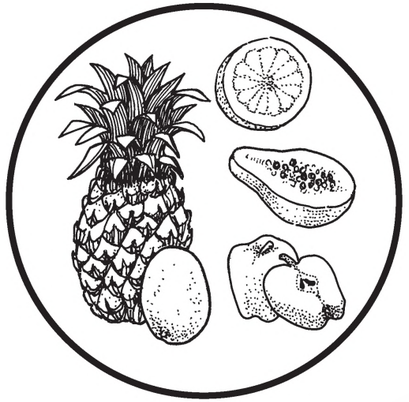
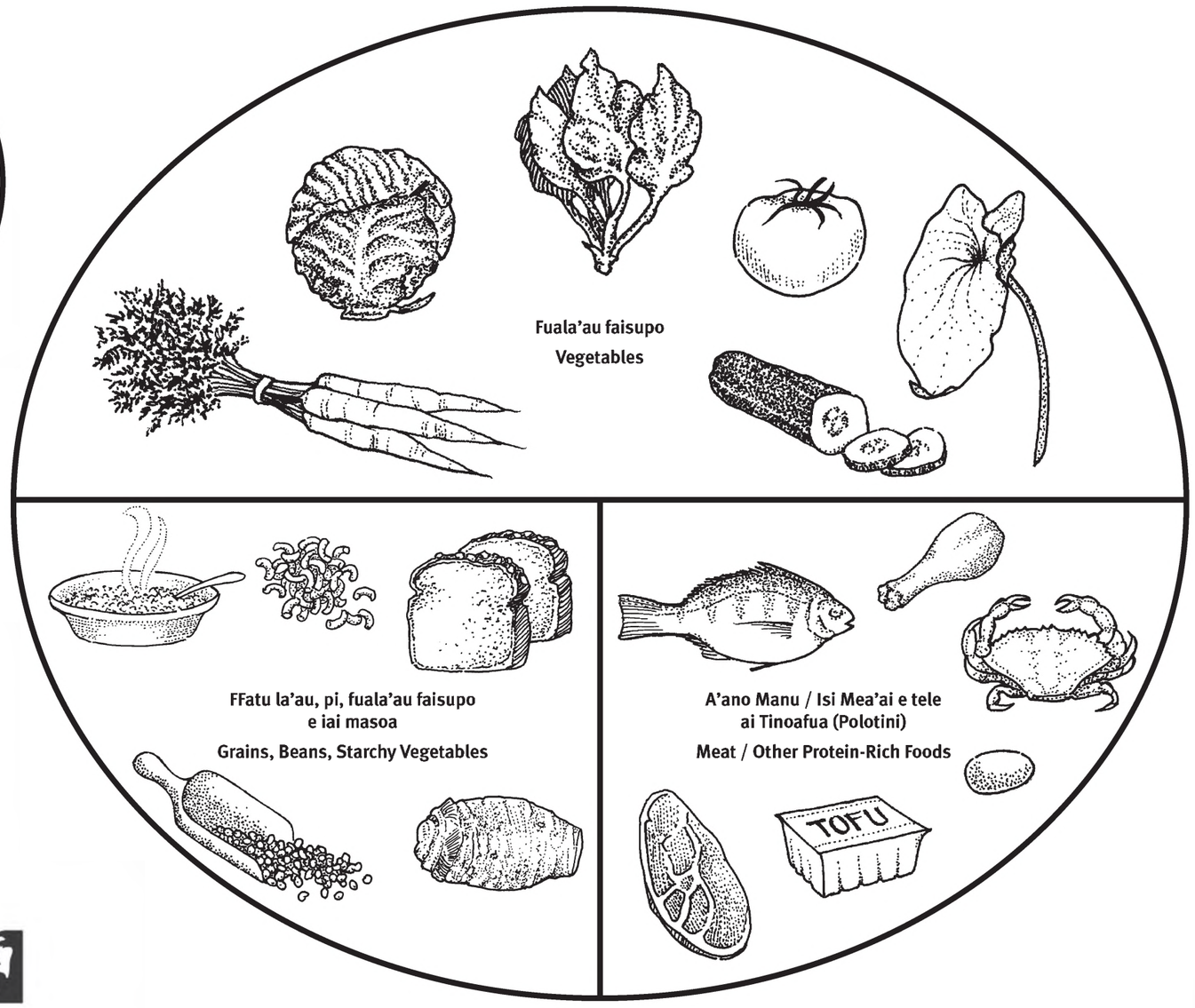
Sauniga o taumafa mo tagata Samoa i Amerika e maua i le ma'i suka

