

KAI ORA / FOOD FOR HEALTH

Kai portions to match your hand size

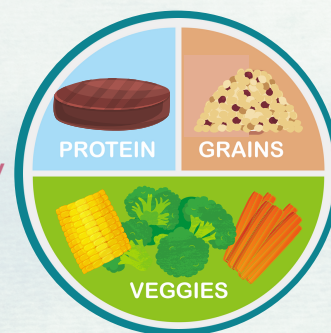
A helpful guide...

- Two hands of huawhenua /veggies
- A palm of pūmua /protein
- A fist of pū kākano /grains



A balanced plate to keep your body & mind well

A variety of vegetables, fruit, grains, protein & dairy will keep you mind & body in good health



Include water and milk as your first choice

Wai / water is the drink that our bodies thrive on.

Milk / miraka is great for strengthening bones and teeth



Observe how your body feels with kai, hungry or full?

Eating slowly can help you know when your body has had enough. It can take 20 minutes for your brain to get this message



Reduce Sugar, Saturated fat and Salt

Packaged kai can be high in the three S's, so when you can, try to prepare from foods in their natural form.



Alcohol free nights at least 2-3 times per week

If you drink alcohol, aim to have 2-3 alcohol free nights per week*
Try herbal or iced teas instead or water with lemon or mint



*None if you are hapū

KAI ORA!

Food to improve whānau health and wellbeing

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your hand size

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MY GOAL

What I plan to do:

How much / often:

When will you start?



This goal is important to me because



Who can tautoko/support me with this goal

Today, you were seen by:

Next hui/catchup: