

- Kafai e fakatau na pateta tipitipi falai (chips)
  - ko na tipiga pateta fuaefa e he maua lahi te gako i ei
  - ko te vevela lahi o te tunuga o na meakai ko te he maua lahi foki ia o te gako i ei
  - lea ki te fakataukoloa ke na he fakaopoopoa ki ei ni mahima.
- Fehili mo he ika tunu hunuhunu (grilled) i lo he ika na falai i he falaoa na palu ma te fuamoa ma te huhu (batter) – pe kavekehe te falaoa na palu ma te fuamoa ma te huhu (batter).
- Ko na meakai vela e fakatau ma kave e fai i te alaiha pe ko te haimini (noodles) e lelei kae maihe lava kafai e iei lahi na fualakau e keli mai he fatoaga (vegetables).
- Ke malie tau kai ki tau meakai na fakatau ma kave kae na he ke kai ho ki ei.

### *Meakai mo na tino kehekehe o te kaiga*

- Ko ietahi tino o te kaiga e kehekehe na meakai e tatau mo ki latou. E taua mo na tino uma ke kakai lelei.
- Fakamautinoa ko na tino uma e maua e ki latou na itukaiga meakai kehekehe e latou manakomia.
- Ko te kakai fakatahi e malie ai te kai.

### *Puipuiga o to ola malolo*

- Tautua na ke mama na mea e fai ai na meakai, laupapa tipitipi ma na fata.
- Fafano o lima kafai ka tago ma kafai kua uma to tago ki he meakai.
- Tunu fakavevela na meakai oi kai ai ma fakavevela fakalelei na meakai na totoe mai i he taimi kua teka.
- Na he tukua ni meakai vela e ova atu i te lua itula i fafo o te aiha.
- Tuku kehekehe na meakai mata ma na meakai vela i loto o te aiha.

### **FIAFIA OI KAI MO TO OLA MALOLO.**

**Fai ni au gaioioiga e he mama ma e he mamafa foki mo he taimi e he taigole ifo i te 30 minute i na aho uma (ko ienei gaioioiga e fakato ai tau manava)**

**FOOD**  
**FOR HEALTH**  
 KAI PAI MŌ TE HAUORA



New Zealand Government



MANATŪ HAUORA

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**MEAKAI MO TE  
OLA MALOLO**

E manakomia ni itukaiga meakai kehekehe mo te tauhiga o to ola malolo.

- Filifili ni meakai mo na aho takitahi mai na vaega e fa e tuhia i lalo.
- Ko te kai o ni meakai taigole mai ni itukaiga meakai kehekehe e lahi, e fehoahoani ki te fakataunukuga o na manakoga o to tino mo na tulaga kehekehe tau meakai.

### **1. Fualakau e keli mai he fatoaga (vegetables) ma na fualakau kaina (fruit)**

- Ko na fualakau e keli mai he fatoaga (vegetables) ma na fualakau kaina (fruit) e lahi maua ai na itukaiga meakai tau vaiamini (vitamin), minelale (minerals) ma na meakai ukauka (fibre) e maua ai ma e tau heai ni gako i ei.
- Ko na fualakau kaina (fruit) e kai mata ma ni fualakau e keli mai he fatoaga (vegetables) e lelei lahi oi takaikai i te va o na kaiga lahi o te aho.
- Filifili na fualakau fatoaga ma na fualakau kaina i na taimi o te fuata ke taugofie ai te tau.
- Fiafia ki te tomi o na fualakau fatoaga ma na fualakau kaina e fou ma e heai he hohi pe ni gako e fakaopoopo ki ei.
- Nahe i lalo ifo o te fakalima ni au kaiga ki ni fualakau fatoaga ma ni fualakau kaina, i te aho.

