

## Taumafa maloloina ma o le Ola i se Olaga Maloloina e mau'a i Aiga, Aganu'u, ma Paepaega

E mana'omia ni mea'ai lelei e paleni ai se taumafataga. O le iloa i au mea'ai e te tausamiina ma le to'aga e mafaufau i ituaiga mea'ai eseese, o le masani o le tausami ma se lagona a lou tino ma lau tofo o mea'ai.

O se auala fo'i lea e mafai ona mau ai se soifua maloloina manuia. O le tusitala leni e avatu ni fautuaga e fuafua ai ni mea'ai mo tagata o Amerika Samoa. O mea'ai o lo'o i totonu leni tusitala, na maua mai se paepaega o tagatanu'u o lo'o nonofo tumau i Carson CA.



## Fuafuaga Fa'atino

### Fa'ailoa mai au sini

O a ni tama'isuiga e mafai ona ou faia i le aso atoa ina ia to'aga atili ai?

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O a suiga e mafai ona ou faia ina ia maua ai se taumafataga paleni i lo'u olaga?

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O fautuaga mai le matagaluega mo le Soifua Maloloina (Foma'i: Fa'aletino, Faimea'ai, Soifua Maloloina ma nisi ituaiga foma'i):

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## Fa'amatalaga o Vaega Tatau Taumafa - Fa'apefea ona Faitau

### Lisi o Fuafuaina Tatau Taumafa

1	8 ni vaega ile konetaina e tasi O le fua lea o lo'o fautuaina mo le tagata	2/3 ipu (55 kalama)
2	Aofa'iga o vaiamini ma minerale i le vaega e tasi <b>Kalori</b>	<b>230</b>
		% Ta'iaso*
3	Aotelega a le ga'o o mea'ai 8g	10%
	Ga'o Tumu 1g	5%
	Ga'o mai mea'ai fa'a'apa 0g	
	Ga'o i le toto 0mg	0%
	Masima i mea'ai 160mg	7%
	Mea'ai masoa 37g	13%
	Mea'ai a'ano 4g	14%
	Aotelega o suka mai mea'ai 12g	
4	10 kalama a le suka fa'aopoopo	20%
	A'ano a mea'ai 3g	
5	Vaitamini D 2mcg	10%
	Kalasiamu 260mg	20%
	Aironi 8mg	45%
	Pautafa'ato'a 240mg	6%
6	* Le % ta'iaso e fa'amatalaina ai le fa'apefea e fuafuaina le tele o le vaega o mea'ai i aso ta'itasi. 2,000 kalori i le aso ta'itasi.	

### Ta'iala Tatau Taumafa

1. O se vaega tatau mo le tagata ta'ito'atasi
2. Va'ai kalori (vaega mai mea'ai e maua ai le malos) i
3. Fuafua le mea'ai lololo, mea'ai o'ona ma mea'ai masoa
4. Va'ai fa'alelei le fua o mea'ai ma mea inu suamalie.
5. I lava minerale ma vaiamini mai mea'ai taumafa
6. Tusi Fa'amatalaga

## Fai nei vaega e 5

1. Fa'atau mea'ai (taumafa maloloina lelei ma taumafa mamā fa'avai'aiga mo le soifua maloloina) e taulia ma au tupe maua.
2. Kuka mea taumafa maloloina lelei.
3. Fa'aaoga ipu laiti e fuafua e lalo lau ai.
4. Kuka mea'ai e matagofie i lau va'ai.
5. O le fa'amalosi tino e fesoasoani ai i lou soifua maloloina. Fa'aafu mo se itula e tasi i aso ta'itasi.

Fa'afetai fa'apitoa i le matagaluega a **AAPCHO** ma le latou taliaina o le fa'aliliuina o leni ta'iala, fa'afetai ia **MHP Salud** mo le faiga o teuga ma le au paia a **Malamalama Ole Lalolagi** mo fautuaga fa'atatau i mea'ai e paleni ai se taumafataga lelei.

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# Me'aai e Paleni ai se Taumafataga Lelei

Mea'ai masani a Tagata Sāmoa\*



[apifm.org](http://apifm.org)

[aapcho.org](http://aapcho.org)

[mabuhayhealthcenter.org](http://mabuhayhealthcenter.org)

\*Tagatanu'u mai Carson, Kalefonia i le Eunaite Setete o Amerika

## Mea'ai masani a Tagata Sāmoa e paleni ai se taumafataga lelei

**\*2000 kalori** manaomia i le aso ta'itasi. O ta'iala tatau mai le matagaluega o Fa'atoaga i le Eunaite Setete mo le fuafuaina o le telē o le vaega o mea'ai i lau taumafa i aso ta'itasi.

Fa'aaoga nei mea'ai i lau kukaina o sapaui po'o sua!



### Fuala'au 'aina

2 ipu

Mago, fa'i pula, moli, fala, peach, apu, grapes, meleni, esi, niu, kiwi, moli o'ona, strawberries, po o avoka.

### Fuala'au Fai Sua

2½ ipu

Porokolī, latisi, kapisi saina, luau, kapisi, tamato, asparagus, cauliflower, kaloti, fatu pi, or mushrooms.

### Saito, Falaoa, Cereals

6 aunese

Araisa vela, noodles vela, fasi falaoa se tasi, mea'ai vela: talo/fa'i/ulu/ufi, oats vela

### A'ano a mea'ai

5½ aunese

Fa'atolu ona ai i'a po o mea'ai sami i vaiaso e tasi. Mo se taumafataga lelei ai e nei mea'ai: moa ae aveese le pa'u, pua'a, po o tofu. O isi tuaiga a'ano o mea'ai: fuamoa e tasi, a'ano o mano e maualalo le ga'o, beans vela, edamame, paka pinati, po o nuts.

### Susu

3 ipu

Susu e maualalo le ga'o, yogurt, sisi

# Mea'ai Sāmoa e paleni ai se taumafataga lelei



O le fa'atuina o se fuafuaga tatau mo se taumafataga paleni e maua ai: lau lava mana'o, mea'ai fa'aleaganu'u, pateti, ma mea taumafa e lelei mo le maloloina.

## To'aga e Ai

**Araisa 'ena'ena ma Quinoa vela**

**Mea manogi**

Lemongrass, la'au afu, kaliki, aniani, tipolo

**Vai auli po o Vai o lo'o sui i sua o fuala'au 'aina ma Mint**

**Mea'ai tunu, taormina, ma isi auala e mafai na kukaina** Fa'aaoga le ga'o Olive e kuka

**A'ano o manu e maualalo le ga'o, l'a, Moa, 'Ula**

**Fuala'au 'aina ma Fuala'au fai sua** Kuka mea'ai i le fale ma fa'aaoga fuala'au 'aina e fai ai desserts

## Fuafua lau taumafa e mea'ai ia

**Araisa pa'epa'e**

**Masima**

**Mea inu suamalie**  
Tampico, vai mago

**Mea'ai falai**  
Panikeke, mulipipi

**Mea'ai e tele le ga'o**  
Pisupo, Spam, pilikaki

**O isi mea'ai e tele le ga'o ma suamalie**

## Iloa e fuafua mo oe lava\*\*



Motu = 1 Ipu



Alofilima = 3 oz. o a'ano o manu



Pito limamatua = 1 tispuni



Limamatua = 1 oz. o Sisi



Lima = 1-2 oz. o taumafa māmā fa'avai'aiga

\* E aunoa ma manatu i Kalori  
\*\* Fa'ailoa ma malamalama e fuafuaina le aofaiga o mea'ai e tatau ona e taumafa