

# Ta'iala o Taumafa maloloina mo Tagatanu'u o Samoa

Ethnic Communities Council of Queensland



**Samoan**



## Faatomuaga

O lenei pepa na gaosia lea e le 'aufaigaluega a le Ethnic Communities Council of Queensland (ECCQ) Chronic Disease Program, ma Accredited Practicing Dietitians, faatasi ma le fesoasoani a latou e a'o'oga ile Queensland University of Technology (QUT), faapea le lagolago a le Queensland Government, Department of Health. E momoli atu le faafetai a le ECCQ Chronic Disease Program i tagata uma ma faalapopotoga sa fesoasoani ile gaosia o lenei pepa.

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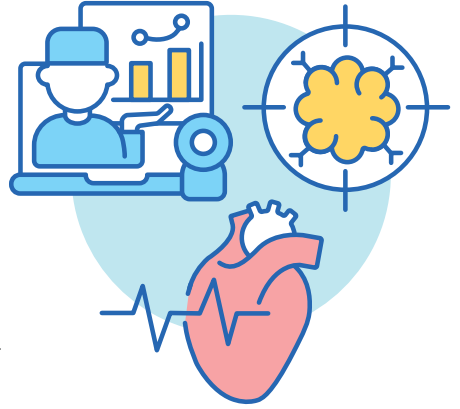
## Folasaga

O lenei tusi o lo'o iai fa'amatalaga, o faiga ma metotia e fesoasoani ai i o tatou tagata ina ia taumafa maloloina. O loo talanoaina fo'i nisi o fesili e masani ona fesiligia e tagata Pasefika ma isi aganuu i totonu o Kuiniselani.

O le Ethnic Communities Council of Queensland (ECCQ), o se fa'alapopotoga tuma'oti latou te fesoasoani i mana'oga o tagata mai Culturally and Linguistically Diverse Communities (CALD) i Kuiniselani. O le Polokalame a le ECCQ, le Chronic Disease Program, latou te saunia ma fa'aliliuina fa'amatalaga talafeagai, o a'oa'oga, ma fesoasoani talafeagai e ala i le fa'afesaga'iga, telefoni, ma luga o le upega tafa'ilagi, e uiga i fa'ama'i le pipisi ma le vaaiga o nei faama'i. Afai e te mana'omia nisi fa'amatalaga, fa'amolemole fa'afeso'ota'i mai ile numera telefoni **(07) 3844 9166** po'o **[www.eccq.com.au](http://www.eccq.com.au)**

# O a Fa'ama'i Le Pipisi?

E tusa ai ma le Matagaluega o le Soifua Maloloina, o le fa'au-puga "Chronic Diseases" po'o le "Chronic Conditions", e fa'asino lea i gasegase le pipisi, poo tulaga ua aafia ai le lelei atoatoa ole soifua o lea tagata, mo se taimi umi. O vaega tetele o fa'ama'i tumau e aafia ai:



- So'oga o Ponaivi ma le Gugu (Arthritis)
- Ma'i Sela (Asthma)
- Ma'i ole Tua (Back Pain)
- Kanesa (Cancer)
- Ma'i ole Fatu ma Alatoto (Cardiovascular Disease)
- Ma'i ole Māmā ma le Māmā Pala (Chronic Obstructive Pulmonary Disease)
- Ma'i Suka (Diabetes)
- Soifua Maloloina ole Mafaufau (Mental Health conditions)
- Ova le mamafa ole tino (Overweight and Obesity)

E ta'atele fa'ama'i le pipisi. O le afa o tagata Ausetalia uma, e aafia i se 1 o le 8 o nei faama'i le pipisi e pei ona lipotia mai e le Australian Institute of Health and Welfare, e iai: So'oga ponaivi, Ma'i sela, Ma'i ole tua, Kanesa, Ma'i fatu ma alatoto, Ma'i o le māmā, Ma'i suka, ma Ma'i o le mafaufau. (Australian Government Department of Health, 2021).



## E fa'apefea e taumafa maloloina ona fo'ia Fa'ama'i le Pipisi?

- O le taumafa maloloina, e taofia ai le puta tele. O le puta tele poo le tino lapo'a, o se tulaga tãua tele e ono aafia ai le tagata i ma'i pei ole Ma'i Suka, Osteoporosis, Stroke, ma le Ma'i Fatu. O le taumafa i mea'ai e maualuga i le suka, ga'o ma calories, e mafai ona fa'aopoopoina ai le mamafa o lou tino, ma fa'ateleina ai galuega a ou totoga. O se su'esu'ega sa faia i tagata puputa ua fa'aalia ai, o le pa'ū ile 5-10% o pauna o le mamafa o le tino, e aoga tele i le fa'aleleia atili o le gasologa a le toto (blood pressure), ole aofa'i o le ga'o i totonu ole toto (blood cholesterol), ma le aofa'i ole suka i totonu ole toto (blood sugars) (Blackburn, 1995) and (Ryan & Yockey, 2017).
- O le taumafa maloloina e mafai ona fesoasoani e fa'aleleia le aofaiga o le ga'o (cholesterol) i totonu ole toto, e ala lea i le fa'aititia o le LDL (cholesterol leaga), ma fa'ateleina le HDL (cholesterol lelei). O le maualalo o le LDL (cholesterol leaga), e mafai ona fesoasoani lea e fa'aititia ai le ono maua i fa'ama'i o le fatu.
- O le taumafa maloloina, e fesoasoani e fa'aleleia ou lagona, ma faapea ona fa'amalosia ai le to'aga e fa'amalositino.
- Afai tatou te fiafia, o le a fa'apea ona fa'aosofia oe e fa'agaoiioi lou tino. O le taumafa i mea'ai maloloina ma le paleni, e mafai ona fesoasoani e fa'aosofia lagona fiafia, ma faapea ona fa'aosofia oe e faia sau fa'amalositino, aua o le fa'amasani ona fa'agaoiioi ole tino, o se ta'iala taua tele lea mo le puihua o fa'ama'i le pipisi.

