

CHOOSE A VARIETY OF FOODS EVERYDAY

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*

VEGETABLES & FRUIT

At least 3 serves of vegetables & 2 serves of fruit



TREATS

Choose these occasionally and 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*



Nestlé healthy activeKIDS

A healthy tomorrow for today's children

www.healthyactivekids.co.nz

DAIRY

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



BALANCE YOUR PLATE

1/2 Vegetable
1/4 Protein
1/4 Carbohydrates