



Nestlé healthy activeKIDS

10

STEPS TO

EATING Well

EATING WELL & KEEPING ACTIVE HELPS YOU FEEL GOOD and get the most out of life. Here are some simple ways to help you make the best food choices every day - even when you are really busy!

1.

BLAST OFF WITH BREAKFAST FOR THE BEST START TO YOUR DAY

A nutritious breakfast will give you the energy you need to power you through your morning.

Here are some great ideas:

- **Wholegrain cereal** with low fat milk and fruit
- **Natural muesli** with low fat yoghurt and fruit
- **Hot oats** with low fat milk and fruit
- **Eggs or beans** on grainy toast
- **Berry smoothie** with low fat yoghurt and low fat milk



2.

WATER IS THE BEST CHOICE!



- **Drink plenty of fluids** to keep your body working at its best.
- **Aim to have at least 8 cups** of fluids every day. You will need more in hot summer months and on days when you are very active.
- **Water and low fat milk** are the best every day choices. Drink fizzy, energy drinks and juice only occasionally.



3.

FOODS AREN'T GOOD OR BAD

You can still enjoy your favourite treat foods as long as you balance your intake. Foods containing high amounts of fat, sugar and salt should be eaten occasionally and in small amounts.

Balance YOUR FOOD CHOICES

5.

Eat a range of foods from each of the food groups every day. The 'Choose a variety of foods everyday section' in the back of this booklet shows you the different types of foods you need to include and the number of recommended serves for each food group.

For a main meal, your plate should have:

- **1/4 carbohydrates** (including bread, cereals, rice, pasta, noodles)
- **1/4 protein** (including lean meat, fish, poultry, eggs, nuts, legumes)
- **1/2 vegetables** or salad



Getting friends and family together in the kitchen can be a great way to learn about food and share in the preparation of a healthy tasty meal. To keep things interesting, try to have one night a week when you try a new recipe.

HERE ARE SOME GREAT MEALS YOU COULD TRY!

- **Fish pie with vegetables**
- **Homemade hamburgers**
- **Baked mushroom risotto**
- **Spaghetti bolognese with salad**
- **Stir fry with rice**

For great recipe ideas visit WWW.TASTYRECIPES.CO.NZ



6.

VARIETY ADDS SPICE TO LIFE



Make eating fun

Try foods from different cultures and countries.

- Mexican • Indian • Spanish
- Thai • Japanese • Chinese
- Middle Eastern • Malaysian



7.

CHILL OUT. CHOW DOWN

Eat slowly as this helps prevent overeating and aids digestion. Sit at the table and socialise, it is a great time to catch up with family and friends.



HEALTHY TAKEAWAYS



- Choose takeaways which are low in fat with lean meat or fish, tofu, legumes or eggs, lots of vegetables and some carbohydrate like bread, rice or noodles.
- Stir fries, sushi, kebabs, salads and "design your own sandwiches" can be good choices.
- Minimise deep fried foods, too much cheese or creamy dressings.
- Watch portion sizes - save some for later.



9.

LOOK FOR HEALTHY OPTIONS

Meat and chicken - choose lean meats and cut off any visible fat or skin. Add legumes and vegetables to make the meal go further.

Vegetarian meals - aim to have at least one meatless main meal each week.

Milk, yoghurt, cheese - go for the low fat options.

Breads and cereals - choose wholegrain varieties such as wholegrain bread, brown rice and oats.

Fruit - eating whole fruit is the best option as it has more fibre. Pick canned fruit in fruit juice rather than syrup. Limit diluted fruit juice to 1 small glass occasionally. Drink with food rather than between meals.

Fat - for cooking, choose canola, olive or rice bran oil rather than butter, lard, ghee or coconut oil.

10.



BETWEEN MEALS
Choose snacks that are good for you and fill you up. How many you need depends on how active you are.

GREAT IDEAS FOR NUTRITIOUS SNACKS:

- Fresh, tinned or dried fruit
- Low fat yoghurt, dairy snacks or milk
- Mixed unsalted nuts and seeds
- Pasta or low fat noodles
- Grainy toast with spreads
- Low fat crackers with spreads
- Low fat muffin or scones
- Fruit bread or English muffins
- High fibre cereal with low fat milk
- Home popped popcorn
- Pikelets with fruit or honey
- Low fat custard
- Corn on the cob
- Sushi
- Pretzels
- Low fat cereal bars
- Soups - fresh, instant or tinned
- Vegetable sticks with hummus or cottage cheese
- Sandwiches, rolls, wraps or toasted sandwiches
- Rice crackers, rice cakes or corn thins with topping
- Baked bean toasted sandwich



HOW TO KEEP ACTIVE

THE MORE YOU MOVE,
THE BIGGER THE BENEFIT.

