



Te ara hauora tika
The healthy way to go



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts

Mahia te mahi

5210 ia rā, ia rā



Kia kaha te kai,
kia RIMA i ngā hua
rākau me ngā hua
whenua

Kia mātakitaki
te mata rorohiko,
kia RUA haora
noa iho

Kia mahi korikori
te tinana, mō te
KOTAHI haora ā,
piki ake

Kia KORE te inu wai
huka; whakainumia
te wai Māori me
te miraka noa iho



Kia kaha te kai, kia RIMA i ngā hua rākau mē ngā hua whenua



Kia mātakitaki te mata rorohiko, kia RUA haora noa iho



Kia mahi korikori te tinana, mō te KOTAHI haora ā, piki ake



Kia KORE te inu wai huka; whakainumia te wai Māori me te miraka noa iho

✓ 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 whānau.

✓ Turn off screens and devices at least an hour before bedtime.

✓ 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.

✓ 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 kāinga and kura sugary drink free.