



# The healthy way to go

## ENJOY

**5** Five or more vegetables and fruit every day



## • HEALTHY TIPS •

- ✓ Choose a variety of different coloured vegetables and fruit.
- ✓ Vegetables and fruits that are in season are less expensive. Try farmers' markets, community gardens or grow a few of your favourites.
- ✓ Frozen and canned vegetables can be just as healthy as fresh veges.
- ✓ Avoid dried fruits and canned fruits in syrups that have a lot of sugar.

## LIMIT

**2** Less than two hours screen time every day



## • HEALTHY TIPS •

- ✓ Less than one hour of screen time a day if under five years old, and none if under two years old.
- ✓ Keep bedrooms free of screens and devices, such as computers, phones, televisions, gaming consoles and tablets.
- ✓ Turn off screens during meal times and enjoy eating together as a family.
- ✓ Turn off screens and devices at least an hour before bedtime.

## PLAY

**1** Be active for one hour or more every day



## • HEALTHY TIPS •

- ✓ Swap screens for active games and play.
- ✓ Walk, bike, scooter or skateboard to get to places.
- ✓ Be active in everyday life through play, cultural activities, kapa haka, dance, sport, or household tasks.
- ✓ Get outdoors, learn new skills, and visit friends.

## CHOOSE

**0** Zero sugary drinks—choose water or plain milk every day



## • HEALTHY TIPS •

- ✓ Sugary drinks increase the risk of obesity, diabetes and tooth decay.
- ✓ Drinks that often have a lot of sugar are: flavoured milks, fruit juices, fruit drinks, fizzy drinks, sports and energy drinks, sachet drinks, cordials, and iced teas and coffees.
- ✓ Buy fewer and fewer sugary drinks each week until you no longer buy any.
- ✓ Make your home and school sugary drink free.