### **2. Falaoa vela ma na meakai e fai mai na fatu o na lakau fai meakai (cereals) - e aofia ai na meakai e fai i na falaoa mata (pasta), alaiha ma ietahi fatu o na lakau fai meakai (grains).**

- Ko na falaoa vela ma na meakai e fai mai na fatu o na lakau fai meakai (cereals) e lahi maua ai na itukaiga meakai ko te meakai ukauka (fibre) ma na vaiamini (vitamins) ma na minelale (minerals).
- Kai lahi ki na falaoa vela, na meakai e fai mai na fatu o na lakau fai meakai (cereals), na meakai e fai i na falaoa mata (pasta) ma na alaiha.
- Ko na falaoa vela ma na meakai e fai i na fatu fualakau likiliki e taikole atu ni mea na fakaopoopo ki ei, e hili lele atu iena. Fakatakitakiga, wholegrain bread, brown rice, wholegrain noodles ma na oats.
- Ko na falaoa vela ma na meakai e fai mai na fatu o na lakau fai meakai (cereals) e lelei oi takaikai i te va o na kaiga lahi o te aho, kae na he fakalahia na pata gako ma na meakai gako e tuku ki loto o te falaoa vela.
- Na he taigole ifo o te fakaono ia taimi o te aho e fokotahi e kai ai koe ki ni falaoa vela ma na meakai e fai mai na fatu o na lakau fai meakai (cereals).

### **3. Huhu ma na meakai e fai i te huhu**

- Ko te huhu ma na meakai e fai i te huhu e aoga lahi ona e lahi maua ai na vaiamini (vitamins) ma na minelale (minerals), kae maihe lava te minelale ko te calcium.
- Filifili na huhu ma na meakai e gaohia i te huhu e taigole te gako i ei ke kai pe ke fai ai na kuka.
- Ko na huhu e taigole te gako i ei ma na yogurts e lelei lele ke kātamutama ki ei ma e faigofie lele ke fakaaogā oi fai ai na kuka.
- Na he taigole ifo o te fakalua ia taimi o te aho e fokotahi e kai ai koe ki ni huhu ma ni meakai e fai i te huhu.

### **4. Meakai kakano, meakai mai te tai, moa, fuamoa ma na meakai o te itukaiga o te pi (legumes)**

- Ko na meakai kakano e he lahi na gako, na meakai mai te tai, moa, fuamoa, pi loloa (beans) tunu ma kua mamago,

fatu pi (peas) ma na fatu ona lakau e ve ko te pi e kai (lentils) e taua ona e maua lahi ai te polotini (protein), vaiamini (vitamins) ma na minelale (minerals) - kae maihe lava na minelale ko te iron ma te zinc.

- Kai na meakai kakano e he lahi na gako, meakai mai te tai ma te moa aunoa ma ni hohi pe ni hohi e fai i te gako e fakaopoopo ki ei. Ko na pi loloa (beans) kua mamago, fatu pi (peas) ma na fatu o na lakau e ve ko te pi e kai (lentils) e taugofie ma e lelei ke hui ai na meakai kakano, meakai mai te tai ma te moa.
- Taumafai ke kai tenei itukaiga meakai ma ni fualakau fou e keli mai he fatoaga (vegetables) e lahi maua ai te vaiamini C (vitamin C) - e ve ko te tomato, broccoli pe ko te pepa (peppers). E fehoahoani ke maua e to tino te minelale ko te iron.
- Na he taigole ifo o te fakafokotahi te taimi o te aho e fokotahi e kai ai koe ki ni meakai kakano pe ni meakai e i te itukaiga o na meakai kakano.

### **Meakai kua uma te tapena ma na meakai kua afifi**

- Ko na meakai kua uma te tapena (processed) e mafai ke maualuga ai te gako, māhima ma te huka e fakaopoopo ki ei.
- Taumafai ke kai fakatahi na meakai kua uma te tapena ma na meakai kua afifi ma ni halati fou pe ni fualakau e keli mai he fatoaga (vegetables).
- Kikila ki na meakai kua uma te tapena e maualalo te gako, māhima ma te huka e fakaopoopo ki ei.
- Faitau na fakamatalaga e tuhi i te mea e afifi ai na meakai. Fakatakitakiga, ko na kalama gako e lima e tutuha tena ma te hipuni ti gako e fokotahi.

### **Meakai vela e fakatau ma kave (takeaway foods)**

- Ko na meakai tau falaoa vela e fakatau ma kave e mafai ke he maua lahi te gako i ei, kae maihe lava kafai e lea koe ke fakaaoga he pata, hihhi ma na meakai e tuku ki loto o te falaoa vela e he maua lahi te gako.