

Au Tamanakoanga

(Suggestions)

- Kaikai e 3 taime i te ra i te au tuatau ravarai tei akataka ia no te kaikai
- E kapiti mai i te varaoa wholegrain, e te tiriera, e te vetitaporu, e te ua rakau, i te au ra ravarai
E kapiti mai i te pi maro, split peas, lentils e te barley
Akaki ia toou kopu ki te vetitaporu mei roto mai i teia putunga kai. "Eat Freely List"
- Kia iti rava te kai varaipani – tunu te kai ki roto i te vai vera pupu (steam) maikorovevi ia (microwave) tunutunu ia (grill) Dryfry, me kare stirfry ki roto i te pani kare e piripiri ana, (non stick pan) me kare parai / tipere i te pani ki te inu. (spray)
- Me taangaangaia (use) te roro akari, manga ua taau ka rave mai, ka tavai atu ei ki te vai, me kore, ko te u e iti ua tona rito (fat). Tauta pakari kia taangaanga ua rai i te punu roro e iti ua tona rito (fat)
- Parai akaangianga ua i te varaoa ki te matirini (margarine)
- Taangaanga meangiti ua i te miti
- E teitei te vaito calories (kerori / eneti (energy) o te arakaoro (alcohol), e ka riro te reira i te tamanamanata atu i toou toto vene. Me e inu arakaoro ana koe, uriuri ia na mua ki toou dietitian me kore ki toou taote
- Me kua matu kino, tauta kia topa marie ua toou paunu
- Ko te akaketaketa uaua ko tetai mea puaping rava atu teia. Tauta ki te 30 miniti i te ra okotai

Akaraanga Parani

Kaikai

(Meal Plan)

Ka tukeke te vaito no te tangata tatakaitai.

Kai Ti Popongi

Kai tiriera e maata tona akaaka, e te iti ua te tuka
Ua rakau matamata
Ua rakau me kare, ½ kapu ua rakau kare i tavene ia
me kare e ioketi (yoghurt) ataiaeti "lite", e u iti ua tona rito
me kare e varaoa wholegrain, me kare e varaoa tunu pakapaka
(toast) parai akaangianga ua ki te matirini, me kare, e pata aratita
(peanut butter)
vetimati / mamaiti, me kare ra e tiamu kare i tunu ia ki roto i te tuka
(no added sugar)

Kaikai Tuaeoro (Avatea)

E miti (kiko manu), e ika me kare e moa – mei te kapu rima meangiti
te maata i te vaito
E vetitaporu mei roto mai i teia putunga kai "Eat Freely List"
E pitete, e kumara, e taro, e maniota e meika pi
Raiti, me kare e pasta – kia tau ua te maata me kapu – (medium)
Ua rakau matamata – e tai kapu rima ki

Me kare

E miti (kiko manu) e ika me kare e moa – mei te kapu rima meangiti
te maata i te vaito
E titi, e iti ua tona matu, me kare e ioketi – manga ua me kapu
E vetitaporu mei roto mai i teia putunga kai "Eat Freely List"
E varaoa wholegrain me kare e rolls
Ua rakau matamata – e tai kapu rima ki

Kaikai Aiai

E miti (kiko manu), e ika me kare e moa – e kapu rima meangiti i te
vaito
E vetitaporu, mei roto mai i teia putunga kai – "Eat Freely List"
Pitete, kumara, taro, maniota, meika pi
Raiti, me kore, e pasta, - kia tau ua te maata me kapu (medium)
Ua rakau matamata – tai kapu rima ki

I Rotopu I Te Au Kaikaianga

E vai, e ti, e kaope, me kare e vai venevene taieiti (diet)
Ua rakau matamata – e tai kapu rima ki
E 2 wholegrain varaoa pakapaka (crispbreads) / "lite" me kare e
"ioketi" taieiti / 250ml u e iti ua tona rito / e tai kotipi varaoa
wholegrain tau ua te maata (medium)

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www.letsbeatdiabetes.co.nz

Akamaara

E mea puapinga te katikati me te patia ra koe ki te
initureni (insulin), me kare me te kai ua toto vene ra.
Me te kai ra koe i te metformin, me kare te Acarbose
ua, penei ake, kare i reira e anoano ia kia katikati
E manganui ua atu rai te au mea no runga i te kaikai
meitaki te ka anoanoia kia kite koe. Aravei atu i te
dietitian, koia ka riro i te tauturu ia koe i taau uaroi
parani kaikai.

