

He tauira pai Sample Meals

Kai ata / Breakfast

2/3 cup of baked beans with 1 slice of wholemeal bread and 1 whole tomato

- Use only a scraping of margarine on bread



Kai poutūtanga / Lunch

Chicken and salad wholegrain roll with fruit

- Use tuna, beef or low fat cheese and different types of breads for variety



Kai ahiahi / Dinner

Roast beef, potato, kumara and vegetables

- Remove fat from meat and cook without adding extra fat or oil
- Eat half a plate of non-starchy vegetables
- Use chicken, beef or fish for variety



Kai timotimo / Snack

- If you need a snack eat a piece of fruit, or a pottle of yoghurt, or one piece of bread

He tauira pai anō More Sample Meals

Kai ata / Breakfast

Weetbix, yoghurt and fruit

- Use low fat, low sugar yoghurt and raw or unsweetened fruit
- Use porridge or other low sugar cereals for variety



Kai poutūtanga / Lunch

Salmon and rice salad

- Use cold meat, chicken or a hard-boiled egg for variety
- Only use a small amount of heart-friendly dressing



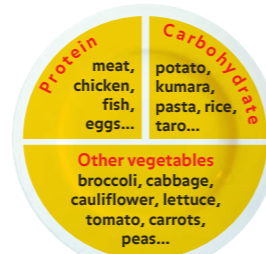
Kai ahiahi / Dinner

Chicken and vegetable stir-fry on rice

- Remove skin and fat from meat
- Stir-fry in water or a little oil



As a guide for your evening meal use this plate model



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He whakaaro pai Good ideas

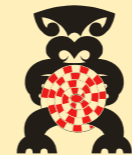
- People with diabetes do not need special foods. The whole family can eat the same healthy food.
- Have three meals of similar size each day.
- Fill up on vegetables from Kia kaha te kai/Eat lots.
- Physical activity is very important. Aim for at least 30 minutes per day. Walking is a great activity.

Kia maumahara Be mindful

There is a lot more to learn about healthy eating.

- Contact a dietitian for more advice on your own personal eating plan.
- See the Diabetes New Zealand pamphlet *Diabetes and Health Food Choices* or visit the Diabetes New Zealand website www.diabetes.org.nz for more information.
- To find out about joining Diabetes New Zealand phone 0800 342 238.

This resource was a collaborative development by Te Hotu Manawa Māori and Diabetes New Zealand.



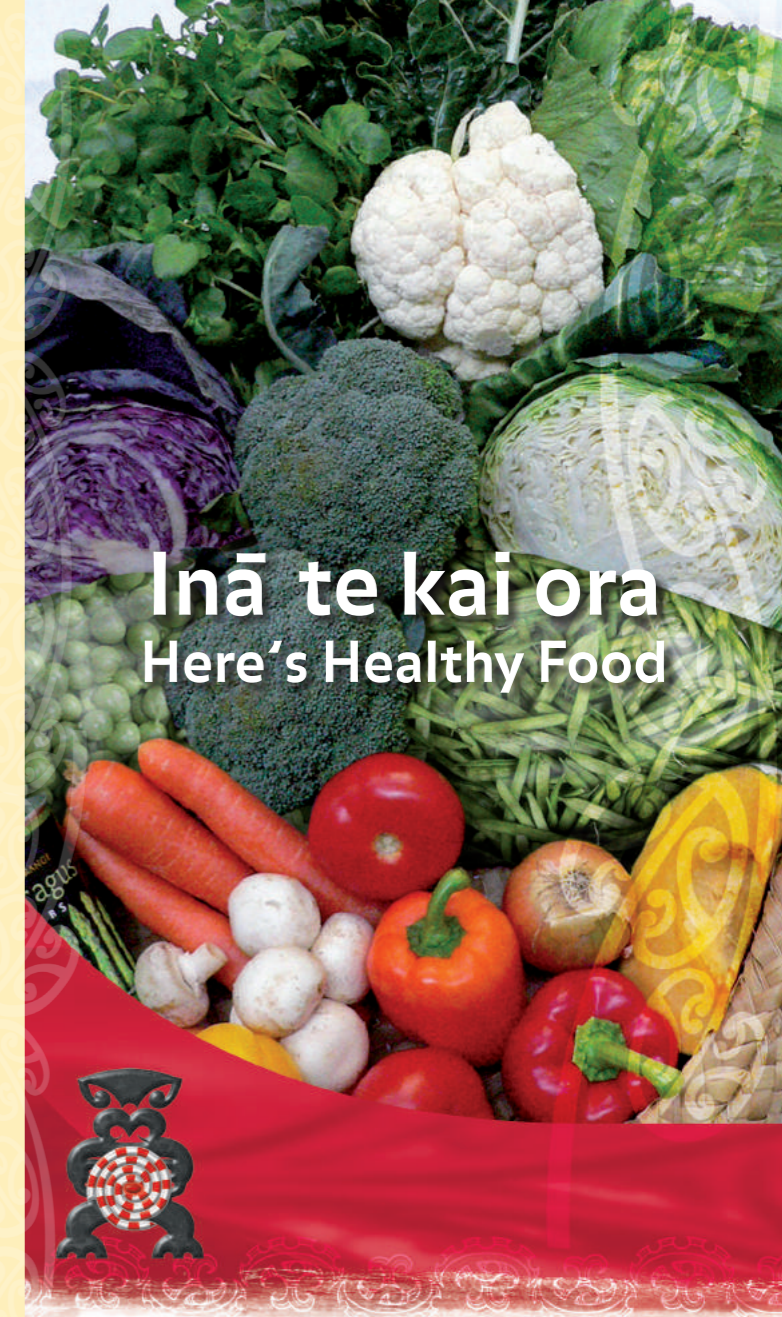
Te Hotu Manawa Māori

Te Hotu Manawa Māori, 2-2, D72 Building, 72 Dominion Rd, Auckland 1024. For information and resources supporting Māori healthy lifestyles, go to www.tehotumanawa.org.nz

For other pamphlets for people with diabetes phone 0800 DIABETES (0800 342 238), or email info@diabetes.org.nz or Freepost Diabetes NZ, PO Box 12441, Wellington 6144.



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Inā te kai ora

Here's Healthy Food

This is a basic guide to the food people with diabetes and their families need to eat.

He rourou hua tika, he kono kai ora.



Kaua e kai
Stop
Kia atā kai
Eat some but not too much
Kia kaha te kai
Eat lots



Ruia Aperahama, Entertainer

I was diagnosed in 2004 with type 2 diabetes. All of those years of touring, performing and stopping off at the takeaways, drinking fizzies, or grabbing that last minute pie or two or three after a late night gig had finally caught up with me. I realised it was time to change my lifestyle, so I started eating more vegetables and eating regularly instead of one big meal a day, which took some time getting used to. Most of all, I replaced all those fizzies with water and started walking or exercising every morning for an hour. I didn't get it right all the time, but through small consistent lifestyle changes I have lost 12 kilos and maintained that weight loss for two years.



Kaua e kai

Stop

Avoid food and drink high in fat, sugar and salt



Too much sugar and fat leads to weight gain. The wrong types of fat increase your chance of having a heart attack.



Kia āta kai

Eat some but not too much

Carbohydrate (starchy) foods

Have a similar amount at each meal. Eating too much will raise your blood glucose level.



Also include
Small amounts of low fat meats, seafood, dried beans, nuts, eggs, milk and milk products.



Kia kaha te kai

Eat lots

Choose a selection of different coloured vegetables each day. These foods add variety without raising blood glucose levels.



He inu pai māu

What to drink

Drink 6 to 8 cups of water each day.

