

E MŌREA ANA KOE KI TE MATE HUKA MOMO TUARUA?

Tipakohia, ngā porowhitia e hāngai ana ki a koe:

○ Kua pā tēnei mate ki tētahi o tō whānau?

○ Kaore au e tino whakakorikori i taku tinana
(iti iho i te toru tekau meneti ia rā mo te
nuinga o ngā rā o te wiki).

○ He kaha tō kai, i ngā kai mōmona,
kai hinuhinu, rare, kai hokohoko, i ngā inu
mirumiru rānei?

Kia tupato rawa atu: E rua neke atu
rānei tipako. Whakamahia ngā ahuatamga
hei whakaiti iho i tō mōrea inaia tonu nei.

Kia tupato: Kotahi te tipako. Kia mataū
ki te kai i ngā kai tōtika, ka whakakorikori
i te tinana.

Ka pai: Kaore he tipako. Engari kia
maumahara kia kaha te kai i ngā kai tōtika
me te whakakorikori tinana.

HE AHA MATE HUKA MOMO TUARUA?



Ko ngā tāngata pāngia e tēnei mate, he
kore e taea nō te kawe i te huka i te
pūango rānei, ā ngā kai e kaingā ana e
rātou, ki ngā pītau. Ka noho haere tonu i
roto i te ia toto. He mānuiui kino ka ahu mai
i tēnei ahuatanga.

NGĀ TOHU MŌ TENEI MATE

- Ka kaha hanga ngēngē i ētahi rā
- Ka mate hiainu me ta kaha ake o te inuinu
- Ka mate mīmī
- Ka ānini te māhunga
- Ka atarua (blurry vision)
- Ka mate hiakai i ngā wā katoa
- Ka pāngia e ngā mate pēnei i te whēwhē
- Ka wheotia

Ki te pā ēnei tohu ki a koe ki te kite i
tō takuta.

MŌ ĒTAHI ATU KŪRERO WHAKAMĀRAMA

Diabetes Foundation Aotearoa

Ph: (09) 273 9650

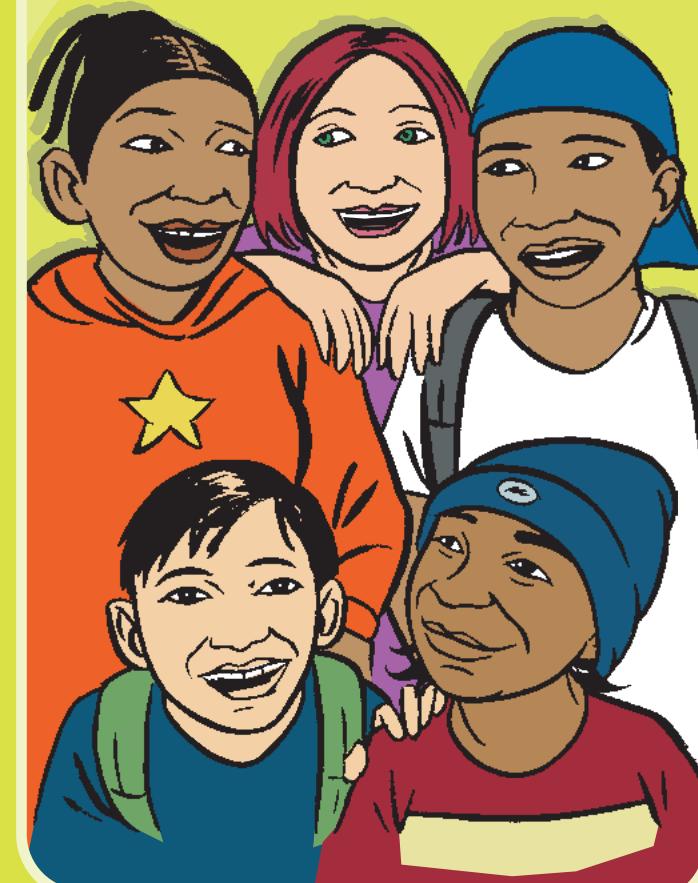
www.diabetesfoundationaotearoa.nz

Diabetes NZ

www.diabetes.org.nz

TE MATE HUKA MOMO TUARUA

Me pēhea taku kaupare atu tēnei
momo mate huka i au?



KAINGIĀ NGĀ KAI TŌTIKA

Whakaitihia - ngā kai mōmona hinuhinu me te huka

Whakanuia - te kai i ngā kai kaka tipu

Ānei ētahi whakaaro:



Kai o te ata - He witipiki, he pareti me kīnaki ki te miraka iti te kīrimi (lite blue, low fat) me ngā tōhi rānei



Kai o te rā - He henewiti hua mata, hua rākau, miraka tepe, henewiti parauri, hūpa



Kai o te po - He rīwai/he raihi/paraoa rimurapa/paraoa roti/kūmara - kia toru nui atu rānei ngā huawhenua (pēnei i te pūha, wātakirihi, kāpeti, rēweti) miti iti te mōmona, he miti heihei, he hēki, he ika, he pīni maroke, he pī me ngā kano hupā

Kia matatū ki te rahi o te tohinga kai

Ānei ētahi paramanawa (snacks) - He paraoa parauri, he hūpa, he pihikete (crackers), he kānga pakapaka, he miraka tepe (yoghurt), he miraka iti te kīrimi, he hua rākau me te hua whenua.



KIA KAHA AKE TE WHAKAKORIKORI TINANA

Me tīmata atu i te kotahi i te rua rānei o ngā mahi whakakorikori tinana.

Ka puta → te mahea o te wairua
→ te pai o to āhua
→ te whiti o te tinana



hikoi whiwhita/
tūomaoma



mahi eke
pahikara



mahi rauhoe



papa
retireti



purei i tētahi
momo tākaro



Mahia kia hari kia
roa te ngākau!