

BREAKFAST MADE EASY | PARAKUIHI PAI



Health New Zealand
Te Whatu Ora

Choose foods for energy and nutrients that help us go, grow, and glow

GO - Kai that gives us energy to play, work, and go!



Roti



Rolled oats



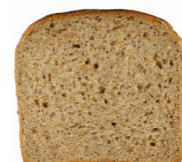
Green banana



Suafa'i



Brown rice



Wholegrain bread



Weetbix



Corn thins

GROW - Kai for growth, staying strong and feeling full



Plain milk



Peanut butter



Baked beans



Yoghurt



Tofu



Chickpeas



Eggs



Canned tuna

GLOW - Kai that keeps our skin, hair, and eyes bright and "glowing"



Broccoli



Spinach



Mixed berries



Mushrooms



Tomatoes



Mixed vegetables

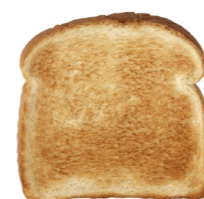


Canned fruits



Carrots

Put it all together



Toast



Peanut butter



Banana



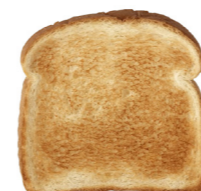
Rice



Leftover chicken



Mixed vegetables



Toast



scrambled eggs



Spinach



Sago (suafa'i)



Coconut milk



Banana



Roti



Chickpeas
(Leftover curry)



Mixed vegetables

Tips to help you choose

Eating a wide variety of nutritious food each day is good for our health and energy levels. Choosing plant-based foods also helps to care for our planet and is easier on the environment.

Choose longer lasting food:

- Higher fibre foods – wholegrain or wholemeal varieties, fruits and vegetables
- Higher protein foods – yoghurt, tofu, eggs, cheese, nuts and legumes

Watch the sugar and salt:

- Added sugar can be high in some cereals, bars, and flavoured yoghurt. Aim for the lowest amount of sugar that suits your preference.
- Salt (sodium) may be hidden in some items like canned beans and peanut butter. Look on the nutrition information panel for sodium less than 400mg per 100g.

Try to lower the amount of salt and sugar added to meals or drinks over time, experiment with spices and dried herbs for flavouring. It is surprising how our taste will change and adapt!

Authorised by: Te Mana Ora
Reference: NUT0062, June 2025