

Choose a balance of healthy food every day



Water

make it your
drink of choice



Vegetables

Grains

mostly whole grain and those naturally high in fibre

Fruit

Milk & milk products

mostly low and reduced fat

**Legumes (e.g. lentils and beans),
seeds, fish, seafood, eggs,
poultry and/or lean red meat**

Eating a wide variety of nutritious food
each day is important for good health.

www.health.govt.nz

