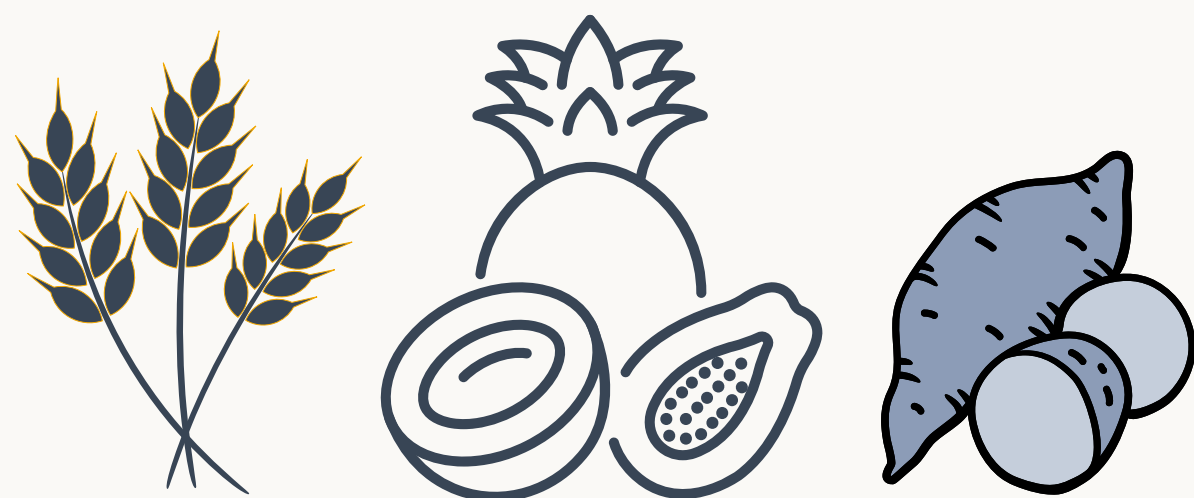




HEALTHY, FILLING FOODS

These foods are full of nutrients and contain protein and fibre which help to keep you feeling satisfied throughout the day.



Smart carb choices - full of fibre

Starchy veg such as potato, kūmara, taro and yam • fruit • whole grains e.g. oats, whole grain bread, brown rice, barley



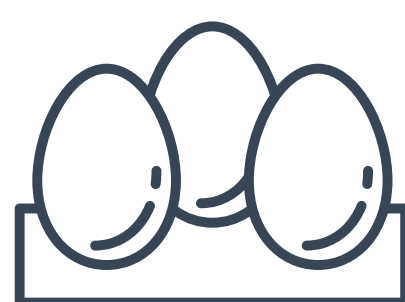
Non-starchy veg - fill half your plate

Full of vitamins, minerals, fibre and low in calories. Eat the rainbow to get more nutrients!

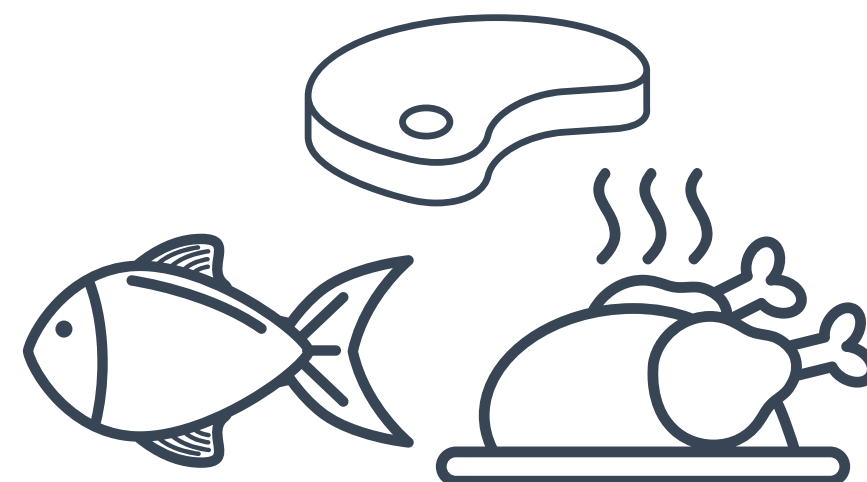


Milk, cheese & yoghurt

Healthy protein foods



Eggs



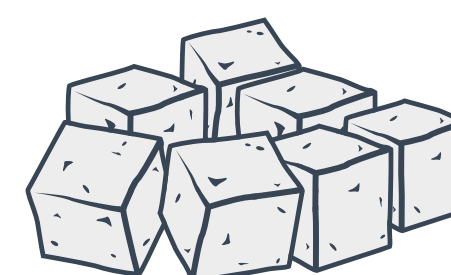
Lean meat, poultry, fish & seafood



Legumes e.g. chickpeas, lentils, black beans, kidney beans



Nuts & nut butters



Tofu & tempeh

Start your day right - filling breakfast ideas

Granola with yoghurt • baked egg cups • smoothie • whole grain toast with eggs, nut butter, sardines or salmon • omelette • porridge or Bircher muesli

Smart snacking

Hard boiled eggs • a piece of fruit • Greek yoghurt • handful of dried fruit and nuts • apple or celery with nut butter • carrot & cheese sticks • popcorn (lightly seasoned) • edamame