NDSS
National Diabetes Services Scheme
An Australian Government Initiative

# Taumafa maloloina: ta’iala vave

O taumafa maloloina e tumu i mea aoga mo le tino ma e fesoasoani e tumau pea le mautu o le suka i le toto ma le malosi o le tino.

## Filifiliga o mea‘ai maloloina

- Taumafa tele aso uma i fuala‘au faisua ma fuala‘au aina.



- Taumafa i falaoa e iai fatu atoatoa, cereal ma saito.



- Taumafa i aano o manu fasi e leai se ga’o, moa ua aveese le pa‘u, i‘a po o fatu-legume.




- Fa’aitiiti le ga’o ma suāuu maloloina o lo’o fa’aaoga, e pei o le suāuu olive, fa’apea suau’u fatu ma suau’u avoka.




- Taumafa mea’ai ma vaiinu e maualalo pe leai fo’i se suka faaopoopo. O le vai o le meainu e sili ona lelei mo lou tino.




- Fa'atapula'a masima fa'aopoopo i mea'ai. Ia fa'aaoga la'au manogi po'o mea manogi e fai ma sui e fa'amanogi ai mea'ai.




- Suia mea‘ai fa’atau mai faleaiga i ni mea‘ai e sili atu le maloloina.



- Fa‘atapula‘a le aofa‘i o le ava malosi o e inu ai.

**NDSS Helpline 1800 637 700**
**ndss.com.au**

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diabetes australia
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## Fausia taumafataga e maloloina ai le tino

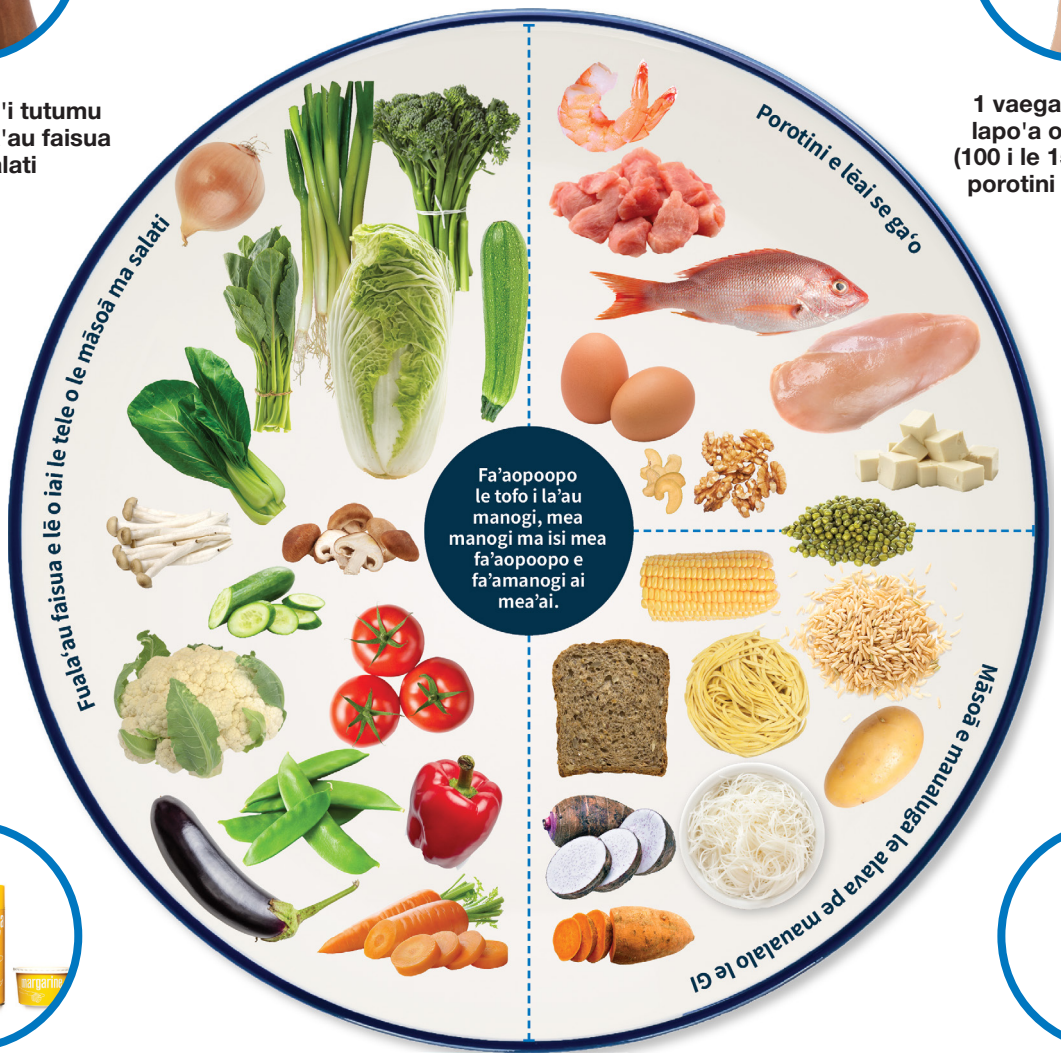
Fa'aaogā le ipu o lo’o i lalo e fai ma ta'iala e fua ai au taumafataga maloloina e te fiafia iai.



**2 lima fa'apipi'i tutumu (~2 ipu) o fuala'au faisua ma le salati**



**1 vaega e tusa ma le lapo'a o lou alofilima (100 i le 150 g) o le aano porotini e leai se ga'o**







**Ga'o maloloina (1-2 sipuni tele i le aso)**



**1 vaega e tusa ma le lapo'a o le lima tapunia (moko) (~1 ipu) o mea'ai masoa**

## Le NDSS ma oe

Mo nisi punaoa ma faamatalaga atili (e aofia ai ma mea o loo i lau lava gagana), asiasi i le **ndss.com.au** pe valaau i le **NDSS Helpline 1800 637 700**.

Manatua: O lenei fa'amatalaga o lo'o tu'uina atu e fai ma ta'iala lautele. E le tatau ona suia pe suitulaga i fautuaga fa'apitoa mai lau foma'i po'o se isi tagata tomai fa'apitoa i le soifua maloloina. Afai e iai ni ou popolega e uiga i lou soifua maloloina, pe iai foi nisi au fesili, faamolemole faafesoota‘i se tagata faapitoa i le soifua maloloina.



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