Diabetes Meal Planning for the Samoan American Client



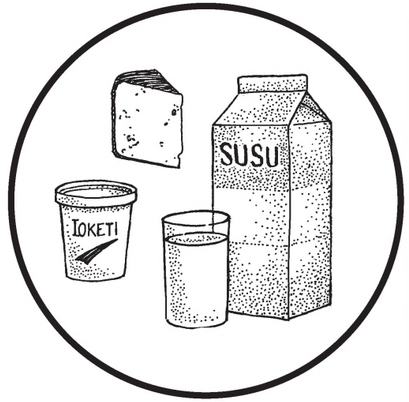
Fuala'au 'Aina
Fruit



Fuala'au faisupo
Vegetables

FFatu la'au, pi, fuala'au faisupo
e iai masoa
Grains, Beans, Starchy Vegetables

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



Susu / Isi-Mea'ai e tele ai kalasiuma
Milk/Other Calcium-Rich Foods

Public Health
Seattle & King County

REACH
Racial and Ethnic Approaches to Community Health

Fautuaga mo le fuafuaina o ‘aiga lelei
Tips for Healthy Meal Planning

- **Taumafa ni ‘aiga se tolu i aso ta’itasi, sina mea’ai itiiti i vai’aiga pe a mana’omia.**
- **Ia tutusa le fua o mea’ai i aso ta’itasi.**
- **Taumafai e aua le misia ‘aiga.**
- **Afai e fia lusi pauna, tipi fa’ala’itiiti lau mea’ai.**

GA’O
- Ia itiiti le ga’o e fa’aaogaina.
- Itiiti ga’o manu e fa’aaogaina. O ga’o e masani ona to’a i le tau o le potu. O ga’o to’a e ta’atele i mea e gaosi mai manu pei o pata, sisi, ma ‘a’ano manu. O le pe’epe’e e tele ai le ga’o.
- Sui pe sui fa’avaivai le pe’epe’e i le susu povi e maualalo le ga’o ma fai ai le kuka. Sui le susu ua leai se kulimi i le Half-and-Half.
- Filifili suau’u fuala’au pei o le kanola, olive, po o le suau’u pinati mo kuka.
- Tao pe kuka i le ausa mea ‘ai nai lo le falai.

MEA SUAMALIE
- Aua le ‘ai so’o ini mea suamalie pei o puligi, kopai, suafa’i, pai afa masina, ma lole ona e tele ai le suka ma le ga’o.
- A taumafa mea suamalie ia sui i mea masoa po’o fuala’au aina. Aua le ‘aiina mo ni mea fa’aopoopo.
- Ia itiiti tiseti e fai i le p’eepe’e ma le suka e ‘ai.
- Ia tele fuala’au aina fou e fai ma tiseti.

ALAKAHOLO/AVA MALOSI
- A e manatu e inu se ava malosi, ia fa’atapula’ai lau inu ma ia ‘ai i le taimi e te inu ai. Siaki i lau foma’i le tele o le ‘ava malosi e saogalemu mo oe.

SUSU/MEA’AI E TELE AI
- Filifili mea gaosi e itiiti ai le ga’o pei o susu e leai se ga’o pe 1%, ioketi le suamalie ma leai se ga’o ma sisi e itiiti le ga’o.
- O ‘apa eleni e iai ivi (pei o samani ma mackerel) e maua tele ai le kalasiuma.
- Tele fo’i le kalasiuma i le tofu malo (ua fai i le kalasiuma).
- Fa’aaoga le susu e itiiti le ga’o, po o susu pauta e leai se ga’o i mea ‘ai e pei o le sua alaisa, suafa’i, fa’alifu fa’i, fa’alifu talo, po o lu’au, palusami.
- O lau la’au lanumeamata malosi, ma o latou ‘au aiga e maua tele ai le kalasiuma.

‘A’ANO MANU/MEA’AI E TELE AI TINOAFUA (POLOTINI)
- Tipi ese uma ga’o mai ‘a’ano manu.
- Ave ese pa’u o moa ma fasi pua’a ao le’i kukaina.
- Asu ese le ga’o mai supo ma sitiu.
- Sui si’usi’u pīpī i vae pīpī ua leai ni pa’u i supo ma sitiū.
- Tao po o le tunu ‘a’ano manu, nai lo le falai po o le toe fa’aopoopo i ai o ga’o.
- Fa’aitiitia le ‘ai pisupo, sosisi, pua’a fa’aasu, sosisi tu’u pani ona e maualuga ai le sotiuma, ga’o ma vaila’au e fa’afualoa ai.
- Pi mamago pei o pi kitini e lelei tele mo le tinoafua e itiiti le ga’o.

LA’AU FAISUPO
- Filifili la’au lanumeamata malolosi ma la’au samasama malolosi pei o le sipinisi, letusi, lau pele, pi ‘u’umi, porokoli, lau talo, kukama, maukeni, melo, kaloti ma isi.
- O le malosi lava o le lanu o le la’au ‘aina o le tele fo’i lea o le aoga mo le tino e maua ai.
- Fa’aaoga la’au lanumeamata fou po o le tu’u aisa e aunoa ma le toe fa’aopoopoina iai o se sosi ga’o po’o masima.
- Fa’alelei le tofo o fuala’au ai mata pe supo i le sua tipolo, seleli, kale, fiu, aniani, laula’au manogi/hepi ma le vinika.

FUALA’AU ‘AINA
- Fa’aaoga so’o fuala’au aina atoatoa. E tele le ‘alavalava e maua ai nai lo sua o fuala’au.
- Fa’aaoga fuala’au aina e maualuga i le Vaitamini C e pei o moli ai suka moli, tenitalini ma esi.
- Afai e fa’aaoga fuala’au aina tu’u apa, e lelei fuala’au o iai ma le sua a e le o le sua toto’o.