Exercise helps keep your heart, lungs, bones & muscles **STRONG** and helps them to work at their best. Keeping active also helps you feel good **AND LOOK GREAT.**

1.

DO AT LEAST 60 MINUTES OF ACTIVITY PER DAY

MAKE SURE YOU ARE
HUFFING & PUFFING!

2.

EXERCISE BITES

Move more throughout the day not just when exercising. Walk around during your lunch time with friends, exercise the dog, bike to the shops or school and take the stairs instead of the lift or escalator. Every little bit helps!

3.

BE

EQUIPPED

Keep sports gear such as balls, frisbees, cricket bats, kites, racquets and bikes close at hand and ready for action.

Giving others sports equipment can be a great idea for a present too!

4.

THERE IS NEVER A BETTER TIME *than* NOW

Get out there and join a team, try something different and challenge yourself. See your local newspaper, recreation centre, regional trust or visit www.sportnz.org for ideas.

5.

WHATEVER THE WEATHER

Don't be turned off by clouds or rain - there is always something you can do to keep moving even inside!

Try indoor activities such as swimming, dancing, bowling and hoola hoop. Or develop your own exercise routine including star jumps, push ups, lunges, burpees - get creative and set yourself a target!

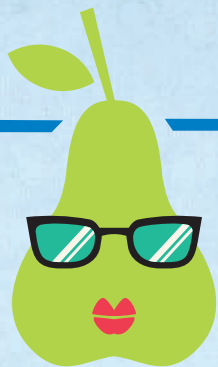
6.

FUN

WITH FAMILY & FRIENDS

Organise activities, walks and games. It's more fun exercising with friends and you can motivate each other.

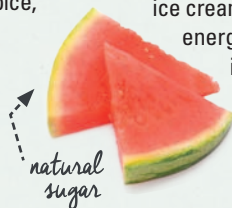
BE SUGAR SMART



Most Kiwi adults and children eat more sugar than we need to keep healthy and well. With most of that sugar coming from **FIZZY AND JUICE DRINKS**.

THERE ARE TWO TYPES OF SUGAR:

- **Natural sugars** - in fruit, vegetables or milk, which are the better choice,
- **Refined sugars** - from sugar cane, found in processed foods and sugar bowls.



natural sugar



refined sugar

Food and drinks that have lots of sugar - fizzy drinks, juice, biscuits, lollies, ice cream...are high in energy but often low in other nutrients and are adding to New Zealand's obesity problems.



Sugary foods and drinks can also cause tooth decay, especially eaten between meals.



Cut back ON ADDED SUGARS IN YOUR DIET & EAT SMALLER PORTIONS



REMEMBER

Whole fruit makes the best snacks; leave cakes and other sugary treats for the odd special occasion.

Aim for 6 teaspoons or less a day of added sugar.



SENSATIONAL SMOOTHIES

BANANA ENERGY SMOOTHIE

2 SERVES

2 MIN PREP TIME

Ingredients

- 1 banana
- $\frac{3}{4}$ cup trim milk
- $\frac{1}{2}$ cup unsweetened, reduced fat yoghurt
- 1 tbsp rolled oats
- 2 tbsp malted chocolate powder

Method

1. Place all ingredients in a food processor or blender and blend for 15-20 seconds, or until smooth.
2. Pour into tall glasses and serve.



CRACKER SNACK

Crackers go well with most toppings. Choose wholegrain varieties and try different toppings.



- cottage cheese with sliced tomato
- edam cheese with tuna and cucumber
- ham and pineapple
- hard boiled egg and lettuce
- hummus and avocado
- spreads such as peanut butter, honey, Vegemite/Marmite.

SUPER NOODLES

2 SERVES

5 MIN PREP TIME

2 MIN COOK TIME

Ingredients

- $1\frac{1}{2}$ cups boiling water
- 1 packet low fat 2 minute noodles
- 2 tbsp frozen peas
- 1 tomato chopped
- Some sliced or shredded cooked chicken

Method

1. Break the noodle cake in quarters, add the flavour sachet and the frozen peas to a large microwave safe jug or bowl. Carefully add the boiling water.
2. Cook on HIGH in an 850 watt microwave oven for 2 minutes.
3. Remove from the microwave, drain and stir in the tomato and chicken. Serve.



Choose baked noodles rather than fried noodles as they have a lot less fat. Any leftover meat or vegetables can be added to this recipe.

