

## TAU MENA KUA LATA KE MAILOGA

- Kai 3 e fafati kai he taha e aho mo e tatai e tau magaaho ka kai ai.
- Kua lata he taha e fafati kai ke putoia ai e falaoa, (wholegrain) tau läkau kai mo e fua läkau he taha e aho.
- Kua lata he taha e fafati kai ke putoia ai e tau tega pine (dried beans, split peas, lentils mo e barley).
- Ke fakamakona aki kai fakalahi e tau mena kai mai he tau mena kai nākai fai fakakaupāaga tuga e tau läkau kai mo e tau fua läkau mata.
- Ua fakaaoga e gako ka tunu kai; tunu, tao, tunu paku, po ke falai. Fakaaoga e oela ne pamu.
- Fakaaoga fakatote e gako niu mo e hui aki e vala vai ke halehale.
- Hahalu fakatote e matolini ke vali aki e vala falaoa.
- Fakaaoga fakatote e matima.
- Maeke he kava ke fakakelea e gagao suka. Tūtala mo e haau a Ekekafo po ke Ekekafo mena kai.
- Ka molea e fua mamafa he tino, ti lali ke fakatō hifo fakaeneene e mamafa.
- Aoga lahi ke faofao tūmāu e tino haau.
- Lali ke taute e tau faofao tino lagataha he aho ke he 30 e tau minute.

## MANATU

Kai e kai tote ke lata mo e inu he vai (insulin po ke diabetic medication). Nākai keleka ka nākai kai to inu e tau vai nai (Metformin, Glucophage po ke Acarbose).

Matutaki mo e ekekafo he tau mena kai ke taute e fakaholoaga kai haau.

## FAKAHOLOAGA HE TAU MAGAAHO KAI MO E FUAFUA KAI

Kehekehe e tau fua he tau kai mae tau tagata takitaha.

### Kai he mogo pogipogi

Tau kai (high fibre) tau siliolo ne tokolalo e huhua suka, mo e huhu Mo e 1 e fua läkau mata, po ke fua läkau nākai fakasuka, Yoghurt mo e falaoa tosi (wholegrain)  
Hahalu vala matolini po ke pata pinasi  
Vetimati/mamatī po ke siamu ai fai suka

### Kai tupou la

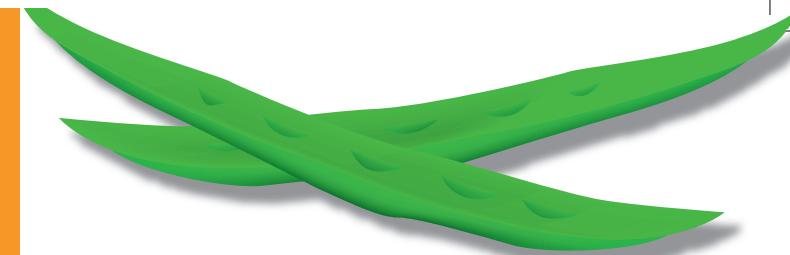
Vala manu, ika, moa fuafua ke he aloalo lima tote  
Po ke 1 e fuafua kai he tau tega pine, siisi ne tokolalo e huhua gako, po ke (yoghurt) mo e tau lakau kai mai he tau mena kai nākai fai fakakaupāaga  
Mo e falaoa (wholegrain, rolls poke crispbread)  
Hahalu fakatote he matolini mo e 1 e fua läkau mata

### Kai Afi afi

Vala manu, ika, moa fuafua ke he aloalo lima tote  
Mo e 1 e fuafua vahāloto he talo, kāufi, fua futi mata, pateta, alaisi, mo e tau läkau kai  
mo e 1 e fua läkau mata

### Tau fua kai Vahaloto

Tau vala vai inu, tī, kofe  
2 e paka falaoa (crispbreads, po ke crackers) po ke 1 e fua läkau mata, po ke 1 e kalase huhu moe yoghurt ne tokolalo e huhua gako, poke vala falaoa (wholegrain)



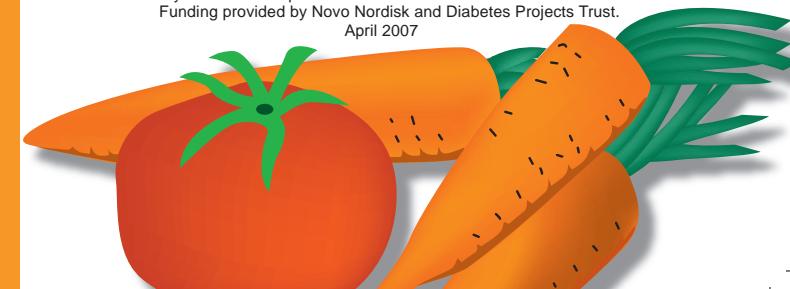
NIUEAN

COUNTIES MANUKAU DISTRICT  
HEALTH BOARD  
A Community Partnership

*Ko e tau  
mena Kai  
ke lata ma e  
Gagao Suka*

## A BASIC GUIDE TO FOOD FOR PEOPLE WITH DIABETES

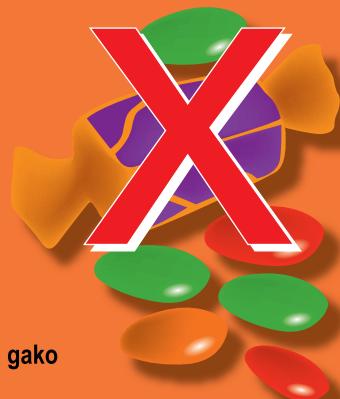
Produced by the diabetes specialist dietitian of Whitora Diabetes Service CMDHB.  
Funding provided by Novo Nordisk and Diabetes Projects Trust.  
April 2007