## O a ni faiga ma ni metotia e fesoasoani ina ia tatou taumafa maloloina?

O nisi nei o mataupu taua o lo'o ta'atele i totonu o fa'alapotopotoga o tagata Pasefika:

- maualuga le taumafa i ga'o e aofia ai ga'o mai suau'u popo ma ga'o mai manu fasi;
- maualuga le taumafa i mea'ai gaosi ma mea'ai masoã e pei o le araisa;
- maualalo le taumafa i fuala'au mata ma fuala'au aina;
- maualuga le taumafa i le suka ma mea'ai suamalie, ma;
- Kuka e fa'aaogaina tele ai suau'u.

O nisi nei o faiga ma metotia e mafai ona fesoasoani i tatou tagata Pasefika, e faatatau i nei popolega, ina ia mafai ona ola i se olaga maloloina.

# Ipu Taumafa Maloloina ma ona Vaevaega

Fa'aaoga le ipu taumafa maloloina e fai ma ta'iala mo le fausiaina o se taumafataga maloloina ma le paleni. O le telē masani o le ipu e 25cm lona lautele. O le faatumuina lenei ole ipu, e vaevaeina i ni vaega e 3 ma fa'atumu le 1/2 ole ipu i fuala'au mata (non starchy vegetables) e aofia ai ituaiga ma lanu eseese, 1/4 ole ipu i fualaau mamafa poo mea'ai aano poo mea'ai e tele ai le fibre, ma le 1/4 ole ipu i mea'ai e maua ai polotini e aofia ai aano o manufasi po'o isi ituaiga polotini.



**Faatumu le 1/4 o lau ipu i mea'ai a'ano, tusa po'o le telē o lau moto.**

**1/4**  
ipu mea'ai aano



**1/4**  
ipu mea'ai porotini



**Faatumu le 1/4 o lau ipu i mea'ai porotini po'o manu fasi, tusa poo le telē o lou alofilima.**



**Faatumu le 1/2 o lau ipu i fuala'au 'aina pe mata, pe tusa ma le 2 lu'uga lima.**

**1/2**  
ipu fuala'au aina



## O foliga nei o se aiga maloloina ma le paleni...

**1/4**  
ipu mea'ai  
aano

**1/2**  
ipu fuala'au  
aina

**1/4**  
ipu mea'ai  
porotini

# Fua Fa'atatau o Taumafa

Ina ia mautinoa o lo'o tatou taumafaina se taumafataga paleni, o lo'o fautuaina mai e le Australia Dietary Guidelines ia tatou fa'aaogaina nei ta'iala ua tuuina mai, mo le lapo'a o vasega o mea'ai eseese.

## Fuala'au mata



## Fuala'au aina



## Mea'ai gaosi mai le saito



## A'ano manu fasi



## Mea'ai gaosi mai le susu



## Vai





O loo tu'uina mai i lalo, vasega eseese ole matutua, ma le aofaiga o taumafa ua fautuaina mai mo aso ta'itasi. O lo'o tu'uina mai fo'i i tua o lenei tusi le fautuaga mai le Australian Dietary Guidelines mo vasega eseese ole matutua.

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	6 serves	5.5 serves	-
Tama'ita'i	5 serves	5 serves	5 serves

*1 serve = 75g o fuala'au mata, 1/2 ipu fuala'au mata ua faavela'ina, po'o le 1 ipu salati lau la'au.*

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	2 serves	2 serves	-
Tama'ita'i	2 serves	2 serves	2 serves

*1 serve = 150g o fuala'au aina, po'o le 30g o fuala'au 'aina faamago'ina, po'o le 2 tama'i kiwifruit, po'o le 1 ipu fuala'au 'aina tuu 'apa.*

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	6 serves	6 serves	-
Tama'ita'i	6 serves	4 serves	8.5 serves

*1 serve = 1 tipiga falaoa, po'o le 1/2 ipu araisa/pasta/makarone ua faavela'ina, po'o le 1 tipiga falaoa Lebanese.*

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	3 serves	2.5 serves	-
Tama'ita'i	2.5 serves	2 serves	3.5 serves

*1 serve = 80g o i'a tuu 'apa, po'o le 2 fuamoa lapopo'a, po'o le 8-12 pinati/fatu la'au, po'o le a'ano manu fasi telē o lou alofilima, po'o le 1 ipu o fatu faavela'ina (baked beans).*

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	2.5 serves	2.5 serves	-
Tama'ita'i	2.5 serves	4 serves	2.5 serves

*1 serve = 1 ipu susu, po'o le 2 tipiga sisi malō, po'o le 3/4 ipu yoghurt, po'o le 1 tama'i tipiga sisi vaivai.*

	19-50 tausaga	51-70 tausaga	Tinā ma'itaga
Alii	2.6L/10 ipu vai i aso uma	2.6L/10 ipu vai i aso uma	-
Tama'ita'i	2.1L/8 ipu vai i aso uma	2.1L/8 ipu vai i aso uma	2.13L/9 ipu vai i aso uma

# Filifiliga o Taumafa Maloloina

E mafai ona tatou taumafa fiafia i mea'ai uma, pe afai tatou te tausami ma le faatatau.

