

# The Healthy Eating Plate

## Te Whatu Ora

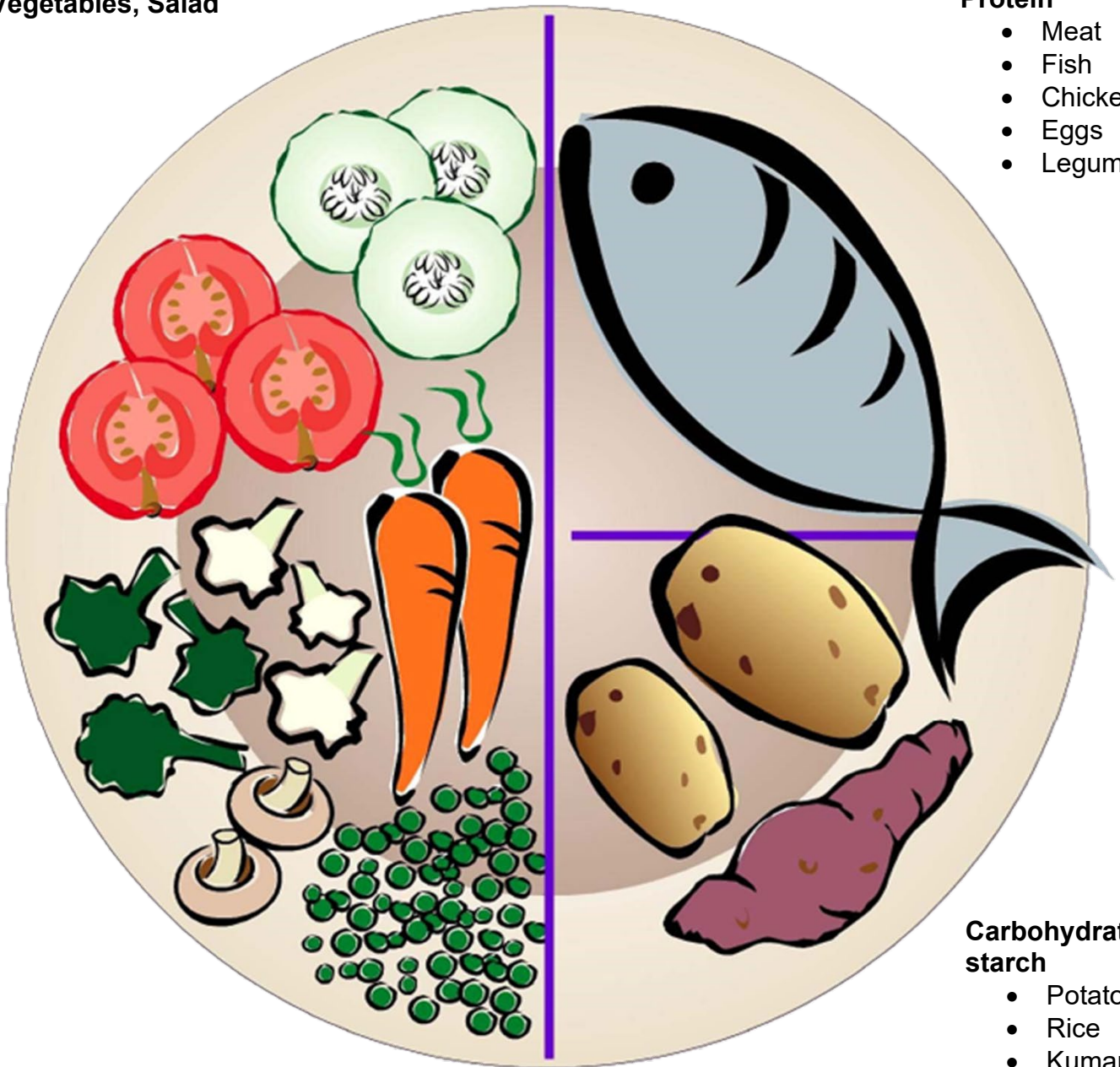
Health New Zealand

Te Toka Tumai Auckland

### Vegetables, Salad

### Protein

- Meat
- Fish
- Chicken
- Eggs
- Legumes



### Low Fat

- Cut fat off meat
- Remove skin from chicken
- Bake, boil, steam, grill (do not fry)
- Low fat dressings

### Carbohydrates/ starch

- Potato
- Rice
- Kumara
- Pasta
- Taro
- Noodles
- Bread
- Roti

