



Tihei Hauora, Tihei Mauri Ora

Manaora Rangatahi Guidelines for Nutrition



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

1. VARIETY AND NATURAL KAI



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

2. MEALS TOGETHER



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

3. SUSTAINABLE EATING



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

4. VEGETABLES AND FRUIT



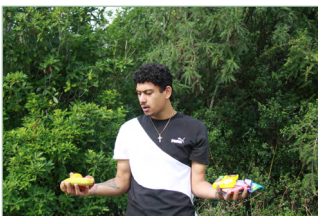
Let's try to go for whole grains like wholemeal or whole grain bread and high fibre breakfast cereal

5. FIBRE



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

6. PROTEIN FOODS



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

7. ULTRAPROCESSED FOODS



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

8. WATER



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

9. TAKEAWAYS



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

10. SNACKS



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

11. PHYSICAL ACTIVITY



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

12. ACTIVE TOGETHER



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

13. ACTIVE OUTSIDE



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

14. LOOK UP



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

15. CYBERBULLYING



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

16. SCREEN SWITCH OFF



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

17. SLEEP



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

18. TŪRANGAWAEWAE



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

19. RESPECT



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

20. ASPIRATIONS



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