

- ka vela lahi e tau mena ne tunu aki ti nakai lahi e gako ne mamiti ki loto
- talaage ki ai ke ua fakamasima.
- Ole ke he vala ika tunu noa ai tunu aki e falaoa mata – po ke utakehe e falaoa mata.
- Tau mena kai uta ki kaina tuga e laisi po ke tau noodles ko e tau mena mitaki lahi a ia he loga e tau laukou i ai mo e tau mena kai keli.
- Kai mo e fiafia e tau kai uta ki kaina ka e mua atu ni e tau mena ne tunu ne koe i kaina.

Tau Mena Kai Kehekehe ma e tau Tagata he Magafaoa

- Kehekehe e tau manako kai he falu tagata he magafaoa. Ka ko e mena mitaki lahi ke fiafia e tau tagata oti ke he tau mena kai.
- Kikite fakamitaki ke igatia oti e tau tagata he magafaoa mo e tau mena kai kehekehe kua lata ke kai ke moua e malolo.
- Ko e kai auloa he magafaoa ko e taha puhala a ia ke fakamanui aki e folo he tau mena kai.

Mau mo e Meea e tau Mena Kai

- Leveki ke meea tumau e tau mena taute kai tuga e lapa fakatoka hele mena kai, mo e fuga mena holoholo mo e taute kai.
- Holoholo e tau lima haau to taute e tau mena kai ti pihia foki ka oti e kai mo e taute mena kai.
- Tunu e tau mena kai ke mohoto kai, ti ka liu ke fakamafana e vala ne toe ke kai foki, ti fakamafana ke vela.
- Ua toka e tau mena kua mohoto he poko ne vela he la po ke mafana lahi ke leva ke ua e tula.
- Toka kehekehe e tau mena kai mohoto mo e tau mena kai mata he filisa.

FIAFIA KE KAI KE MOUA E MALOLO

Taute 30 e minute faofao tino latalata he tau aho takitaha (ka lahi ti faguhe a koe)

FOOD
FOR HEALTH
KAI PAI MŌ TE HAUORA



New Zealand Government



MANATŪ HAUORA

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**TAU MENA KAI
MA E TINO**

FOOD FOR HEALTH KAI PAI MŌ TE HAURA

Lata ia koe ke kai loga e tau mena kai kehekehe ke fakatumau aki e malolo he tino haau.

- Fifili mai e tau mena kai he fa e veveheaga he tau mena kai ke kai he tau aho takitaha.
- Ko e kai he tau mena kehekehe he tau aho takitaha pete he ikiiki ko e mena ke lagomatai aki a koe ke moua he tino e tau huhua kehekehe tuga he manako e tino ki ai.

1. Tau Mena Kai Keli mo e Tau Fualakau

- Tau mena kai keli mo e tau fualakau ke moua mai e tau huhua tuga e vitamins, minerals mo e tau fibres ti nakai tokoluga foki e tau gako.
- Tau fualakau mata mo e falu mena kai keli ko e tau fakato kai homo.
- Fifili e tau fualakau mo e tau kai keli he vaha mafua ke fakatokolalo e tau totogi.
- Fiafia ke kai e tau fualakau tau mai la ia mo e tau kai keli ka e nakai la fio aki ha huhua mo e ha mena gako.
- Liga lata ke kai e koe, lima e fuafuaaga kai fualakau mo e kai keli he taha e aho.

2. Tau Falaoa mo e tau Kai Higoa ko e Cereals (saito fano fakalataha mo e pasta, laisi mo e falu tega saito)

- Tau falaoa mo e tai saito, ko e tau mena kai huhua mitaki a ia ke lata mo e tau hokohoko he tino (fibres) pihia foki ke moua ai falu huhua tuga e vitamins mo e minerals.

