



Te ara hauora tika
The healthy way to go



TOI TE ORA
PUBLIC HEALTH
Bay of Plenty + Lakes Districts

go 5210 every day



Five or more
vegetables
and fruit

Less than
two hours
screen time

Be active
for one hour
or more

Zero sugary drinks
- choose water or
plain milk



Five or more vegetables and fruit



Less than two hours screen time



Be active for one hour or more



Zero sugary drinks - choose water or plain milk

✓ Choose a variety of different coloured vegetables and fruit.

✓ Vegetables and fruit that are in season are less expensive. Try farmers' markets, community gardens or grow a few of your own.

✓ Frozen and canned vegetables can be just as healthy as fresh vegetables.

✓ Avoid dried fruit and canned fruit in syrups that have a lot of sugar.

✓ Less than one hour of screentime a day if under five years old, and none if under two years old.

✓ Keep bedrooms free of screens and devices, such as computers, phones, TVs, gaming consoles and tablets.

✓ Turn off screens during meal times and enjoy eating together as a family.

✓ Turn off screens and devices at least an hour before bedtime.

✓ Swap screens for active games and play.

✓ Walk, bike, scooter or skateboard to get to places.

✓ Be active in everyday life through play, cultural activities, kapa haka, dance, sport, or household tasks.

✓ Get outdoors, learn new skills, and visit friends.

✓ Sugary drinks increase the risk of obesity, diabetes and tooth decay.

✓ Drinks that often have a lot of sugar are: flavoured milks, fruit juices, fruit drinks, fizzy drinks, sports and energy drinks, sachet drinks, cordials, and iced teas and coffees.

✓ Buy fewer and fewer sugary drinks each week until you no longer buy any.

✓ Make your home and school sugary drink free.