

Te kai hauora whai muri i ngā maimoatanga



Ka mutu ana ngā mahi maimoatanga, ka pīrangi tō tinana i te matahuhua o ngā kai hauora kia pai ai tō whiwhi i ngā kai pai mō tō whakaoranga.

Ka taunaki te Kāhui Matepukupuku i ngā kōwhiringa kai, e ai ki tā te [World Cancer Research Fund Cancer Prevention Recommendations and New Zealand Eating and Activity Guidelines](#).

He whakaaro mō te kai hauora

ENJOY A VARIETY OF HEALTHY FOODS EVERY DAY INCLUDING:



plenty of vegetables and fruit



grain foods, mostly whole grain and those naturally high in fibre



some milk and milk products, mostly low and reduced fat



some lentils, legumes, nuts and seeds or fish, chicken and/or red meat (350 - 500g a week) with the fat removed.

CHOOSE AND/OR PREPARE FOODS AND DRINKS:



with unsaturated fats such as canola, corn, rice bran, soya or olive oil, avocado and margarine instead of saturated fats like butter, coconut, palm oil or cheese



that are low in salt (sodium) and choose iodised salt if using



with little or no added sugar



that are mostly 'whole' and less processed such as potatoes rather than crisps.



MAKE PLAIN WATER YOUR FIRST CHOICE OVER OTHER DRINKS

Ka taunaki te Kāhui Matepukupuku, kia paparea te inu waipiro, te whakaiti rānei i tō inu ki ngā karaehe e rua ia rā, ia rā mō te tāne, kotahi i te rā mō ngā wāhine, me te whai rā inu-kore.





Te rahi o ngā pereti toha mō te huarākau me ngā huawhenua

Ka taunaki te Manatū Hauora kia kai te pakeke o Aotearoa, kia toru ngā tohanga huawhenua me te rua o ngā tohanga huarākau ia rā, ia rā.

Anei te toha kotahi o ngā huarākau me ngā huawhenua.

Ngā huawhenua (māngaro-kore)

- 1/2 kapu huawhenua tunu (pērā ki te pūhā, te wātakirihi, te silverbeet, te kamokamo (squash), te kāroti, te broccoli, te bok choy, te kāpiti, te rau taro)
- 1/2 kapu huamata whakawhenua

Huawhenua (mangaro)

- Kotahi te rīwai tau waenga (135g) (pērā ki te kūmara, taewa, taro, cassava, rānei)

Tauira toha huarakau

- 1 te āporo, te pea, te panana, te ārani tau waenga
- 2 ngā pirikōti iti, paramu rānei
- 1/2 kapu huamata huarākau mata
- 1/2 kapu huarākau tiutiu (mata, totoka, nō roto i te kēne rānei).



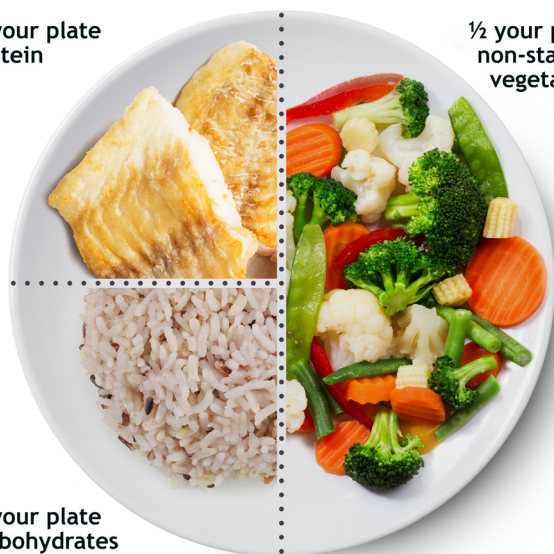
Mō te roanga o ngā pārongo mō te rahi o ngā toha, ko te pae a te [Heart Foundation](#).

Waihangatia anō tō pereti

Me whai ko ngā kai ā-otaota hei wāhanga matua o tō kai. Mā te whakamahi i tēnei taura pereti, te huarahi pai kia mōhio ai koe kei te rawaka tō whiwhi huarākau, huawhenua me ngā pata.

¼ your plate
protein

½ your plate
non-starchy
vegetables



¼ your plate
carbohydrates
(rice / taro / kūmera / pasta)

Te whakauru pulses me ngā legumes ki tō kai whakatinanga

Ka āhei te whakamahi i ngā Pulses (ngā legumes, ngā pī whakamaroke, ngā lentils me ngā pīni) hei wāhanga matua o tō kai. Ka taea te hoko i roto i ngā kēne, te tunu rānei mēnā he mata. Ka taea hoki te penupenu, ka whakamahi hei pattie, ka rau rānei ki roto i te rohi, i te hupa, i ngā parai kapekape me ngā tīhake, i te taha o ngā huawhenua me ngā kinaki whakareka. Ka taea te āpiti ki ētahi atu kai hei whakapiki i te rahi o te pūmua. Ka taea ngā kapu pīni tunu e toru mai i te kapu pīni maroke kotahi. Tunuhia ngā pīni kia ngāwari rawa. Mō ngā tohutaka haere ki tēnei pae: www.heartfoundation.org.nz/shop/food-industry/pdfs/full-o-beans-cookbook.pdf



Kāinga te uenuku

Mōhio katoa tātou mō te kai i o tātou 'kakariki'. Otirā, whakaarohia te hiranga o te kai i o 'whero', o 'kowhai' o 'waiporoporo', me o 'mā' hoki. Mā te kai i te uenuku o ngā kai ā-tipu e āwhina kia whiwhi ai koe i te whakawhenua o ngā huaora me ngā manawa whenua hiahiatia ai e tō tinana mō te hauora.



