



nutritionmatters

**... for health wellbeing and  
performance**

***Rachel Svenson***

***NZRegDietitian***

Private Practice

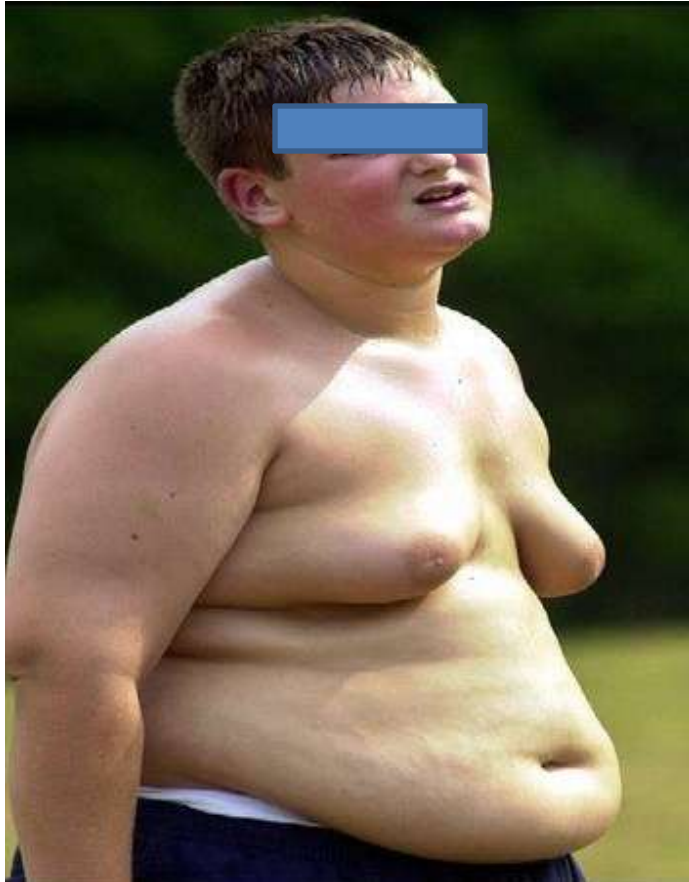
Wellington and Manawatu Rugby Academy programmes

Pulse Netball

Equestrian Sports NZ

Linton Army (Defence Forces)

PHO



**why nutrition?**



does it taste good?



