

Choose a *variety* of foods every day

Enjoy the recommended number of serves from each food group based on healthy eating for young people and adults.

Drink plenty of water

6-8 glasses per day



Protein Foods

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

{ 2 serves*
3 serves for vegetarians*

Treats

Choose these occasionally & in small amounts*

It is not a TREAT if we eat these everyday



Grains

Bread, cereals, rice, pasta, noodles (preferably wholegrain) potatoes, kumara

At least 6 serves*



Milk and Milk Products

Milk, cheese, yoghurt (preferably reduced fat)
3 serves*

Vegetables and Fruit

At least 5 serves of vegetables & 2 serves of fruit



*Recommended number of serves based on Ministry of Health, Food and Nutrition Guidelines for healthy children + young people (Aged 2-18 years): A background paper aged 13-18 years).

To find out more visit
nestlecookforlife.co.nz

