

# He taonga | A treasure



## Kai hauora Healthy eating

Eating healthy kai lowers your chance of having a stroke. Find out which kai to eat most and which kai to eat less of.

We should eat a wide range of whole foods. This kai is less processed and is likely to have less salt, less sugar and less fat. In supermarkets, shop around the outside aisles where most of the fresh kai is sold (e.g. fresh fruit and vegetables).

### Ko tēhea ngā kai hauora ana? Which foods are healthy?

You should eat a variety of whole foods (unprocessed foods) from the four main kai groups. Let's look at these more closely:



- **He huarakau, he huawhenua**  
Fruit and vegetables

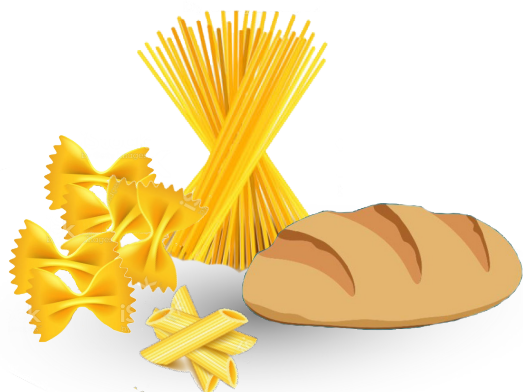
These foods provide energy, fibre, vitamins, and minerals, which are important for keeping you healthy. You should aim for 5+ serves a day. Think of a serve (or portion) as an amount that fits into the palm of your hand. For example, a single serve is one apple, one small kumara or one cup broccoli.

Eat a variety of fruit and vegetables, including a wide range of colours. Half of your dinner plate should be vegetables or salad. Canned, frozen, or dried fruit and vegetables all count towards your daily intake.

- **He kai o ngā momo kākano**  
Grain foods

This food group includes bread, rice, pasta, grains, and cereals. These are the main source of energy for your body. Adults need around 6 serves of grain foods per day. A single serve is one slice of bread, ½ cup porridge or one cup cooked pasta or rice.

Try to eat wholegrain (wholemeal) versions of grain foods. For example, choose wholegrain or wholemeal breads rather than white bread, or brown rice instead of white rice. Wholegrain kai contains more nutrients and fibre which makes us feel fuller for longer.



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- **He mīraka, he momo hua mīraka**

Milk and milk products

Milk products such as milk, cheese and yoghurt are good sources of calcium, which helps keep bones and teeth healthy. Adults need 2 to 3 servings per day. A single serve is 1 cup of milk, 2 slices of cheese or 1 small pottle of yoghurt. Reduced fat or low-fat options are best.

Milk alternatives like soya and almond milk are also included in this food group. Choose unsweetened and added calcium products.

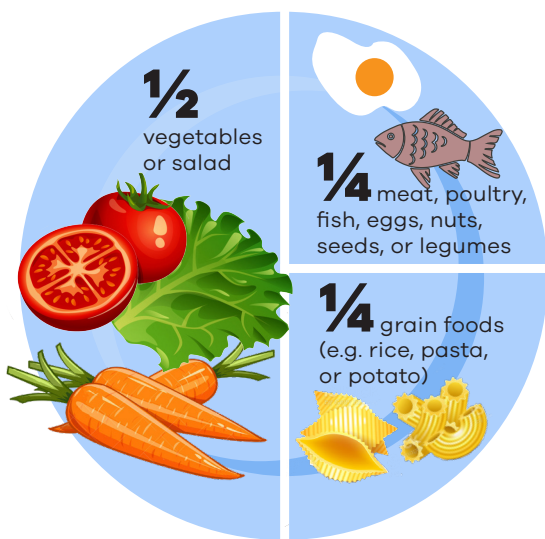
- **He rekiumu, he nati, he purapura, he ika, he momo kaimoana, he hēki, he heihei, he mīti whero**

Legumes, nuts, seeds, fish and other seafood, eggs, poultry (e.g. chicken) and red meat

This kai group is rich in protein, which your body needs to grow and repair itself. Try to eat at least one serving of these foods per day. One serving is two slices of cooked meat, one fillet of fish or  $\frac{3}{4}$  cup of cooked beans.

Choose lean cuts of meat and skinless poultry.

Legumes are foods like beans, chickpeas, peas, and lentils. They are rich in protein and fibre and are a good alternative to meat and fish.



## Anei ngā tohu

### Our tips for healthy eating

- Divide up your dinner plate as follows:
  - $\frac{1}{2}$  vegetables or salad
  - $\frac{1}{4}$  grain foods (e.g. rice, pasta, or potato)
  - $\frac{1}{4}$  meat, poultry, fish, eggs, nuts, seeds, or legumes.
- Have a piece of fruit or some carrot sticks as a snack between meals.
- Get your daily 5+ fruit and vegetables by adding salad to your sandwiches and chopped fruit to your breakfast cereal.
- Add legumes to soups, casseroles, and meat sauces to bulk them out so you can use less meat which also makes it cheaper.
- Reduce fat by baking, grilling, or microwaving instead of frying food.
- Take a homemade lunch instead of eating out. Bought lunches are often higher in salt.
- Limit takeaways to once a week or make homemade versions. For example, you can use ready-made pizza bases and make your own healthy toppings, or use frozen, crumbed fish fillets and oven-baked potato chips with a salad for a healthier version of fish and chips.

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LOW-SALT FOODS	MEDIUM-SALT FOODS	HIGH-SALT FOODS
Less than 120mg sodium per 100g.	120 to 600mg sodium per 100g.	More than 600mg sodium per 100g.
These are good choices.	These foods are ok most of the time, but try to choose foods from the lower end of this range.	Limit these foods.

### A standard drink:



100ml wine



330ml beer



30ml spirits

### Limit your intake to:



no more than 2 standard drinks per day for women



no more than 3 standard drinks per day for men

- **Me pēhea e au te pānui ngā tapanga kai?**

How do I read food labels?

When buying processed foods, check the sodium (salt) content on the Nutrition Information Panel printed on the back or side of the product. Choose products that have the lowest sodium per 100 g. Even a small reduction in sodium can make a difference.

- **He aha te momo kai kia iti?**

What kai should I eat less of?

Try to avoid or eat less of highly processed kai like biscuits, cakes, pastries, chips, pies, sausages, salami, sweets, and most takeaways. These foods usually have high salt, added sugar and saturated fat.

- **He waipiro**

Alcohol

Drinking a large amount of alcohol can contribute to high blood pressure and stroke. If you drink alcohol, limit your intake to no more than 2 standard drinks per day for women and 3 standard drinks per day for men. A standard drink is 100 ml wine, 330 ml can beer and 30 ml of spirits. Aim for at least 2 alcohol-free days a week.

- **He kawhe**

Caffeine

Caffeine is commonly found in coffee, energy drinks and tea. Caffeine is a stimulant, but many people don't realise that it increases your blood pressure for up to 3 hours. Therefore, if you have high blood pressure, it is best to consume less caffeine. There are no clear guidelines for drinking caffeine, but we recommend having no more than 4 cups of coffee per day and to limit energy drinks.

For more information on healthy eating, please check out the following link:

[www.healthnavigator.org.nz/healthy-living/h/healthy-eating-basics/](http://www.healthnavigator.org.nz/healthy-living/h/healthy-eating-basics/)