Taumafai e aua le fa'ailogaina mea'ai e lelei ma mea'ai e leaga, ae ia taula'i lau vaai i 'filifiliga sili atu lona maloloina. Taumafai e filifili mea'ai e sili atu vaitamini ma minerale pei o fuala'au aina, fuala'au mata, mea'ai e tele fatu la'au, ma aano gase o manu fasi, nai lo mea'ai e tele le masoā (fa'ata'ita'iga: pateta) ma mea'ai e maualuga le masima, suka, po'o le ga'o. O nisi nei o ni fa'ata'ita'iga o filifiliga lelei o mea'ai;

## Fesua'i

## LEA ma LEA



Sukalati



Vine (berries)



Falaoa Pa'epa'e



Falaoa Enaena/  
Wholegrain



Araisa fatu laititi poo  
le fatu feololo



Araisa enaena po'o le  
Basmati Rice



Falai chips vevela



Vegetable  
Sticks



Yoghurt  
(Full Fat)



Yoghurt  
(Low Fat)



Povi ga'oa



Povi aano gase



Vaiinu suamalie  
(Soft Drink)



Vai auli



High Salt Beef po'o  
Chicken Stock Cubes



Reduced Salt Beef po'o  
Chicken Stock Cubes po'o  
Herbs and Spices



Moa Falai



Moa tao lei se pa'u



Ga'o mai manu fasi  
(Ghee or Animal Fats)



Canola po'o  
le Olive Oil

# Kuka Maloloina ua Fautuaina

- 12 Kale Eleni
- 14 Fa'alifu (Taro and Banana in coconut milk)
- 16 Sua l'a (Braised Fish in Coconut cream)
- 18 Palusami (Taro leaves in coconut cream)
- 20 Oka (Marinated Raw Fish Salad in coconut milk)
- 22 Sapasui (Chop Suey)
- 24 Suafa'i (Samoan Bananas and Coconut Cream)

O le faia o nai suiga laiti mo kuka (recipe), o le a mafai ai ona fa'a'itiitia le aofa'i o le ga'o, suka ma le masima i tatou mea'ai, ae tumau pea le tofo lelei o tatou mea'ai.

O nisi nei o recipe o mea'ai masani a le Pasefika. Ua faia nai suiga laiti ina ia maua se mea'ai e sili atu lona maloloina, nai lo le faiga e masani ai. O le ga'o i recipe ia o loo fuaina ile sipuni ti (1 sipuni ti = 5kalama o le ga'o).



Va'ai mo mea o fa'aaogaina i kuka, o lo'o faamamafa ile lanu meamata, ua suitulaga aua le tausami maloloina.

# Kale Eleni (Canned Mackerel Curry)

Aofaiga o aiga: 4 | Umi e faia ai le kuka 🕒 30 min

## Mea e fa'aaogaina

**1 (425g)** le apa Eleni (Mackerel) ile suavai po'o le suav'u (vaevae nini'i)

**3-4** pateta feololo (fisi ma tipitipi)

**2** tomato feololo (uma ona tipitipi)

**1** aniani feololo (uma ona tipi)

**4** vaega aniani Saina (uma ona tipitipi nini'i)

**10g** fiu (fis ma tipitipi)

**2 tsp** ole tamarind pulp or paste (tuu ile faitalia)

✔ **2.5 tbsp** suav'u ole kanola

**15g** Garam Masala po'o le kale

**1 tsp** ole lega (turmeric)

**1 tsp** o fatu cumin (optional)

**50g** o lau ole curry leaves

**1 tsp** o chilli powder (tuu ile faitalia)

**2 tbsp** o lau fou ole coriander uma ona tipitipi (tuu ile faitalia)

**1-2** ipu vai (pe a mana'omia)

Masima



## Auala e fa'aitiitia ai le ga'o to'a.

O le fua muamua sa fa'aaogaina le suav'u popo.

**2**

Teaspoons per serve



Ua suia le suav'u popo ile suav'u ole kanola.

**1/2**

Teaspoon per serve



## Faasologa ole kuka

1. Ave le suau'u i se ulo poo se falai ua fa'avevela. A vevela, tu'u iai tamato ma aniani. Kuka i luga o le vevela maualuga se'ia vela le aniani ma le tomato (2-3 mins).
2. Ave iai le aniani Saina ma le fiu, ma kuka pe a ma le minute.
3. Ave'ese curry leaves mai le 'au, ma ave fa'atasi ma mea manogi (spices) uma ile kuka. Kuka mo le 2-3 minute ma ave iai sina vai pe a mana'omia.
4. Ave iai pateta ma sina masima, ma faavela pe a ma le 5 minute.
5. Ave iai le i'a ma tamarind sauce pe a mana'omia, fa'atasi ma sina vai. Faavela mo le 10 minute, fai ma sa'eu.
6. Siaki pe ua vela le pateta. Ave iai le coriander ma le masima pe a mana'omia.
7. Tapē le ogaumu, ma asu le kuka e tausami faatasi ma le araisa basmati po'o le roti.



