

# E MŌREA ANA KOE KI TE MATE HUKA MOMO TUARUA?

Tipakohia, ngā porowhita 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 raha 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 raha 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 raingā 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 raha hanga ngēngē i ētahi rā
- Ka mate hiainu me ta raha ake o te inuina
- Ka mate mīmimi
- Ka ānini te mahunga
- Ka atarua (blurry vision)
- Ka mate hiakai i ngā wā rātoa
- Ka pāngia e ngā mate pēnei i te whēwhē
- Ka wheotia

Ki te pā ēnei tohu ki a koe ki te rite i tō tākuta.

## MŌ ĒTAHI ATU KŌRERO WHAKAMĀRAMA

Diabetes Projects Trust

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[www.dpt.org.nz](http://www.dpt.org.nz)

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# 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 wītipiki, he paretī me kīnaki ki te miraka iti te kīrimi (lite blue, low fat) me ngā tōhi rānei



Kai o te rā - He hēnewiti hua mata, hua rākau, miraka tepe, hēnewiti 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, kapei, rēweti) mīti 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 kanga 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



papa  
retireti



purei i tētahi  
momo tākaro



mahi rauhoe



Mahia kia hari hari  
Roia te ngākau!