



Tihei Hauora, Tihei Mauri Ora

Manaora Rangatahi Guidelines for Nutrition and Wellbeing



1. VARIETY AND NATURAL KAI

Let's build our mauri by enjoying a wide variety of natural kai for our physical health and mental wellbeing



2. MEALS TOGETHER

Let's build the mauri of our whānau by helping with meals, eating together, and supporting each other's health



3. SUSTAINABLE EATING

Let's build the mauri of the environment and protect the planet by trying to eat more plant-based foods and by reducing food waste and packaging waste



4. VEGETABLES AND FRUIT

Let's try to eat lots of vegetables and fruit, choosing those in season which are cheaper, and locally produced where possible



5. FIBRE

Let's try to go for whole grains like wholemeal or whole grain bread and high fibre breakfast cereals



6. PROTEIN FOODS

Let's try to eat healthy and sustainable protein foods like chicken, seafood, baked beans and nuts instead of beef and processed meats



7. ULTRAPROCESSED FOODS

Let's try to eat less ultraprocessed foods, which are high in fat, sugar and salt, like chips, sweets, and instant noodles



8. WATER

Let's try to drink lots of water throughout the day instead of fizzy drinks



9. TAKEAWAYS

Let's try to limit takeaways by eating them less frequently



10. SNACKS

Let's try to choose healthy snacks like sandwiches, fruit, yoghurt, or healthy leftovers



11. PHYSICAL ACTIVITY

Let's enjoy being physically active to build our mauri with fitness, strength and mental health



12. ACTIVE TOGETHER

Let's get active with friends, teams, and whānau to strengthen our mauri with social connections



13. ACTIVE OUTSIDE

Let's enjoy being active outdoors and experience the mauri of our whenua, our wai and the environment



14. LOOK UP

Let's look up from our screens and see the real world through our own eyes



15. CYBERBULLYING

Let's protect ourselves online if we are worried about cyberbullying by not hesitating to talk with whānau or someone we trust



16. SCREEN SWITCH OFF

Let's help our brains get ready for sleep by switching off our screens an hour before bed and doing other things like reading or talking with whānau



17. SLEEP

Let's make sure we get 8-10 hours sleep each night



18. TŪRANGAWAEWAE

Let's connect with our tūrangawaewae - a place to belong and feel safe; the place where we have rights but also responsibilities



19. RESPECT

Let's show respect and treat others how we want to be treated



20. ASPIRATIONS

Ko te pae tawhiti - whāia kia tata, ko te pae tata - whakamaua kia tina. (Chase your opportunities and strive to achieve goals)