# Fa'alifu (Taro and Banana in coconut)

Aofaiga o aiga: 4 | Umi e faia ai le kuka 🕒 35 min

## Mea e fa'aaogaina

- 1 pepa talo 750g pe 1kg fa'a'a'isa (faavaivai ma vaevae)
- 4 Fa'i moto (green Cavendish bananas) (uma ona fofo'e ise apa vai)

### 👍 2 ipu coconut milk

- 1 tsp o le masima
- 1 aniani feololo (uma ona tipitipi)

## Faasologa ole kuka

1. Tu'u le talo i totonu o le ulo vai pupuna, ma fa'avela mo se 10 minute.
2. A lata ina vela le talo, lafo fa'i i totonu o le ulo, ma faavela mo le 5 minute.
3. Ua tataua ona vela uma talo ma fa'i i le taimi nei. Aveese le ulo mai le ogaumu, sasa'a ese le vai mai le ulo.
4. Ave iai ni ipu se lua o le coconut milk ua faamasima i le ulo o talo ma fa'i vela.
5. Toe tu'u le ulo i luga o le ogaumu, ma fa'apuna mo le 2 minute ona tapē lea ole ogaumu.
6. Tausami o se mea'ai e ina'i ai isi mea'ai, pe tausami na'o le faalifu.



### Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le pe'epe'e suavaia

4 1/2

Teaspoons per serve



Ua suia le pe'epe'e suavaia ile pe'epe'e ua fa'aitiitia le ga'o (reduced fat coconut milk).

2

Teaspoons per serve



t milk)



# Sua I'a (Braised Fish in Coconut cream)

Aofaiga o aiga: 4 | Umi e faia ai le kuka 🕒 35 min

## Mea e fa'aogaina

1 i'a feololo (Barramundi po'o seisi i'a)  
165g (faamamā ma tipi)

✔ 400 ml apa o le coconut milk

3 tomato feololo (uma ona tipi)

2 kaloti (tipi)

3 ipu o le Pak Choy po'o seisi kapisu  
(uma ona tipi)

1 aniani feololo (uma ona tipi)

1 tipolo (uma ona tatau)

1 ipu falaoa mata

✔ 30ml ole suau'u canola

3 ipu vai

Masima ma le Pepa

## Faasologa ole kuka

1. Sausau fasi i'a i le falaoamata, ma falai i totonu o le falai poo le ulo ua vevela, se'ia lanu enaena fasi i'a. Tu'u ese i'a i se ipu.
2. Fa'apuna le vai i totonu o seisi ulo lapo'a, ma ave iai ia fuala'au (aniani, tomato, kāloti ma kapisu), sa'eu ma fa'avela mo le 3 minute.
3. Toe ave iai le i'a, i luga o fuala'au, faavela mo le 3 minute.
4. Ave iai le coconut milk ma faapuna mo le isi 3 minute.
5. Aveese mai le ogaumu, fa'aopopo sina sua o le tipolo, ma le masima ma le pepa.
6. E manaia le tausami faatsi ma le talo vela, poo le manioka, po o le fa'i vela fo'i.



## Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le pe'epe'e lololo

9

Teaspoons per serve



Ua suia le pe'epe'e lololo ile pe'epe'e ua fa'aitiitia le ga'o (evaporated coconut milk).

2 1/2

Teaspoons per serve







# Palusami (Taro leaves in coconut cream)

Aofaiga o aiga: 8 | Umi e faia ai le kuka 🕒 75 min

## Mea e fa'aogaina:

1 le fusi lau talo (about 24 leaves)

✔️ 400ml o le coconut milk

1 aniani feololo (uma ona tipitipi nini'i)

1 tsp ole masima

Pepa Alumini (foil) mo affi  
(30x24cm each)

## Faasologa ole kuka:

1. Sauni lelei lau talo i le ave'ese o le pito i lalo ole lau, o le ogatotonu, ma le fa'ata'amilo i le ogatotonu ole lau, aua e ono fe'ū ai le lau talo.
2. Sa'eu faatasi le coconut milk, aniani ma le masima, i totonu o se pesini.

3. a'atulaga ni lau talo se 6-8 i luga o le sikuea o le foil ia faapei o se tama'i ipu, ma fa'a'ofu'ofu lemu le ogatotonu ina ia pei o se ipu
4. Asu ni sipuni se 5 o le coconut milk i totonu o le ipu lau talo.
5. Fa'aputuputu lemu pito o lau talo i le ogatotonu, ina ia maua ai se tama'i polo.
6. U'u ma tu'u le affi i le ogatotonu o le foil, ia aua ne'i masa'a le pe'epe'e.
7. Fa'aputuputu pito o le foil i le auala lava e tasi, mimilo fa'atasi pito i le tumutumu, ia malu lelei le affi.
8. Toe fai nisi affi i le auala lava e tasi. Toe fai se'ia uma lau talo po'o le niu.
9. Tu'u ia affi nei i totonu o se ipu ogaumu ma tao i le 180 ° C mo le 1 itula i se ogaumu masani.
10. Tausami ma le talo tao po'o le fa'i tao.



## Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le pe'epe'e lololo

5

Teaspoons per serve



Ua suia le pe'epe'e lololo ile pe'epe'e ua fa'aitiitia le ga'o (evaporated coconut milk)

1/2

Teaspoon per serve



eam)



# Oka (Marinated Raw Fish Salad in coconut)

Aofaiga o aiga: 5 | Umi e faia ai le kuka 🕒 35 min

## Mea e fa'aaogaina

**500g** o se i'a fou (snapper poo le tuna)

**2** tipolo

✔ **400ml** reduced-fat coconut milk

**2** tomato feololo (uma ona tipitipi)

**2** kukama feololo (uma ona tipitipi)

**1** aniani feololo (uma ona tipitipi)

**1** polo fai mea'ai (small green or red capsicum) (tuu ile faitalia) (uma ona tipitipi)

**2** polo fe'ū (small red chilli) (tuu ile faitalia) (uma ona tipitipi nini'i)

Masima ma le Pepa

## Faasologa ole kuka

1. Tipi le i'a i ni tama'i fasi i'a. Tu'u i totonu o se pesini ma tatau iai ni tipolo se lua, ia lilo ile sua ole tipolo. Ufiufi ma tu'u ese mo le 10-15 minute i le pusaaisa.
2. Tipi nini'i le aniani, tomato, ma le kukama i ni vaega tai tutusa pe la'ititi fo'i.
3. Sasa'a ese le sua sa soka ai le i'a, ma ave loa iai fuala'au aina (e aofia ai le capsicum ma le chilli pe a e mana'o ai).



### Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le pe'epe'e suavaia

**4**

Teaspoons per serve



Ua suia le pe'epe'e suavaia ile pe'epe'e ua fa'aitiitia le ga'o (reduced fat coconut milk)

**2**

Teaspoons per serve



4. Ave iai le pe'epe'e (coconut milk), ma sina masima ma le pepa uliuli e fetai ma lau tofo.
5. Tuu ile pusaaisa mo le 10-15 minute, ae le'i taumafaina.
6. E mafai ona tausami pei o se mea'ai amata, poo se salati, ia po'o se ipu autu.



# Sapasui (Chop Suey)

Aofaiga o aiga: 6 | Umi e faia ai le kuka 🕒 45 min

## Mea e fa'aaogaina

✔ **500g** fasi povi poo seisi aano manu fasi (tipitipi 5-6cm le umi)

**1** aniani lapo'a (uma ona tipitipi)

**50g** fiu (uma ona tipitipi nini'i)

**6 vaega** aniani Saina (uma ona tipitipi nini'i)

**200g** o lialia (vermicelli noodles)

**4 tbsp** o le reduced salt dark soy sauce

**1 tbsp** ole suau'u ole canola

**3 ipu** o fuala'au mata fa'afeloi (frozen mixed vegetables)

**1 ipu** vai

## Faasologa ole kuka

1. Tipi le fasi povi poo le manu fasi i totonu o se pesini lapo'a, ave iai le 2 sipuni o le soy sosi ma ta'atia mo le 10-15 minute.
2. Faavevela se ulo lapo'a, ave iai le suau'u, ma lafo le aniani, le fiu, ma le aniani Saina, ma faavela se'ia vela le aniani.
3. Lafo le fasi povi poo le aano manu fasi, ma le vai i totonu o le ulo ma faavela mo le 10 minute pe se'i vela le aano, ona tapē lea ole ogaumu ma tapuni le ulo.
4. la saunia le lialia e tusa ma fa'atonuga i luga o le pepa. LAU FILIFILIGA: E mafai ona tipitipi le lialia pe a vaivai, fa'aaoga se seleulu.
5. Toe fa'avevela le ulo o loo iai le kuka ise vevela maualuga, ma ave iai le lialia, fuala'au mata fefiloi, ma le soy sauce i le ulo ma fa'avela mo le 5 minute.
6. Taumafa faatasi ma le talo, manioka, o le fa'i, po'o le araisa.



### Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le fasi povi lololo

**2 1/2**

Teaspoons per serve



Ua suia le fasi povi lololo ile fasi povi a'anogase

**1 1/2**

Teaspoons per serve





# Suafa'i (Samoan Bananas and Coconuts)

Aofaiga o aiga: 6 | Umi e faia ai le kuka 🕒 45 min

## Mea e fa'aaogaina

8 fa'i pula (fofo'e ma tipitipi)

4 ipu vai

½ ipu saito poo le tapioca  
(tapioca pearls)

✔ 1 ipu ole reduced-fat coconut milk

1 tbsp ole suka

## Faasologa ole kuka

1. Tu'u le fa'i i totonu o se ulo. Ave iai le vai ma fa'apuna. Fa'aitiitia le vela ma fa'apuna malie le suafa'i mo le 20 minute.
2. Faaoga se tui poo se sipuni la'au, e palu ai ma fa'anini'i ia fasi fa'i.
3. A o sa'eu le suafa'i, ave lemu ia le saito poo le tapioca i totonu o le ulo.
4. Ave iai le pe'epe'e, fa'avaivai le ogaumu ma faavela mo le 15 minute, ma sa'eu so'o.
5. Tofo le suafa'i, ma ave iai le suka pe a mana'omia.
6. Ave'ese mai le ogaumu, ma tu'u ese mo le 10 minute ae le'i taumafaina. E tausami mafanafana ae manaia fo'i le tausami malulu.



### Auala e fa'aitiitia ai le ga'o

O le fua muamua sa fa'aogaina ai le pe'epe'e lololo

1½

Teaspoons per serve



Ua suia le pe'epe'e lololo ile pe'epe'e ua fa'aitiitia le ga'o (reduced fat coconut milk)

1

Teaspoon per serve





ut Cream)



