

# Eating and Activity Guidelines

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*Whāia te Hauora i Roto i te Kotahitanga A Healthier Tairāwhiti by Working Together*



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# Eating Statements

Enjoy a variety of nutritious foods every day.





# Grain foods

Choose mostly  
wholegrain,  
and those  
naturally high in  
fibre.



# Choose plenty of vegetables and fruit



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# Milk and milk products

Choose some milk  
& milk products,  
mostly  
low & reduced  
fat.





# Choose some

- legumes
- nuts, seeds
- fish and other seafood,
- eggs, poultry  
(e.g. chicken) and/or
- red meat with the fat removed



# What are Legumes?

Legumes include

- lentils
- split peas
- chickpeas &
- cooked dried beans.

(e.g. kidney beans, baked beans)



# Choose or prepare foods and drinks

with unsaturated  
fats  
instead of  
saturated fats





# Choose or prepare foods and drinks

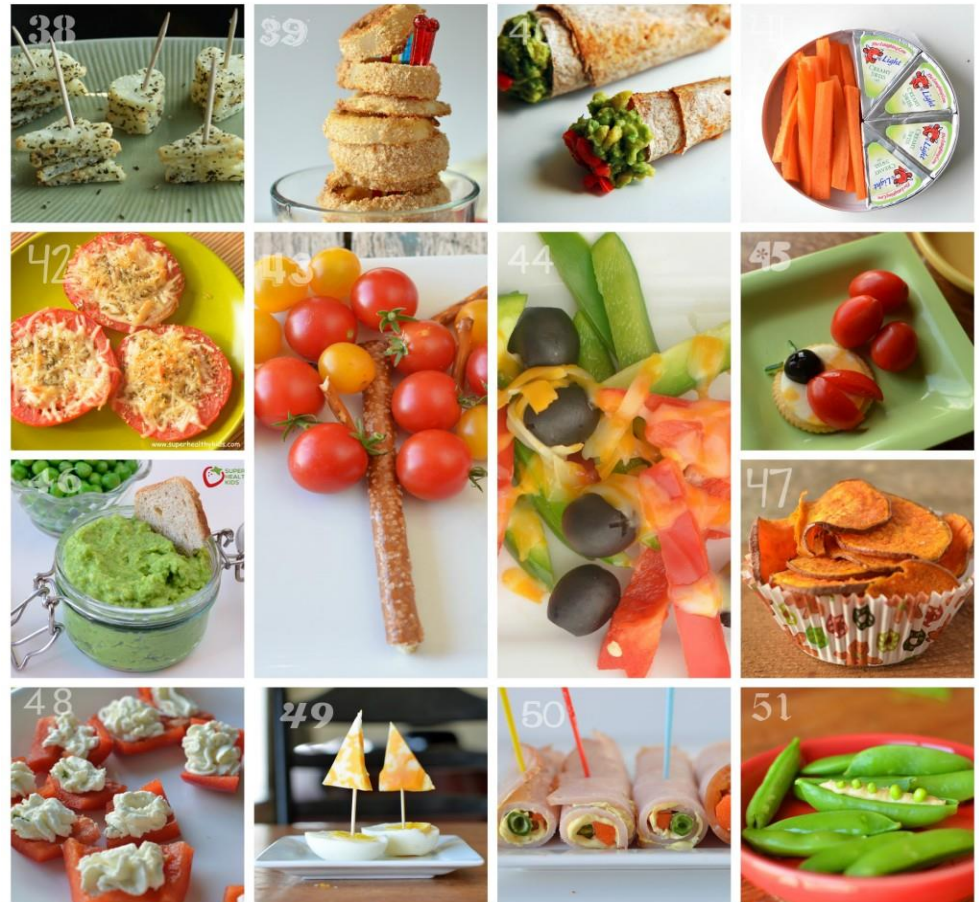
that are low in salt.  
(sodium)

If using salt,  
choose  
iodised salt



# Choose or prepare food and drinks

with little,  
or no  
added sugar.





# Choose or prepare food and drinks

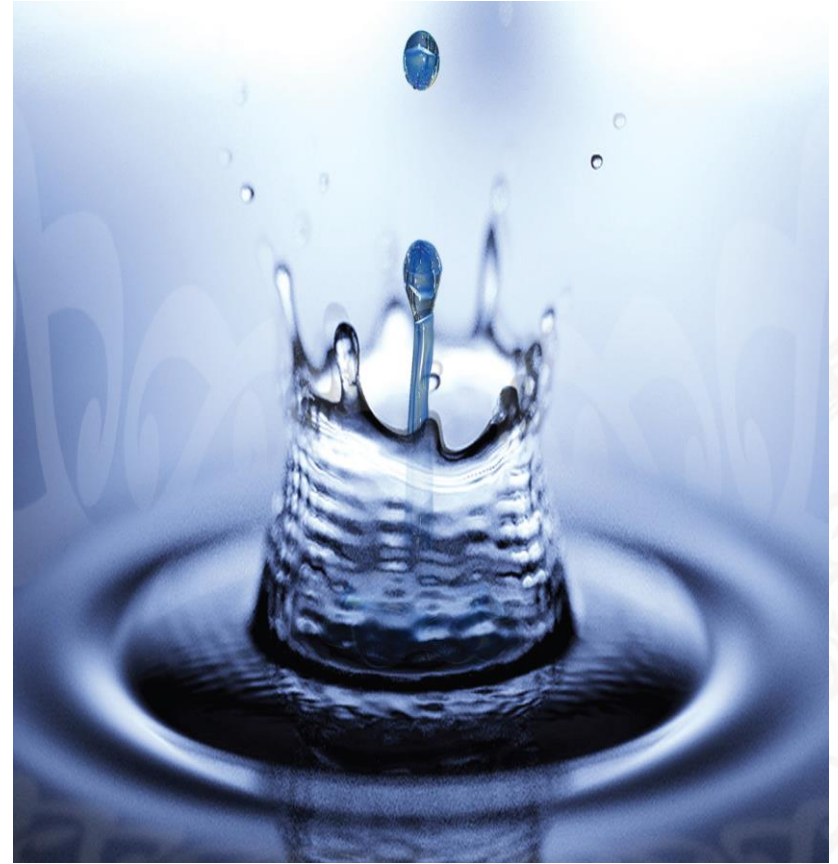
that are mostly  
'whole'  
& less processed





# Say “Ae to Wai”

Make  
plain water  
your first choice  
over  
other drinks



# If you drink alcohol

Keep your intake low.

## **Stop drinking alcohol if**

- you could be pregnant,
- are pregnant
- or trying to get pregnant.



# Buy, gather, prepare & store food to ensure it is safe to eat.



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# Body weight statement



Making good choices about what you eat and drink and being physically active are also important to achieve and maintain a healthy body weight



# Sit less, move more.

Standing up is  
good for your  
health-  
even if you are  
already physically  
active.



# Activity statements

Do at least 2½ hours of moderate, or 1¼ hours of vigorous physical activity spread throughout the week.





# Activity statements

**For extra health benefits,**

Aim for 5 hours of  
moderate, or

2 ½ hours of vigorous  
physical activity spread  
through the week.



# Activity statements

Do muscle  
strengthening  
activity  
at least twice a  
week.



# Activity Statements

Doing some  
physical activity  
is better than  
doing none.





# Eat food. Not too much. Mostly plants.

Micheal Pollan



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# References

- <https://www.health.govt.nz/system/files/documents/publications/eag-summary.pdf>
- <http://toitangata.co.nz/>
- <https://ana.org.nz>
- <https://www.hpa.org.nz/what-we-do/health-education-resources>





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