

DRAFT RANGATAHI GUIDELINES FOR EATING

Proposed Tihei Mauri Ora eating guidelines



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



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



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



Let's try to avoid ultra-processed foods, like chips, sweets, and instant noodles, which are high in fat, sugar and salt



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



Let's try to drink lots of water throughout the day instead of fizzy drinks, juices and energy drinks



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



Let's try to choose the healthier options when having takeaways or eating out and avoid fast food chains



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



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

DRAFT RANGATAHI GUIDELINES FOR WELLBEING

Proposed Tihei Mauri Ora wellbeing guidelines



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



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 whanau



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



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



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



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



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



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



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



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