To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs. Enjoy a wide variety of nutritious foods from these five groups every day:
Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
Encourage, support and promote breastfeeding.
Care for your food; prepare and store it safely.

2 New Zealand 新西兰 (2014)
1. Maintain a healthy body weight by eating well and by daily physical activity.
2. Eat well by including a variety of nutritious foods from each of the four major food groups each day.
3. Prepare foods or choose pre-prepared foods, drinks and snacks.
4. Drink plenty of liquids each day, especially water.
5. If choosing to drink alcohol, limit your intake.
6. Purchase, prepare, cook and store food to ensure food safety.