Kapeia

(Avoid)

Maata roa te tuka
Tuka – te au tu ravarai
Rango meri, marmalade, tiamu
Golden syrup, treacle
Raore, tiokereti, carob
Keke, pitikiti vene
Miutiri (muesli bars), roll ups
Pureni (puddings), sweet desserts
Aiti – kirimi, tieri (jelly)
Ua rakau tamaro, ua rakau tavene
Condensed milk
Milk shakes, flavoured milk
Flavoured mineral water
Kotiera (cordials), fizzy drinks
Vai ua rakau, powdered drinks

Maata Roa Te Matu

Kai varaipani, tipi (chips), battered
takeaway maata te matu
Miti maata te ngako e.g. puakatoro
Pekini (bacon), salami, mutton flap
Totiti luncheon, totiti muramura
Sausage rolls, pai, pastries
Twisties, cheezels, crisps, tipi koni
Kirimi, roro akari
Titi cheddar, titi kirimi
Maniati (mayonnaise) salad dressing
Inu (dripping) lard
Pata, ghee
Kremelta, chefade

Kai Manga Ua

Matirini
Inu vetitaporu e.g. canola, orive, (olive), aratita, soya
Pata aratita, nuts – dry roasted
Apuka



Kai Putuputu

(Eat Regularly)

Kapotaraiti (carbohydrate) (kai pia)

- Kai manga ua i te kapotaraiti i te au kaikaianga
- Ka tauturu teia au kai i te akatano i te vaito o te kuruko i roto i te toto.

Varaoa opue – meitaki maata atu te wholegrain,
oat barley, Rye, wheatbran me kare
e wholemeal.
Varaoa pita, roti, chapatti, crispbread,
crackers, varaoa pakapaka

Raiti – Basmati, Doongara,
Uncle Ben's parboiled

Pasta, tipeketi (spaghetti), noodles, vermicelli
Beans tamaro, baked beans, split peas
Lentils, barley

Kumara, pitete, koni, parsnip, u'i (yam)
Kuru, taro, maniota, meika pi

Tiriera kai ti popongi, - ko te mea tau e maata te akaaka,
manga tuka ua
Rolled oats, All-Bran, Special K, Weetbix
Kare i tavene ia, untoasted muesli.

Ua rakau – mea matamata, tunuia (stew) me kare to roto
i te poti kare i tavene ia.
Tona vaito e tai kapu rima = (3-4 taime i te ra no roto i te tai kapu
rima i te ra.

Kai Porotini (Protein)

- Iki i te kapu rima no te vaito anga
Kai e tai me kore e 2 porotini i te ra.
Ko te miti, kua tipupu ia te matu, ko te moa kua
akaatea ia te pakiri.
Ko te ika, me kare te punu ika i roto
i te vai (spring water)
Uamoa, pi tamaro ia, lentils, e te peas.

E au kai no roto mai i te pupu ote au
kai maani ia kit e u (dairy products)
e iti ua to ratou matu.

- Iki mai mei te toru kapuanga i te ra.
Ko te u kua akaiti ia te matu me kare ko te u, soy.
E iti ua tona matu (fat) kare i tavene ia me kare
e ioketi taieiti "lite"
E kotipi titi e iti ua tona matu "lite"
Diet soft drinks.



COOK ISLAND MAORI

COUNTIES MANUKAU DISTRICT
HEALTH BOARD
A Community Partnership



E AKARAANGA MATUTU NO TE KAI A TE AU TANGATA TOTO VENE

A BASIC GUIDE TO FOOD FOR
PEOPLE WITH DIABETES



E Kai Kare O Ratou Ture

(Eat Freely)

Vetitaporu

Iki mai i tetai au vetitaporu i te au ra katoa.
E kai kia maata te kaianga.

Asparagus	Broccoli	Brussel sprouts	Beetroot
Butter Beans	Kapati	Keroti	Cauliflower
Celery	Kumara	Eggplant	Green Beans
Leeks	Lettuce	Mixed Vegetables	Marrow
Mushrooms	Oniani	Parsley	Peas
Peppers	Puha	Mautini	Radish
Silverbeet	Snowpea	Pinapi	Spring onion
Swede	Rukau	Tomati	Toatoa
Zucchini			

- Ka riro teia au kai nei i te akatuke i te revera (level) o te kuruko (glucose) i roto i te toto me kai maata ia. No reira kai vaito ua – ½ kapu i te kaikaianga.



Akatukekeia Te Maanianga Ki Te:

Herbs e te spices, mustard, garlic
Iti ua te kerori (calorie), me kare lite salad dressing
Soya sauce, tomato sauce / paste
Vinika (vinegar)

Tieri (jelly) taieiti
Tiporo, rhubarb
Vetimaiti (vegemite)
Mamaiti (marmite)

Protein / Carbohydrate
Vegetable "Eat Freely" (circle)

Artificial Sweeteners
Splenda, Equal, Sucaryl

Eaa Te Ka Inu?

- E vai, e ti / kaope – kia rikiriki ua ra
Diet soft drinks.

