

# Auala faigofie o fakafoliki te masima

**Meakai e kuuka i te fale e masani o mutana a masima iei.**  
**Taumafai o tapale keatea ke seai se masima i te taipola manafai ko kai fakatasi te kaaiga.**



## **Togi a meakai e malalo iei te masima.**

Nisi meakai e uke kii a masima iei. Faitau ki te pepa fakamatala i te taimi muamua e filigina ne koe se meakai kae onoono ki te aofaki malalo loa o te sotiamu (masima) i te taki 100 kalame.

Te masima se vaega e lasi te manakogina i loto i soosi. Onoono ki te pepa fakamatala kae sala ki vaega kola e malalo iei te masima. Pela mo tomato soosi, soi soosi, BBQ soosi.



## **Ligi keatea a sua kona mai kaapa meakai.**

Te ukega o meakai i kaapa e isi ne sua e lasi te kona tela e 'tau o ligi keatea mai mua e kai. Fakamautinoa foki ke kai fakatasi meakai konei mo vesiapolo e uke, fuagalakau mo meakai saukatoa ko gali kae paleni te 'kaiga.



## **Suiaki te masima mo nisi mea e fakagali ei te kuuka.**

Taumafai o fakaoga a aniani, kaaliki, polofeuu, tinitia (ginger), sua o lemoni, lau manogi gali (herbs), mea fakauu (spices) mo te kale pauta.



## **Sa kai malosi ki meakai e maluga iei te masima.**

Pela mo meakiki ko oti ne gaosi ke se masei vave, meakai ko oti ne kuuka kae togi mai (takeaways), pateta falai (chips), nutulu (instant noodles) mo soosi. Meakai mo kaikai (snack) i luga i meakai saukatoa pela mo vesiapolo, fuagalakau io me ko yoghurt.

Kafai e manakogina ne fesoasoani faopoopo mo meakai e 'lei ki te fatu kae paleni, fano ki te [www.heartfoundation.org.nz/reading-food-labels](http://www.heartfoundation.org.nz/reading-food-labels)

