Sauniga o taumafa mo tagata Samoa i Amerika e maua i le ma’i suka
Diabetes Meal Planning for the Samoan American Client

Fruit
Fuala’au ‘Aina

Vegetables
Fuala’au faisupo

Grains, Beans, Starchy Vegetables
Ffatu la’au, pi, fuala’au faisupo e lai masoa

Meat / Other Protein-Rich Foods
A’ano Manu / Isi Mea’ai e tele ai Tinoafua (Polotini)

Milk/Other Calcium-Rich Foods
Susu / Isi-Mea’ai e tele ai kalasiuma
Tips for Healthy Meal Planning

• Eat three smaller meals every day. Include small snacks between meals if desired.
• Try not to lose weight, cut down on portion sizes.

FATTY FOODS
• Fat less than 10% of total calories. Fat usually feeds from fat, such as nuts, seeds, and oil.
• Fat more than 30% of total calories.

SUGAR
• Sugar more than 10% of total calories.
• Sugar more than 20% of total calories.

FIBER
• Fiber more than 25g per day for men; more than 21g per day for women.
• Fiber less than 10g per day, or no fiber at all.

PROTEIN
• Protein more than 20% of total calories.
• Protein more than 30% of total calories.

CARBOHYDRATES
• Carbohydrates more than 50% of total calories.
• Carbohydrates more than 70% of total calories.

Fruits and Vegetables
• Fruits and vegetables more than 50% of total calories.
• Fruits and vegetables more than 70% of total calories.

Grains, Beans, Starchy Vegetables
• Grains, beans, starchy vegetables more than 30% of total calories.
• Grains, beans, starchy vegetables more than 40% of total calories.

Drinks
• Drinks more than 20% of total calories.
• Drinks more than 30% of total calories.

Alcohol
• Alcohol more than 2% of total calories.
• Alcohol more than 5% of total calories.