Te kai tōtika me te iti o te pūtea

Ehara i te mea māmā te kai tōtika i runga i te moni whiwhi iti, engari, ara ētahi huarahi e taea ai te whakanui i tō whakapaunga moni.

- Mehemea kei te whakamahere koe i ōu kai mō te wiki, te tuhi rārangi hoko kai, me tō whai kaha ki te noho ki tō rārangi tuhi, e āwhina kia kore ai koe e whakapau i tō pūtea. He mea pai, te whakamahi i te Mātāwai-toa kia pai ai tō whai haere i ngā utu i te wā kei te hoko koe.
- Haere ki ngā toa e mōhioitia ana he iti ngā utu, me tō kimi hoki i ngā hoko motuhake. Ahakoa te māmā noa iho o te haere ki ngā toa ā-rohe me ngā karāti penehīni, kia mōhio koe, ka nui ake pea ngā utu, e ai ki ērā o ngā toa hokomaha.
- Whakahekea te rahi o ngā kai tere, ngā kai kua whakamahia kē, nā te nui ake o te utu i te taha o ngā utu kai mata.
- I te nuinga o te wā, he iti ake ngā huanga i ngā mākete huawhenua, me ngā mākete huarākau ā-rohe.
- He iti ake hoki ngā huanga whai waitohu a ngā toa ake, ki ētahi atu huanga whai tohu.
- Whakatauritea ngā utu mā te tiro ki ngā utu ā-kerēme, ā-rita rānei.

Whakamahia kia roa ake te paunga o ō kai

- Mahia kia nui ake te kai o te pō, kia toe mai ētahi hei tina mō āpōpō.
- Tāpiria he pī whakamaroke me he pīni whakamaroke (ngā chickpea, ngā pīni kidney, ngā lentils, me ngā pī split hoki) ki ngā kai hei whakarahi ake, pērā ki ngā kāre, ngā tīhake, me ngā tiutiu, tae atu ki ētahi huawhenua anō.
- He pai ngā kōhua pōturi te tunu, he penapena wā, he penapena moni hoki, i te mea, he pai mō te tunu i ngā mīti iti te utu.
- Whakatotokahia ngā toenga kai, me ētahi toenga hua mai i tō māra.

He urutaunga mai i 'Affordable eats' (2019) www.heartfoundation.org.nz.

- *Kore moni – Kore taima – he paetukutuku pāhekoheko Ahitereiriana tēnei e mau ana i ngā tohutohu kai hauora me ngā tohutaka pūtea ratarata* nomoneynotime.com.au/
- www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less/
- www.workandincome.govt.nz/documents/on-a-benefit/the-great-little-cookbook.pdf

- he mea hiranga te tohatoha kai me te whakanui i ngā tikanga kai ō tō ahurea
- mā te karakia i ngā kai i mua i te kai, tētahi huarahi whakaatu ai i tō mihi kai .



Healthy eating habits Ngā ritenga ako kai hauora

He nui ake te kai hauora, e ai ki ngā kai e kai ana koe. Ka hāngai ki ō ritenga kai ā-ahurea, ki ngā wāhi kai ai koe, ki te wā kai ai, me te āhua o tō kai. E pā ana ki te whai i te oranga pai me te hono ki ētahi atu. Anei ētahi whakaaro mō te kai hauora:

- te ata haere i te wā tunu kai, i te wā kai, me ngākau nui ki ō kai
- te whai taima ki te kai i ngā kai hauora i te taha o te whānau, ngā hoa, ngā kiritata, me ngā hoa kaimahi.
- me matatau ki ngā wā hiakai ai koe, ka kai i aua wā.
- te whakamahere ngā kai ka kai koe me te huri ki te tunu kai, he pai ake mō tō kai tōtika
- te whakamahi i ētahi atu tāngata mō te taha whakamahere me te whakataka kai, kia pai ai tō whakaatu i ō pukenga me tō ngākau nui ki te kai i

More recipes

- [Cancer Society recipe information sheet](#)
- [Te Korowai Hauora o Hauraki – Kia Kaha Te Kai](#)
- Gourley, Glenda. (2010) The New Zealand Vegetable Book. New Zealand: Hyndman Publishing.
- [Healthy Food Guide](#)

Heart Foundation:

- [Pasifika flavours](#)
- [Kai Lelei](#)
- [Full O Beans](#)
- [Affordable eats \(2019\)](#)

Other sites:

- [My Family Recipes](#)
- [The New Zealand Vegetarian Society](#)
- [Vegetables.co.nz](#)
- [Ministry of Health Guidelines](#)