

Fill half your meals with vegetables

Fresh, frozen or canned – choose a mix of colours for different nutrients.



Choose whole grains like grainy bread or brown rice to boost fibre and support digestion.



Add legumes (beans, chickpeas, lentils) – they're high in fibre and keep you full.

Include dairy such as low-fat milk, cheese, or yoghurt for calcium and protein.

Lower salt, sugar and saturated fat

Cook at home more often – homemade meals have less salt and sugar than packaged or takeaway foods.

Use heart-friendly cooking methods – trim fat off meat and use oil (for example, olive, canola) instead of butter.



Enjoy leftovers – they're budget-friendly and quick to prepare.

Swap added sugar – choose unsweetened options, try fruit, yoghurt, or a homemade smoothie.



Eating and drinking habits

Drink plenty of water – swap sugary drinks for tap water.

If drinking alcohol, keep it limited and aim for 2 alcohol-free days each week.

Sit down to eat and put screens away, this helps you focus and enjoy your food.

Try 1 to 2 meat-free nights each week – include eggs or legumes like beans, lentils, or tofu.

Choose nourishing snacks in between meals.





Tips for a more active life

Be active most days

Aim for at least 2½ hours of activity each week.

You can spread activity across the week in short bursts like housework, gardening or a short walk after dinner.

Boost your benefits

For extra health gains, add some vigorous activity like brisk walking, swimming, or team sports.

Strengthen your muscles

Try muscle-strengthening activities at least twice a week like lifting weights, push-ups and carrying groceries.

Move more, sit less – every day

Every bit counts!

- Any movement is better than none.
- Walk or cycle instead of driving, or park further away.
- Dance or play with your whānau.

Do activities you enjoy

- Be active with friends or whānau.
- Go for walks, play games, or gather kai together.

Break up sitting time

- Stand up and stretch every hour.
- Walk to talk to a colleague instead of messaging.



More information

For more information, see the booklet *Healthy Eating, Active Living* (code **HE1518**), available from HealthEd (**healthed.govt.nz**).

For easy, fast and affordable food ideas, visit the Healthy Kids website (**healthykids.org.nz/eat**).
For fun ideas to keep your family active, visit the Healthy Kids website (**healthykids.org.nz/move/games**).

This resource is available from **healthed.govt.nz**
or your local Authorised Provider.

Revised December 2025. Code **HE1333**.