# Faata'ita'iga o se Fuafuaga o Taumafa mo le Vaiaso

	Aso Muamua	Aso Iona Lua	Aso Tolu
<b>Malū ole Taeao</b>	<ul style="list-style-type: none"> <li>• 2 fasi wholegrain toast, ½ avoka,</li> <li>• 1 tomato feololo,</li> <li>• 1 fuamoa vela,</li> <li>• 1 ipu ti / kofe</li> <li>• ½ ipu susu (maualalo le ga'o)</li> <li>• 1 moli</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ ipu Bran flakes</li> <li>• 1/2 ipu susu (maualalo le ga'o),</li> <li>• 1 fa'i pula feololo</li> </ul>	<ul style="list-style-type: none"> <li>• Suafa'i (Banana and coconut milk),</li> <li>• 1 fasi wholegrain toast</li> </ul>
<b>Vai'aiga ole Taeao</b>	<ul style="list-style-type: none"> <li>• ¼ ipu o fatu la'au</li> <li>• 8 masi enaena, 40g sisi (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ipu popcorn, 200g yoghurt (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 apu,</li> <li>• ½ ipu o kapoti laau,</li> <li>• ½ ipu sisi-pa'u la'ititi sisi</li> </ul>
<b>Taumafataga ole Aoauli</b>	<ul style="list-style-type: none"> <li>• 1'a tao (100g) ma le tipolo, 1 ipu salati lau lanumeamata,</li> <li>• 1 pateta tao</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Green Curry ma moa (80g),</li> <li>• 1 ipu o Pak Choy kuka,</li> <li>• 1 ipu araisa enaena</li> </ul>	<p>Tuna sandwich:</p> <ul style="list-style-type: none"> <li>• 2 fasi falaoa wholegrain,</li> <li>• 100g tuna,</li> <li>• 1cup kukama diced ma tamato,</li> <li>• 2 tsp o le maualalo o ga'o mayonnaise</li> </ul>
<b>Vai'aiga ole Aoauli</b>	<ul style="list-style-type: none"> <li>• 1 fa'i pula,</li> <li>• ½ ipu karoti,</li> <li>• ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>	<ul style="list-style-type: none"> <li>• 1 moli,</li> <li>• ½ ipu kukama,</li> <li>• ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>	<ul style="list-style-type: none"> <li>• 200g yoghurt (maualalo le ga'o)</li> </ul>
<b>Taumafataga o le afiafi</b>	<ul style="list-style-type: none"> <li>• Kale Eleni (Canned Mackerel Curry) (100g),</li> <li>• 1 ipu o Pak Choy vela, 1 ipu araisa enaena</li> </ul>	<ul style="list-style-type: none"> <li>• 100g Samani, ½ talo feololo,</li> <li>• 1 ipu fuala'au lanumeamata vela (Broccoli &amp; Green Beans)</li> </ul>	<ul style="list-style-type: none"> <li>• 65g beef mince ma le 1 wholegrain wrap ma le lettuce, coriander ma le tomato</li> </ul>



Aso Fa	Aso Lima	Aso Ono	Aso lona Fitu
<ul style="list-style-type: none"> <li>• 2 fasi wholegrain toast, ½ avoka,</li> <li>• 1 tomato feololo,</li> <li>• 1 fuamoa vela,</li> <li>• 1 ipu ti / kofe</li> <li>• ½ ipu susu (maualalo le ga'o)</li> <li>• 1 moli</li> </ul>	<ul style="list-style-type: none"> <li>• 2 fasi wholegrain toast, ½ avoka,</li> <li>• 1 fuala'au fasi tamato,</li> <li>• 1 fuamoa vela,</li> <li>• 1 ipu ti / kofe</li> <li>• ½ ipu susu (maualalo le ga'o)</li> <li>• 1 moli</li> </ul>	<ul style="list-style-type: none"> <li>• ⅔ ipu Bran flakes</li> <li>• ½ ipu susu (maualalo le ga'o)</li> <li>• 1 fa'i pula feololo</li> </ul>	<ul style="list-style-type: none"> <li>• Suafa'i (Banana and coconut milk)</li> <li>• 1 fasi wholegrain toast</li> </ul>
<ul style="list-style-type: none"> <li>• ¼ ipu o fatu la'au,</li> <li>• 8 masi enaena, 40g sisi (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• ¼ ipu o fatu la'au,</li> <li>• 8 masi enaena, 40g sisi (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 ipu popcorn 200g yoghurt (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• 1 moli,</li> <li>• ½ ipu o kukama,</li> <li>• ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>
<ul style="list-style-type: none"> <li>• Oka (Marinated Raw Fish) (100g), 1 ipu salati lau lanumeamata,</li> <li>• 1 pateta tao</li> </ul>	<ul style="list-style-type: none"> <li>• l'a tao (100g) ma le tipolo, 1 ipu salati lau lanumeamata,</li> <li>• 1pateta tao</li> </ul>	<ul style="list-style-type: none"> <li>• Thai Green Curry ma moa (80g),</li> <li>• 1 ipu o Pak Choy kuka,</li> <li>• 1 ipu araisa enaena</li> </ul>	<p>Tuna sandwich:</p> <ul style="list-style-type: none"> <li>• 2 fasi fataoa wholegrain,</li> <li>• 100g tuna,</li> <li>• 1ipu kukama ma tomato,</li> <li>• 2 tsp mayonnaise (maualalo le ga'o)</li> </ul>
<ul style="list-style-type: none"> <li>• 1 fa'i pula,</li> <li>• ½ ipu karoti,</li> <li>• ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>	<ul style="list-style-type: none"> <li>• 1 fa'i pula,</li> <li>• ½ ipu karoti,</li> <li>• ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>	<ul style="list-style-type: none"> <li>• 1 moli,</li> <li>• ½ ipu kukama, ½ ipu o sisi ua tuuitiitia-ga'o</li> </ul>	<ul style="list-style-type: none"> <li>• 200g yoghurt (maualalo le ga'o)</li> </ul>
<ul style="list-style-type: none"> <li>• Palusami ma le 2 fa'i vela ma le 65g fasi puaa (maualalo le ga'o)</li> </ul>	<ul style="list-style-type: none"> <li>• Sapasui (Beef Chop Suey)(100g),</li> <li>• 1 ipu Pak Choy vela,</li> <li>• 1 ipu araisa enaena</li> </ul>	<ul style="list-style-type: none"> <li>• 100g Samani, ½ talo feololo, 1 ipu fuala'au lanumeamata vela (Broccoli &amp; Green Beans)</li> </ul>	<ul style="list-style-type: none"> <li>• 65g beef mince ma le 1 wholegrain wrap ma le lettuce, coriander ma le tomato</li> </ul>