Fresh pineapple

Strawberries

Yoghurt

Flavoured milk

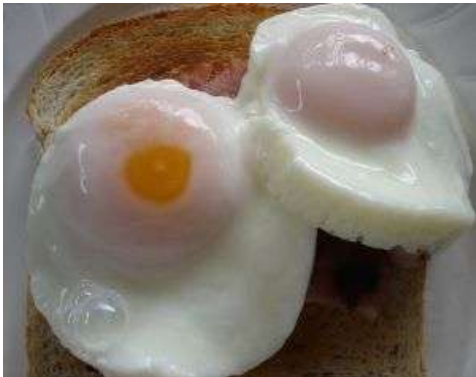
Meat sandwich

Baked beans/Spaghetti

Iced buns

Banana smoothie

Scrambled/poached eggs



# does it taste good?



Chocolate

Chippies

Cakes

Biscuits

Lollies

Noodles

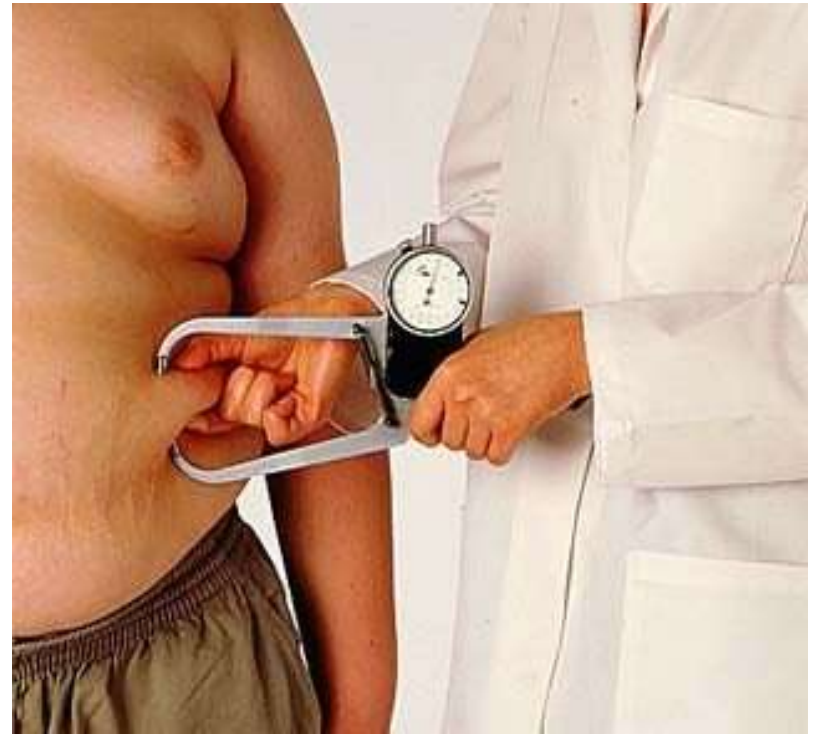
McDonalds

Fish 'n' Chips

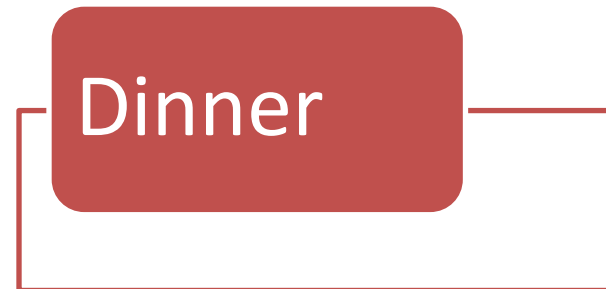
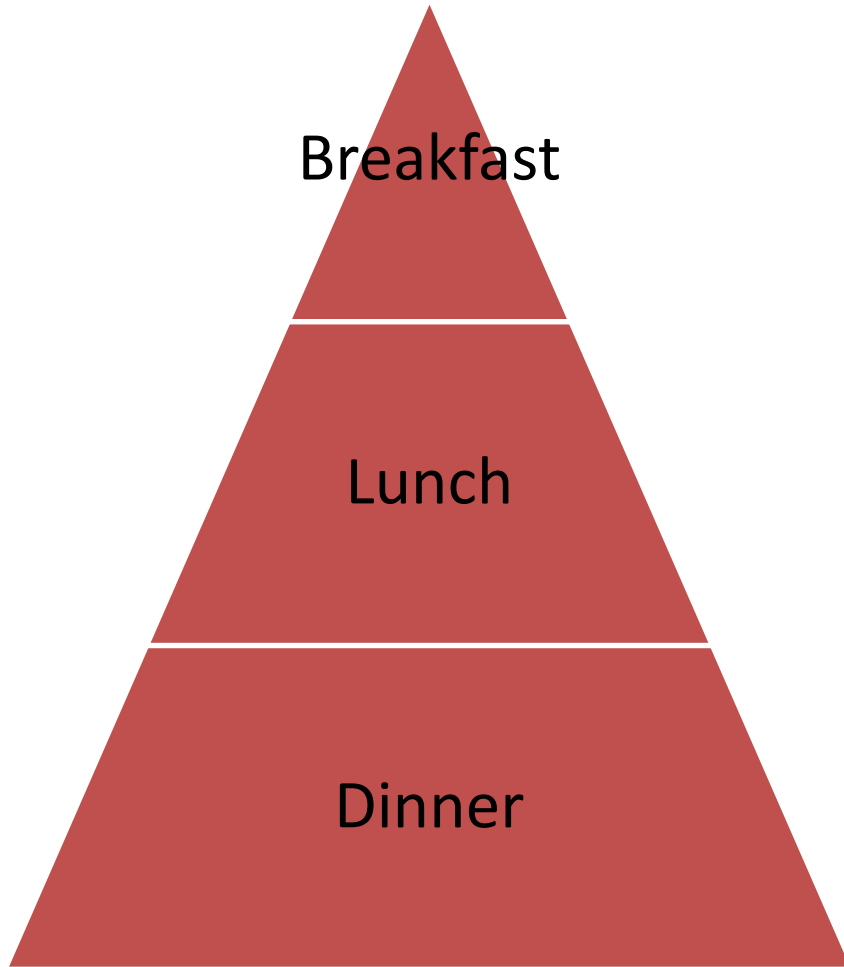
Soft drink

# anything else??

NO: White Bread  
Bread with dinner  
Instant Noodles  
Instant pasta snack  
Soft drink/cordial



# How to eat





You've gotta love ya food....

