

2

Serves ile aso ua fautuaina
mo tagata matutua (adults)

Fualaau aina



2 sipuni o vine



1 apu



½ ipu ole
fruit juice
(no added sugar)

2-3

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Porōtini



100g i'a



80g moa



1 ipu legumes
poo pi tuu apa



Ethnic Communities
Council of Queensland

Faafesoota'i le ECCQ

Chronic Disease Program: 07 3844 9166

poo le www.eccq.com.au mo latou
polokalame ma nisi faamatalaga.

Fua faatatau o Taumafa

O leā le fua
faatatau?



Samoan

O leā le fua faatatau?

- O le fua faatatau (serve) e tā'u mai ai le aofaiga o lea taumafa.
- Ua fa'aaogaina le serve, e fua ai taumafa, ina ia maua ai le paleni maloloina o ga'o, mea'ai masoā, ma porōtini.
- O nisi o meafaigaluega e fua ai le aofaiga ole serve.
- O loo umia e le lima le serve e tasi.



1 ipu=250ml

5

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Fualaau mata



1 ipu salati fualaau
mata fefiloi



½ ipu fualaau vela



1 karoti lapo'a

4-6

Serves ile aso ua fautuaina
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Fatu o laau



1 tipiga falaoa
(whole or
multi-grain)



½ ipu araisa vela



½ ipu pasta vela

2-4

Serves ile aso ua fautuaina
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Susu



1 ipu susu povi
poo seisi ituaiga
(calcium fortified
alternative)



1 ipu yogurt
low fat (200g)



2 tipiga sisi
(fat reduced) 40g