CHOOSE A VARIETY OF FOODS EVERY DAY

Enjoy the recommended number of serves from each food group

PROTEIN

Legumes, nuts, seeds, fish and other seafood, poultry, and/or red meat with fat removed
1 - 2 serves*



TREATS

Choose these occasionally & in small amounts* It is not a TREAT if we eat these everyday

CARBOHYDRATE

Bread, cereals, rice, pasta, noodles (preferably wholegrain)
At least 6 serves*



Drink plenty of water
8+ glasses per day

DAIRY

Milk, cheese, yoghurt (preferably reduced fat)
2 serves*

VEGETABLES & FRUIT

At least 3 serves of vegetables & 2 serves of fruit





BUILD A HEALTHY DAY

HERE'S HOW A HEALTHY DAY MIGHT LOOK:

1. GOOD MORNING!

Starting the day with a nutritious breakfast will give you a healthy start to the day.

2. TEETH TIME

Brush your teeth in the morning to keep a healthy smile!

3. KEEP UP HYDRATION

Drink water through the day - you may need to take a water bottle with you. Leave the sugary drinks behind, water is the best choice.

4. MORNING BREAK

Time for a nutritious snack and to get moving. Walking around, taking the stairs or active games are great ways to keep you moving.

5. LUNCH TIME

Remember: cakes, lollies, chippies & biscuits are treat foods and not ideal every day.

After a busy morning, a nutritious lunch helps give you a boost of energy and gets your brain in gear ready for the afternoon.

Great lunchbox ideas include:

- wholegrain sandwiches with lean meat or sliced boiled egg or hummus and salad
- rice or pasta salad with veggies, sushi, low fat yoghurt and fruit
- Left overs from last night's dinner.

6. AFTERNOON TEA

If you have sports training or exercise after school or work you need a nutritious snackTime for some more water too!

7. AFTERNOON ACTIVITY

Being active in the afternoon is great. It may be playing with your friends, going to rugby, kapa haka or netball practice, dancing or running around the garden.

8. DINNER

Meal times are the perfect time to sit, talk and to catch up on everyone's news. Eat at the table and enjoy your food.

9. TEETH TIME AGAIN...

Brush your teeth before bed time.

10. SLEEP TIME

It's time for bed. A good night's sleep is really important to help your body rest and recover. Try to have at least 8 hours sleep every night.

KNOWING WHAT NUTRITION INFORMATION TO LOOK FOR
CAN HELP YOU CHOOSE HEALTHY FUEL FOR YOUR BODY



To help make it easier to make healthier choices for packaged foods, look out for the "Health Star Rating" symbol on packaging.

- Packaged foods may have a Health Star Rating from ½ to 5 stars. The more stars, the healthier the choice.
- The Health Star Rating system is a simple and quick way to compare the nutritional value of similar foods without having to spend extra time reading food labels.

To make the best choices - look for foods with the highest Health Star Rating.

CHECK!

ARE YOU ON TARGET?



1. AT THE END OF EACH DAY:

Write in the number of serves and amount of activity that you have achieved.

2. AT THE END OF THE WEEK:

Are there areas you need to improve on? Even small changes can make a big difference to your health overall.

ONE SERVE (EXAMPLE)	EVERY DAY YOU NEED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREADS & CEREALS* 	6+ SERVES							
FRUIT* 	2+ SERVES							
VEGETABLES* 	3+ SERVES							
MEAT & ALTERNATIVES* 	2 SERVES							
MILK & DAIRY* 	3 SERVES							
TREATS*  <small>Once or twice a week and in small portions</small>								
FLUID*  <small>Water is the best choice</small>	8+ SERVES							
ACTIVITY 	60+ MINUTES							

* See overleaf for other food choices

TO LEARN MORE ABOUT:

HEALTHY ACTIVE KIDS

www.healthyactivekids.co.nz

A FREE comprehensive teaching programme and activities for students.

CHOOSE WELLNESS

www.choosewellness.co.nz

Wellness is about enjoying a better lifestyle and improving the quality of your life through a balanced diet of healthier, tastier choices, regular activity and a positive attitude. At Nestlé we aim to enhance the quality of you and your family's life every day, everywhere.

Also visit www.nestle.co.nz

AUT MILLENNIUM

www.autmillennium.org.nz

AUT Millennium is the home of high performance sport in New Zealand. The organisation is committed to producing world-class outcomes in high performance sport and community sport, health and wellbeing. Nestlé has been a nutrition partner since 2002.

NEW ZEALAND NUTRITION FOUNDATION

www.nutritionfoundation.org.nz

The New Zealand Nutrition Foundation is a not for profit organisation whose mission is to 'enhance the quality of life of New Zealanders by encouraging informed, healthy and enjoyable food choices as part of an active lifestyle.'

Visit the Foundation website or Facebook page for up-to-date information on food and nutrition.

A FIT & HEALTHY YOU

www.nestle.co.nz or 0800 830 840

Learn about eating well, keeping your body healthy and balancing your life. This FREE 36 page booklet is for all adult New Zealanders. Even small changes can make a big difference to your life and how you feel.

RECIPE IDEAS

www.tastyrecipes.co.nz

Check out some great recipe ideas.

