



**Zero sugary drinks  
– choose water  
or plain milk**



- ✓ 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.



Te ara hauora tika  
The healthy way to go

go 5210  
**every day**

For more information: [www.toiteora.govt.nz](http://www.toiteora.govt.nz)



**TOI TE ORA**  
PUBLIC HEALTH  
Bay of Plenty + Lakes Districts





Five or more  
vegetables  
and fruit



Less than  
two hours  
screen time



Be active  
for one hour  
or more



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



- ✓ Less than one hour of screentime 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, TVs, 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 bed time.



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