## FAKAMAMAO

### Ko e tau mena kai ne lahi e huhua suka

Tau faga suka kehekehe  
Tau faga siamu kehekehe  
Suka puke (treacle, golden syrup)  
Tau lole, tau lole koko kehekehe  
Huhu puke humelie  
Tau fua lākau kua fakasuka, tau fua lākau tavaki kua fakasuka  
Selī  
Asekulimi, pulini, tau pai fua lākau  
Tau keke  
Tau paka keke, pani popo  
Tau pā musulī  
Tau vai palu inu  
Tau palu inu pauta  
Tau tī aisa  
Tau inu kofe fakahumeli moe tau  
huhu fakahumelie  
Tau apa inu  
Puke fua lākau



### Tau mena kai ne lahi e huhua gako

Gako niu, kulimi  
Lū tatau gako niu, alaisi koko  
Tau vala manu ne gako tuga e (brisket) tau punu povi tau vala māmoe (mutton flap)  
Tau tosisi kehekehe (saveloys, luncheon) tau vala peikono gako  
Tau pai, tau pesitulī  
Tau sipi pateta, tau mena kai ne fakatua aki e pesitulī  
Siisi kulimi  
Meionesi  
Gako (dripping, lard, suet, chefade)  
Pata moe oela tunu kai (kremelta)  
Tau mena kai falai

### Kua lata ke mailoga mitaki e

Tau supo  
Fifili ke fakaaoga e tau vala manu feko, tunu ti toka ke hahau. Fakaaoga e sipunu ke halalu uta kehe e puke gako to lalafi e tau lākau kai.



## FATUMAU KA E FUAFUA E KAI

### Tau mena kai ne lahi e huhua he pia (carbohydrate)

- Fua tatai e tau kai ne tokai ai e huhua he pia he tau magaaho fatafai kai pauaki
- Aoga e tau mena kai nei ke tau taofi aki e suka he toto haau
- Tau mena kai ne fakatua e fakatoka he tino e huhua pia**



### Tau fua falaoa kehekehe (pita, wholegrain, bread rolls, wholemeal) Tau falaoa paka (cabin bread, crackers, crisp breads)

Tau alaisi kehekehe (**basmati, parboiled tuga e Uncle Bens**) Tau nutolo kehekehe (**noodles, pasta, spaghetti, vermicilli, sago, semolina**)

Tau tega pine (dried beans, baked beans, split beans, lentils)

**Talo, fua futi mata, kāufi , mei, ufi , pateta, timala, hana, kālote tea**

Tau siliolo kai pogipogi (rolled oats, all bran, Special K, Weetbix)

Tau fua lākau mata, tau fua lākau moho, tau punu fua lākau mo e nākai fai suka ne lalafi aki

Fua fakalata e kai 3 ke he 4 he taha e aho

### Tau mena kai poa

- Fifi li e tau mena kai poa fuafua nī e tatai mo e lapalapa he aloalo lima
  - Tau vala manu kae hele mo e uta kehe e tau vala gako; moa ka e uta kehe e kili
  - Ika, tau mena kai tahī
- Fufua moa 3 ke he 4 he taha e faahi tapu. Tau tega pine (dried beans)



### Tau mena kai ne moua mai he huhu ka e tokolalo e huhua gako

- Fifili ke he 2 - 3 e fuafua kai he taha e aho (reduced fat milk, yoghurt, unsweetened poke diet)
- Tau siisi (cottage, lite slices, fat reduced)

### Tau gako

- Fakaaoga fakatote
- Tau oela tunu kai (canola) olive pinasi  
Matolini ne moua mai he tau oela tunu kai  
Pata pinasi, tau tega akau-fakapaku  
Āvoka

## KAI MOE NAKAI MAIMAINĀ

### Fifili falu a tau lākau kai kehekehe ma e tau aho oti, ti kai fakalahi.

Tuga a nai:

(Asparagus, Mushroom, Beetroot)

Kūkama Aniani fai lau

Aniani (Broccoli, Parsley)

(Egg Plant, Swede)

(Brussel sprouts)

Tau tega pine tau lau talo

Tau tega pine

(Leeks)

Kāpisi

Tomato

Pepa

Letisi

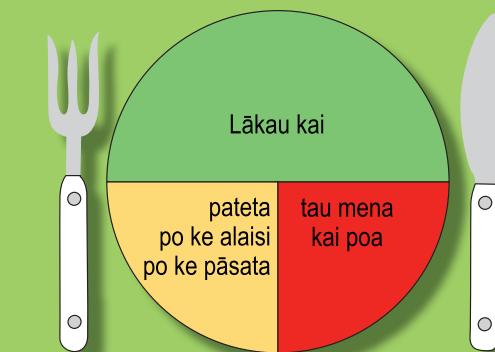
Kālote

Mosini

(Cauliflower, Radish)

(Celery, Silverbeet)

(Choko, Spinach)



### Fakakehekehe e tau kai aki e tau

(Herbs, spices, garlic, ginger)

Mamatī, vesimati

(salad dressing, Diet, jelly)

Vinika, sose pukeuli

Sose tomato

Tipolo



### Ko e heigoa ke inu

Inu 6 ke he 8 e kapiniu vala vai he taha e aho

Tī, kofe

Supo puke vai

Puke niu