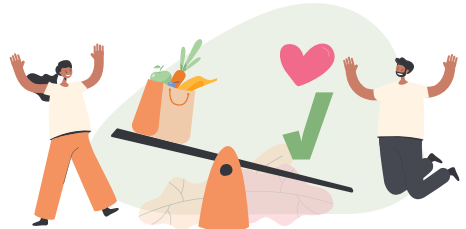


# Fesili e masani ona fesiligia

## 1. E faapefea ona faapa'ū o'u pauna?

O le auala ua fuaina ai le malosi'aga e maua mai ile aofaiga o taumafa tatou te tausami ai i aso uma, ua ta'ua lea ole Energy, poo le Malosi. E mafai ona fuaina lenei malosi i calories (cal) poo kilojoules (kJ). O se auala faigofie e faatusa ai le pa'ū poo le faaopoopo o pauna, ole faia lea o se fua paleni.

- Afai e masani ona sili atu ia lau taumafa (kilojoules), nai lo le aofaiga e fa'aaogaina e lou tino, o lea fa'aputu ma teu e lou tino le ga'o fa'aopoopo lea, ma o le a ono fa'aopoopoina ai lou mamafa.
- Afai e masani ona la'ititi lau taumafa (kilojoules), nai lo le aofaiga e mana'omia e lou tino, o le a e ono fa'aititia lou mamafa ma pa'ū ou pauna.



## 2. O le a le ituaiga suau'u e sili ona lelei mo le kuka?

- E fa'alagolago le ituaiga suau'u e fa'aaoga, ile ituaiga kuka e manaomia ai, aua e eseese ituaiga suau'u ma latou vevela asu (smoking point), poo le vevela lea e 'usia loa ele suau'u, ona amata lea ona fa'aleaogaina ona itu maloloina, ae aveva ma suau'u le maloloina (American Heart Association, 2018).
- O le tulafono masani, o suau'u pei ole extra virgin oli, e maualalo le vevela asu (smoking point), e le fautuaina mo kuka vevela, ae sili atu le fa'aaoga i kuka pei o salati. O suau'u pei ole Canola oil, Sunflower oil poo le light olive oil, e sili le fa'aogaina mo kuka masani.
- O leisi itu e tatau ona fuafua tatau iai, ole auala e kukaina ai tatou mea'ai. E manaomia le aloese mai mea'ai falai ile ga'o, ae fa'aaoga le ogaumu e tao ai mea'ai pe seu faatasi ai se kuka (stir fry), poo se masini air fryer (leai se ga'o e fa'aaogaina). Taumafai e fa'aaoga falai ma ulo (non-sticking pans) e le pipii ai mea'ai, e fa'aititia ai le aofaiga o le suau'u e manaomia ile kuka, ma maua ai se kuka maloloina.



### 3. E maloloina pinati ma fatu la'au?

- O pinati ma fatu la'au, ose mea'ai lelei tele e maua mai ai ga'o maloloina ma polotini, ma e mafai ona tausami pei o se mea'ai māmā po'o se mea'ai e fa'aopoopo i tatou mea'ai masani. O nei ga'o maloloina, latou te fesoasoani i o tatou hormone, e fa'aititia fo'i le cholesterol, ma lelei mo lo tatou soifua manuia lautele.
- Peita'i, e tatau ona manatua o pinati ma fatu la'au o lo'o i ai ga'o, ma o le soona tausami iai, e ui lava e maloloina, ae mafai fo'i ona afaina ai lo tatou soifua maloloina.
- Taumafai ia maua le 8-12 pinati, po'o le ¼ o le alofilima o pinati poo fatu laau, mo se aiga māmā i le aso, o lea maua ai ga'o maloloina e tausami ai o tatou tino mo lou soifua maloloina (Baker Heart & Diabetes Institute, 2021).



### 4. E fia fuamoā e tatau ona taumafa ile aso?

- O loo fautua mai le Australian Heart Foundation e le tatau ona sili atu ile 7 fuamoā e tausami i le vaiaso, pe afai o lo'o e maua ile maualuga o le cholesterol, pe iai fo'i ni tulaga fa'aeteete o le ma'i fatu, pe maua fo'i ile ma'i suka. E tatau ona fa'atapula'a a tatou fuamoā e tausami ile vaiaso i na'o le 7, ona o le tele o le cholesterol o lo'o iai. O le tausami i mea'ai e maualuga le cholesterol, o lea fa'ateleina ai lou ono aafia i ma'i ole fatu (Heart Foundation Australia, 2019)
- Peita'i, afai e leai sou fa'afitauli tau soifua maloloina, e leai se fa'atapula'aina o fuamoā e mafai ona tausami ai. O fuamoā o se mea'ai lelei tele, e maua ai polotini, o ga'o maloloina ma le vaiamini D.



## 5. E sili atu le maloloina o mea'ai aano po mea'ai masoā (root vegetables) mai le Pasefika, nai lo mea'ai aano e maua mai isi atunuu?



