

# Choose the best fuel for your body

## Choose this

### Whole grains

give your body long-lasting energy and fibre to keep you regular and feeling fuller for longer.

### Vegetables

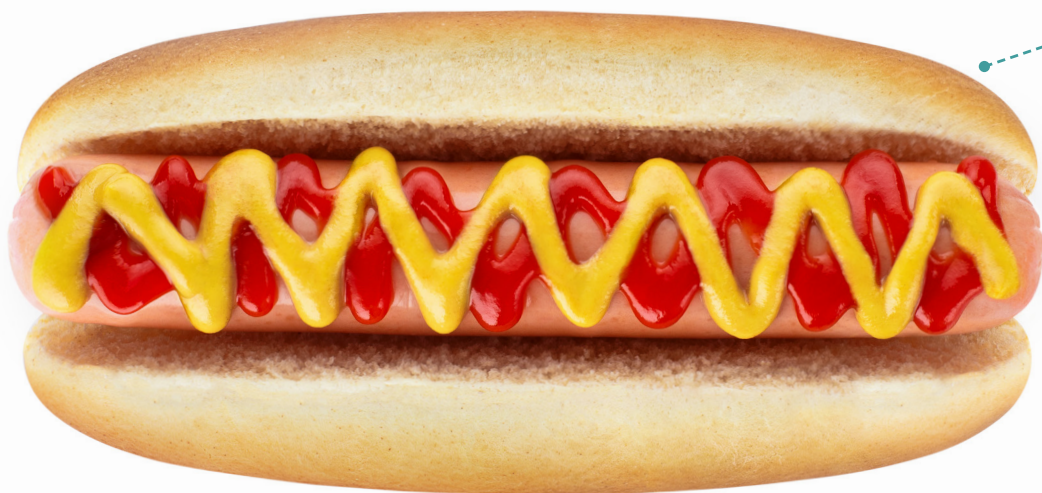
keep you healthy inside and out – great for your mind, eyes, skin, heart and gut health.

### Protein foods

build and repair your muscles, bone and skin. Choose fillings like lean meat, fish, cheese, tofu, egg and hummus.



## Instead of this



### White bread

is low in fibre, vitamins and minerals and doesn't leave you feeling as satisfied.

### No vegetables

means you miss out on important vitamins and minerals which keep you healthy and protect against disease.

### Processed meats

contain salt and unhealthy fats which our bodies do not need. Try to avoid sausages, ham and salami.

For more food, nutrition and heart-healthy tips  
visit [heartfoundation.org.nz](http://heartfoundation.org.nz)