FATU LA’AU, PI, MA FUALA’AU FAISUPO E TELE AI LE MASOA
- Fa’aaoga mea ai e tele le ‘alavalava pei, falaoa ‘ena’ena, ma masi, polesi, silio ma le alaisa ‘ena’ena.
- Fa’aaoga falaoa, masi, nuto ma alaisa. ua fa’aopoopo i ai mea aoga mo le tino.
- O pi ua vela e maua tele ai le ‘alavalava.
- O fuala’au aina fa’amamago e silisili ona lelei mo le ‘alavalava, peita’i e ono maualuga ai le suka.
- Ia itiiti ona fa’aaoga o alaisa tu’u taga, ma ipu mea ai e fai i nuto, ona e tele ai le ga’o, masima ma vaila’au e fa’afualoa ai.
- Fa’ata’ita’i e tao falaoa fa’apitoa ma keke e fai i le falaoamata ‘ena’ena, po o le afa falaoa matapa’epa’e afa le falaoa mata‘ena’ena.

FAUTUAGA MO LE FA’ATUMAUINA O LE SOIFUAMALOLOINA
- Fa’amalositino i aso uma. Savali, siva po o le fai o se isi mea e te fiafia iai.
- Inu le 8 ipu vai i aso ta’itasi.
- Taumafa mea’ai ‘ese’ese. Fa’ata’ita’i mea ai fou.

- **Eat three smaller meals every day. Include small snacks between meals if desired.**
- **Eat about the same amount of food every day.**
- **Try not to skip meals.**
- **If you are trying to lose weight, cut down on your portion sizes.**

FATS
- Eat less fat.
- Eat less saturated fat. Saturated fat is usually solid at room temperature. It is mostly found in animal products, such as butter, cheese, and meats. Coconut milk and cream are also high in saturated fat.
- Substitute or dilute coconut milk and cream with low-fat cow’s milk for use in cooking. Substitute low-fat or skim milk for half-and-half.
- Choose vegetable oils such as canola, olive, or peanut oil for cooking.
- Bake and steam foods instead of frying.

SWEETS
- Eat desserts such as puligi, kopai, suafa’i, half moon pies and candies less often as they are high in sugar and often fat, too.
- When you eat sweets, substitute them for starches or fruits. Don’t eat them as extras.
- Eat fewer desserts made with coconut milk and sugar.
- Eat more fresh fruits as desserts.

ALCOHOL
- If you choose to drink alcohol, limit the amount and have it with a meal. Check with your health care provider about a safe amount for you.

MILK / CALCIUM-RICH FOODS
- Choose nonfat or low-fat products, such as fat-free or 1% milk, plain unsweetened nonfat or low-fat yogurt, and low-fat cheeses.
- Fish canned with bones (such as salmon or mackerel) is a good source of calcium.
- Calcium-set (firm) tofu is a good source of calcium.
- Use low fat milk, nonfat dry milk or evaporated skim milk in dishes such as sua’alaisa, suafa’i, fa’alifu fa’i, fa’alifu talo, or palusami.
- Dark green, leafy vegetables and greens are good sources of calcium.

MEAT / PROTEIN-RICH FOODS
- Trim all visible fat from meats.
- Remove the skin from poultry and pork before cooking.
- Skim fat from soups and stews.
- Substitute skinless turkey legs for turkey tails in soups and stews.
- Bake, broil, grill, or roast meats instead of frying or adding fat.
- Limit eating corned beef, sausage, bacon, and hot dogs which are high in sodium, fat and preservatives.
- Dried beans such as kidney beans are a good source of low fat protein.

VEGETABLES
- Choose more dark green and deep-yellow vegetables such as spinach, lettuce, leafy greens, bell peppers, long beans, broccoli, taro leaves, squash, and carrots.
- The deeper the color of the vegetable, the more nutrients they have.
- Choose fresh or frozen vegetables without added sauces, fats, or salt.
- Flavor raw vegetables with lime juice, celery, curry, garlic, ginger, onion, herbs, and vinegar.

FRUIT
- Choose whole fruit more often. Whole fruit has more fiber than fruit juices.
- Choose fruit high in Vitamin C such as grapefruit, oranges, tangerines, and papaya.
- If using canned fruit, choose those packed in juice, not in syrup.

GRAINS, BEANS, STARCHY VEGETABLES
- Choose high fiber foods such as whole wheat bread and crackers, oatmeal, whole grain cereals, and brown rice.
- Choose enriched breads, crackers, noodles and rice.
- Cooked beans are a good source of fiber.
- Dried fruit is an excellent source of fiber, but can be high in sugar.
- Limit use of packaged rice and noodle dishes, as these are often high in fat, salt, and preservatives.
- Try baking special breads and cakes with whole wheat flour, or try using half white and half whole wheat flours.

TIPS FOR STAYING HEALTHY
- Exercise every day. Walk, dance, or engage in another activity you enjoy.
- Drink at least 8 glasses of water each day.
- Eat a variety of foods. Try new foods.

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