

Nutrition and Healthy Lifestyles are Rooted in Family, Culture, and Community

Nutritious meals are essential to maintaining a well-balanced diet. Informing yourself about the food you eat and practicing mindful eating – the practice of eating with an awareness of your body and the taste, satisfaction, and fullness the food provides – is also a way to approach a healthy lifestyle. This brochure provides suggestions on how to create a nutritious meal with a special focus on American Samoan community members. The foods listed on this brochure are based on a focus group reviewing the cultural traditions and dietary preferences of community members in Carson, CA.



Healthy Action Plan

Share Your Goals Here:

What little changes can I make throughout the day to be more active?

What changes can I make to have a healthier, balanced meal and lifestyle?

Recommendations from Health Care Professionals (Physician, Dietitian, Health Coach, Nutritionist, etc.):

Nutrition Facts - How to Read

Nutrition Facts

1	8 servings per container Serving size 2/3 cup (55g)
2	Amount per serving Calories 230
	% Daily Value*
3	Total Fat 8g 10% Saturated Fat 1g 5% Trans Fat 0g Cholesterol 0mg 0% Sodium 160mg 7% Total Carbohydrate 37g 13% Dietary Fiber 4g 14% Total Sugars 12g
4	Includes 10g Added Sugars 20%
	Protein 3g
5	Vitamin D 2mcg 10% Calcium 200mg 15% Iron 8mg 45% Potassium 235mg 6%
6	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutritional Guide

1. This is the suggested portion size per person. Changes based on the food
2. Check calories (Amount of energy in food)
3. Limit fat, cholesterol, sodium, and carbohydrates
4. Know your limit for added sugar (sugars added to foods or beverages when they are processed or prepared)
5. Get enough of these nutrients
6. Footnotes

Practice the 5 P's

1. **Purchase:** Choose to purchase healthy foods and snacks. Make a list of healthy foods you can afford.
2. **Prepare:** Prepare nutritious food that is heart healthy.
3. **Portion Control:** Use smaller plates, cups and bowls to manage portions.
4. **Presentation:** Make healthy food that is visually appealing.
5. **Physical Activity:** Exercise improves physical and mental health. Add at least 60 minutes of physical activity to your day.

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Our Healthy Eating Plate

Samoan Edition*



*Based on American Samoan preferences from Carson, CA

Healthy Eating Plate with Samoan Recommended Foods

Our calorie needs are about **2,000 calories*** a day. Below are the U.S. Department of Agriculture (USDA) guidelines to your daily recommended amount of each food group.**



Try adding some of these ingredients to your sapaui or supo!



Fruits

2 cups

Mango, banana, orange, pineapple, peach, apple, grapes, melon, papaya, coconut, kiwi, grapefruit, strawberries, or avocado.

Vegetables

2½ cups

Broccoli, lettuce, bok choy, taro leaves, cabbage, tomato, asparagus, cauliflower, carrots, legumes, or mushrooms.

Grains, Bread, Cereals

6 ounces

Cooked rice, cooked noodles, 1 slice of bread, cooked taro/green banana/breadfruit/yam, or cooked oats

Protein

5½ ounces

Eat fish and/or seafood at least 3 times per week. For healthier choices try lean skinless chicken, pork, or tofu. Other sources of protein: 1 egg, lean meat, cooked beans, edamame, peanut butter, or nuts.

Dairy

3 cups

Low-fat milk, yogurt, or cheese

Our Samoan Plate



A healthy and sustainable eating pattern considers personal preference, cultural tradition, budget, and nutrition.

Eat More

Brown Rice or Quinoa

Spices and Aromatics

Lemongrass, herbs, garlic, onion, lime

Water or Flavored Water with Fruit/Mint

Roasted, Baked, Grilled, or Sautéed Foods

Cook with olive oil

Lean Meats, Fish, Chicken, Shrimp

Whole Fruits and Veggies

Cook more meals and snacks at home and make fruit-based desserts

Eat Less/In Moderation

White Rice

Salt

Sugary Drinks/Juices

Tampico, vai mango

Fried Foods

Panikeke, mulipipi (turkey tails)

Fatty Meats/Processed Meats

Pisupo (corned beef), Spam, pilikaki (mackerel)

Junk Food

Know Your Portion Sizes**



Fist/Cupped Hand = 1 Cup



Palm = 3 oz. of Meat



Thumb Tip = 1 Teaspoon



A Thumb = 1 oz. of Cheese



Handful = 1-2 oz. of Snacks

* Not including discretionary calories

** See Know Your Portion Sizes for a helpful guide to quickly estimate portion sizes