

**Power
Up!**

VIRTUAL ADVENTURE

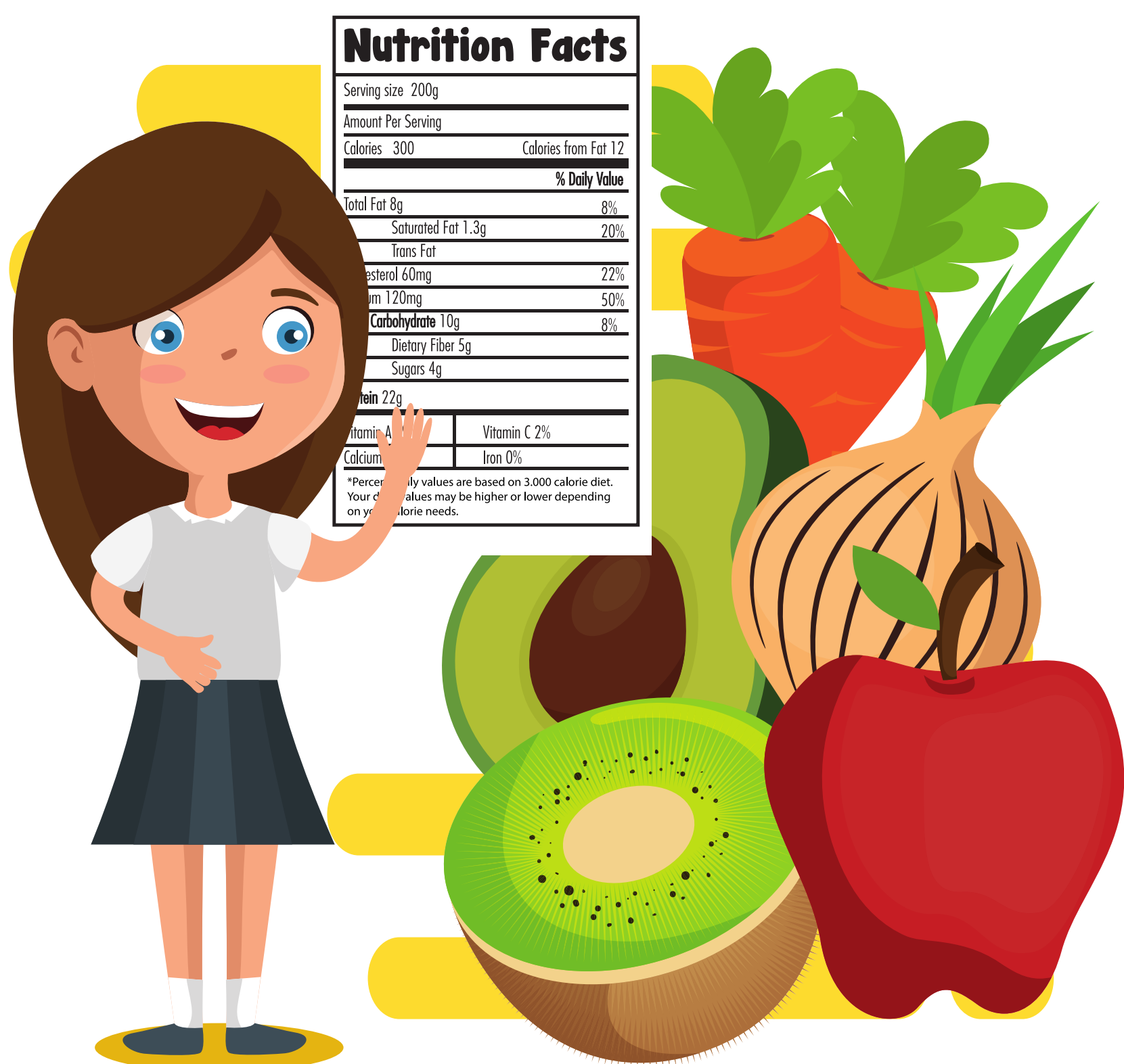
EAT NUTRITIOUS KAI

The nutrients / ngā taioira in the kai we eat provides the building blocks for making and repairing every cell in our body that work so hard to keep us healthy/mauriora and well.



Any food that has little or no processing has the best “building blocks” for our amazing brain and body..

Keep “treats” like chocolate and sweets, some cereals, chippies, ice-cream and takeaways for every now and then, say up to three / toru times a week. The less matareka treat food/ngā kai "matareka" you eat, the better you will feel!



Nutrition Facts	
Serving size 200g	
Amount Per Serving	
Calories 300	Calories from Fat 12
% Daily Value	
Total Fat 8g	8%
Saturated Fat 1.3g	20%
Trans Fat	
Cholesterol 60mg	22%
Sodium 120mg	50%
Carbohydrate 10g	8%
Dietary Fiber 5g	
Sugars 4g	
Protein 22g	
Vitamin A	Vitamin C 2%
Calcium	Iron 0%

*Percent Daily values are based on a 3,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Eat most;

- Fruit
- Veges
- Home baking
- Oats
- Meat / chicken / fish
- Eggs
- Rice / Pasta
- Yoghurt, milk etc
- Nuts

Aim to eat the best food you can, most of the time..