- Makona foki ka kai he tau falaoa, tau saito, pasta mo e laisi.
- Mitaki lahi e tau falaoa mo e tau kai pogipogi ne nakai huhui lahi, tuga e falaoa tega saito, alaisi kula, nutolo tega saito mo e tau kai saito.
- Tau falaoa mo e tau saito he falu magaaho ko e tau kai fakatokai homo ti ua fakamamafa lahi ke kai e tau mena gako ne vali aki e tau mena kai mo e fakauho aki foki e tau mena kai.
- Mitaki ke kai lagaono e tau kai fai falaoa mo e fai saito i ai he taha e aho.

3. Huhu mo e Tau Mena Kai Taute Aki e Huhu

- Ko e huhu mo e tau kai ne taute aki e huhu ko e tau mena aoga lahi e tau huhua fai vitamins mo e fai minerals, mua atu ke he mena ne higoa ko e calcium, lata mo e tau nifo mo e tau polohui-atua.
- Fifili e tau huhua huhu mo e tau koloa huhu kua fakatote po ke tokolalo e gako ke kai mo e i loto he kaitunu.
- Ko e tau huhu kua fakatote po ke tokolalo e gako mo e tau (mena kai ko e) yoghurts, ko e tau mena kai fakatōfiakai aoga lahi ti mukamuka foki ke fakaaoga ka kaitunu.
- Kai liga lata ke lagaua e tau mena kai taute aki e huhu mo e huhu he taha e aho.

4. Tau Valapovi, Tau Mena Tahī, Tau Moa, Tau Fufuamoa mo e Tau Legumes (Tau Fagapine Kehekehe)

- Tau mena kai umiti feko, tau mena kai tahī, tau moa, tau fufuamoa, tau fuapine tunu kua fakamagomago, tau pine tega veliveli mo e tau tega akau ne higoa ko e tau lentils, taha faga pine, ko e tau mena aoga lahi e tau huhua tuga e protein, vitamins mo e minerals - mua atu ke he iron mo e zinc ke moua he toto haau.
- Kai e tau vala mena umiti feko, tau mena kai tahī mo e

tau moa ne nakai ha i ai ha gako po ke fakamoho aki e gako falai mena kai.

- Tau pine magomago, tau pine fuaveliveli mo e tau faga pine kehekehe ko e tau mena mitaki oti mo e laukauka e tau totogi ka nakai fakaaoga e tau mena umiti, tau mena tahī mo e tau moa foki.
- Lali ke kai falu he tau mena kai nei fio aki e tau kai keli mo e tau laukou tau mai he maala po ke fakatau ne tokoluga e vitamin C ka moua mai ai - tau mena tuga e tau tomato, broccoli po ke tau fuaakau peppers. Ko e tau mena kai nei ke lagomatai aki a koe ke moua e huhua ko e iron ke he tino haau.
- Liga lata ia koe ke kai taha e kapiniu mena umiti po ke ha mena umiti tahī he taha e aho.

Tau Mena Kai Taute Tuai (processed) mo e Tau Mena Kai Fafao Tuai

- Ko e tau mena kai taute tuai, liga tokoluga lahi e gako, masima mo e suka lafilafi.
- Lali ke kai e tau mena kai taute tuai mo e tau mena kai fafao tuai fiofio aki e tau laukou salad mo e tau kai keli (pateta, simala etc).
- Kumi e tau kai fafao tuai ne tokolalo e gako, masima mo e suka lafilafi.
- Totou e tau fakamailoga ne tau aki po ke pili ai. Fakamaama aki, 5g he gako ne toka ai po ke suka teitei ni ke taha e sipunuti.

Tau Kai Fakatau ke uta ki Kaina kua Moho

- Tau falaoa tao ti fakafua fakahako liga tokolalo foki e gako mua atu ka ole a koe ke he fua falaoa ne ai vali aki e mena ne tokoluga e gako, siisi po ke mena ne fakauho aki a loto ne ai tokoluga e gako (e.g. tuga e pizza, burgers tau mena gako ne fakauho aki).
- Ka fakatau e tau sipi
 - tau pateta ne vala lalahi nakai lahi e gako ne hufia ai