

## 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



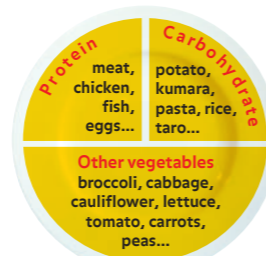
### Kai ahiahi / Dinner

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

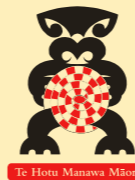
- People with diabetes do not need special foods. The whole family can eat the same healthy food.
- Have three meals of similar size each day.
- Fill up on vegetables from Kia kaha te kai/Eat lots.
- Physical activity is very important. Aim for at least 30 minutes per day. Walking is a great activity.

## 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](http://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, 2-2, D72 Building, 72 Dominion Rd, Auckland 1024. For information and resources supporting Māori healthy lifestyles, go to [www.tehotumanawa.org.nz](http://www.tehotumanawa.org.nz)

For other pamphlets for people with diabetes phone 0800 DIABETES (0800 342 238), or email [info@diabetes.org.nz](mailto: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



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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.