- Tusa lava pe o le a le ituaiga, ae po'o fea e maua mai ai tatou mea'ai aano, e taua le iai o se ituaiga o mea'ai aano i aso uma. O fuala'au masoā (root vegetables), e maua mai ai le malosī faapea ma le alava (fibre), na te taofia tatou mea'ai ma umi se taimi o e lagona lou maona, fa'atumauiina ai le soifua maloloina o tatou manava. Peita'i, e taua le manatuaina o fuala'au masoā e pei o le talo ma le manioka, e tele le kilojoules poo le calories (fua ole malosī) o loo iai ma e tatau ona taumafai e tasi le aiga (serve).
- E taua fo'i le tausami o ni lau la'au lanu meamata (green leafy vegetables) o lea fesoasoani fa'ateleina le tele o vaiamini eseese tatou te fa'aaogaina i aso uma (Slavin & Lloyd, 2012).

## 6. E fautuaina le fa'aaogaina o oloa e gaosi mai le popo ile faiga o kuka – e maloloina le suau'u popo ma le pe'epe'e?

- Taumafai e aua le fa'aaogaina le suau'u popo i kuka. O le suau'u popo, e o'o ile 92% ole ga'o leaga poo le saturated fats o loo iai, ma e afaina ai le aofaiga ole ga'o ile toto (cholesterol levels) ma le soifua maloloina o lou fatu (Dietitians Australia, 2019).
- O le pe'epe'e (coconut cream) e tele fo'i le ga'o leaga o iai, ma taumafai e aua pe fa'aitiitia le fa'aaogaina i kuka.
- O le canola oil po'o le olive oil, o nisi ia o suau'u talafeagai e mafai ona faaaoga, nai lo le coconut oil, ma maua ai pea le tofo lelei o mea'ai, e aunoa ma le fa'ateleina o le ga'o leaga. E fautuaina le fa'aaogaina ole coconut milk, ole light coconut cream po'o le evaporated milk e sui ai le pe'epe'e pea faia kuka, e fa'aitiitia ai le aofaiga o ga'o leaga ia tatou mea'ai i aso uma.



## 7. O a ni fa'amaumauga e faatatau i Fa'ama'i le Pipisi i Ausetalia?

**1.7**  
MILLION

E ova atu ma le 1.7 miliona Ausetalia e maua ile ma'i suka ile tausaga (280 tagata ile aso e tasi).<sup>1</sup>



**35%**

o tagata Ausetalia e maua i le ma'i suka e fananau i atunuu mai fafo.<sup>2</sup>



O fa'ama'i ole fatu o loo **taulamua ai le mafuaga** ole maliliu o tagata CALD.<sup>4</sup>



**620,000**

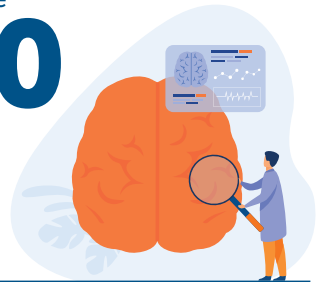
E ova atu i le 620,000 tagata e maua i faama'i o le fatu i Ausetalia i tausaga uma, ma e sili atu ile 52 tagata Ausetalia e maliliu i aso uma mai lenei faama'i.<sup>3</sup>



E sili atu ma le

**100**

tagata i aso uma e aafia ile ma'i ole Stroke.<sup>5</sup>



# O le Ta'iala a Ausetalia i Mea'ai Fautuaina Aso uma mo Auga Tupulaga uma

(Australian Dietary Guidelines Daily Recommended Serves for All Age Groups)

	Tausaga	Fuala'au mata (Vegetables & Legumes / Beans)	Fuala'au aina (fruit)	Mea'ai gaosi mai le saito (Cereal Foods)	A'ano manu fasi (eggs, nuts, tofu, fish)	Mea'ai gaosi mai le susu (Milk, yoghurt, cheese)	Ga'o lelei (Unsaturated Fats & Oils)	Vai (L)
<b>Tama</b>	2-3	2½	1	4	1	1½	½	1.4
	4-8	4½	1½	4	1½	2	1	1.6
	9-11	5	2	5	2½	2½	1	2.2
	12-13	5½	2	6	2½	3½	1½	2.2
	14-18	5½	2	7	2½	3½	2	2.7
<b>Alii</b>	19-50	6	2	6	3	2½	4	2.6
	51-70	5½	2	6	2½	2½	4	2.6
	70+	5	2	4½	2½	3½	2	2.6
<b>Teine</b>	2-3	2½	1	4	1	1½	½	1.4
	4-8	4½	1½	4	1½	1½	1	1.6
	9-11	5	2	4	2½	3	1	1.9
	12-13	5	2	5	2½	3½	1½	1.9
	14-18	5	2	7	2½	3½	2	2.2
	Ma'itaga (o'o ile 18 years)	5	2	8	3½	3½	2	1.8
	Failele (o'o ile 18 years)	5½	2	9	2½	4	2	2.3
<b>Tama'ita'i</b>	19-50	5	2	6	2½	2½	2	2.1
	51-70	5	2	4	2	4	2	2.1
	70+	5	2	3	2	4	2	2.1
	Ma'itaga (19-50 years)	5	2	8½	3½	2½	2	2.3
	Ma'itaga (19-50 years)	7½	2	9	2½	2½	2	2.6

## Disclaimer

O lenei pepa ua tufaina lea e le ECCQ Chronic Disease Program, ua na'o se fesoasoani i fa'amatalaga i nei mataupu. Matou te taumafai ia fa'amautinoa ma sa'o ia fa'amatalaga uma, ae o le a le suia ai se fautuaga fa'afoma'i e patino ia te oe. Faamolemole fa'afeso'otai lau foma'i mo se fautuaga fa'afoma'i mo oe.



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