Carbohydrate counting: a quick guide - Tongan

Siofi ‘o e kapohaituletí: ko ha ki‘i fakahinohino nounou faka-Tonga

Ko e hā ‘a e me‘akai kapohaituletí?

Ko e me‘akai kapohaituletí, pe kaapí, ko ha ma‘u‘anga ivi mo e niutulieni ma‘a ho sinó.

'Me‘akai kaapí' ko e:

- **Ngaahi suka**, hangē ko e suka fakanatula ‘i he fua‘i‘akaú mo e hu‘akaú pe ko e suka toki tānaki ki he ngaahi inu melié mo e ngaahi me‘akai ngaohí.
- **Ngaahi sitaasi**, kau ki ai ‘a e ngaahi tenga‘i musie kai hangē ko e uite, lai, pa‘ale, ‘outi, laise mo e ngaahi tenga‘i musie kai kehe, ngaahi me‘akai ngaohi mei he ngaahi tenga‘i musie kai hangē ko e mā, paasitā mo e ngaahi siliolo kai pongipongi, ngaahi vesitapolo sitaasi hangē ko e koane mo e pateta; mo e piini mōmoa, lenitili , mo e piisi.

Ko e hā ‘oku mahu‘inga ai ‘a e lahi ‘o e me‘akai kapohaituleti ‘okú ke kaí?

‘I he‘ene ‘i loto keté, ‘oku momosi leva ‘a e kaapi ko iá ‘o hoko ko e kulukousi, ‘a ia ‘okú ne hiki‘i hake ‘a e lahi ‘o e lēvolo ‘o e kulukousi (suka) ‘i ho totó. Ko ia ai:

- Ko e kai mo inu ko ia ‘o fu‘u tōtu‘a faka‘angatahá ‘e lava ke iku ai ki he mā‘olunga e lēvolo ‘o e kulukousi ‘i he totó.
- Ka fu‘u si‘isi‘i hono kaí, pe li‘aki ha houa kai ‘e lava ke iku ia ki he tō lalo ‘a e lēvolo ‘o e kulukousi ‘i ho totó, ‘a ia ‘oku ‘iloa ko e haipokalaisimia (haipo). ‘E lava ke hoko eni kapau ‘okú ke ngāue‘aki ‘a e ‘inisuliní pe ha fa‘ahinga faito‘o pē ki he fokoutua suká.

Founga hono lau ‘o e kaapí (me‘akai sitaasí)

Ko hono lau ‘o e kaapí ‘oku ‘uhinga ki hono tokanga‘i ‘a e lahi ‘o e me‘akai ‘okú ke kai ‘i ho‘o houa kai kotoa, sineki, mo inu lolotonga ‘a e ‘ahó.

Ko ha 'fetongi', ‘oku ‘i he kalami ‘e 15 ‘o e kapohaituletí.

fetongi ‘e 1
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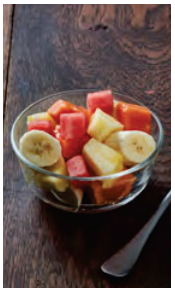
15 kalami ‘o e kapohaituletí



Ko e hā e lahi ‘oku totonu ke ke kaí?

‘Oku tefito eni ‘i ho ta‘u motu‘á, tangata pe fefine, fua mamafá pea mo e lahi ho‘o ngāué pe ue‘i ho sinó.

Ko ha fakahinohino fakalukufua:

	Kalami ‘o e kapohaituleti (g) ‘i he fo‘i houa kai	Ngaahi Fetongi
Kakai fefine	30g - 45g	2-3
Kakai tangata	45g - 60g	3-4

Te ke fiema‘u ke kai sinekí?

Ko e tokolahi ‘o kinautolu ‘oku nau fiema‘u ke ngāue‘aki ‘a e ‘inisuliní pe ko ha toe fa‘ahinga faito‘o ke tukuhifo ‘aki ‘a e kulukousí ‘e ‘ikai toe fiema‘u ia ke nau sineki lolotonga ‘a e ‘ahó pe kimu‘a ke mohé ke ta‘ofi mei he hoko ‘o haipo. Kae kehe, ki ha ni‘ihi mahalo pē na‘a fokotu‘u ange ke nau ki‘i sineki. Kātaki ‘o fakalea ki ho‘o kau palōfesinolo 'i he fokoutua suká pe ‘oku ‘aonga ‘eni ke ke kau ai.

Kapau te ke faka‘amu ke fakakau ‘a e sineki ‘i ho‘o ngaahi palani ma‘u me‘atokoní, kātaki ‘o talanoa ki he kau fale‘i ki he ma‘u me‘atokoní ki he founga lelei taha ki he me‘a ke faí.

Ki he kakai lalahi te nau fiema‘u ha sineki ‘o ha kaapí, ko e fale‘i fakalukufuá ke tāketi ki ha fo‘i fetongi kaapi ‘e 1–2 ‘i he houa kai sineki ‘e taha (15-30g ‘o e kaapi).

Te ke ma‘u ‘a e ma‘u‘anga tala ko ení ‘i he ndss.com.au

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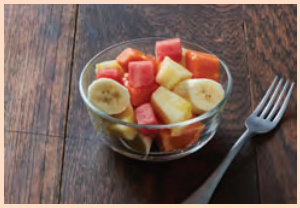
Ngaahi fakatātā palani houa kai

Ko eni ha ongo fakatātā ʻo ha houa kai lau ʻo e kaapi. Ko e houa kai kotoa ʻoku ʻi ai ha fetongi ʻe tolu (3) pea mo ha sineki ʻe taha (1). Ko e ngaahi meʻakai kapohaituleti ʻoku ʻasi **matolu.**

Houa kai	Meʻakai		Ngaahi fetongi kapohaituleti
Kai Pongipongi	Polisi ngaohiʻaki ʻa e ⅓ ipu mata **ʻouti lolaʻi** ipu ʻe 1 lou-feti **huʻakau**, mo e kiʻi foʻi siane **siʻisiʻi ʻe 1** PE 2 **weetbix** mo e ⅔ ipu lou-feti **huʻakau**, mo e kiʻi **foʻi siaine momoho 'e 1** PE foʻimoa haka ʻe 2 mo ha **laʻi mā malatikuleini ʻe 2** mo e laʻi sipinisi mo e tēmata. Ipu Kofi pe tī ngaohiʻaki ha **huʻakau lou-feti** (250ml) (tānaki ki ai ha sēpuni tī ʻe 2 pe siʻi ange **suka** pe **hone**)		3
Sineki	¾ ipu **fuluti sālati**		1
Kai Hoʻatā	'Ota ika ngaohi mei he kiʻi konga ika mata lahi tatau pē mo ha laʻinima (115g) (ʻosi tofitofi), (ngāueʻaki ha kiʻi meʻi kilimi niu ʻikai ngako) mo ha ipu ʻe 1 vesitapolo (tēmata, polo, kiukamipā mo e onioni Tonga), ipu **talo** moho 'e 1½ ʻosi tongitongi, mo ha ½ ipu piini lanumata PE ki ha meʻa vave mo faingofua, ʻahiʻahi e kapaika (vai) mo ha sālati ʻi ha laʻi mā ʻe 2 **malatīkuleini** mo ha ipu kofi pe tī 250ml **tānaki ha huʻakau lou-feti** (mo e **suka siʻi hifo he sēpuni tī ʻe 2** pe **hone**)		3

Ngaahi Palani houa kai - hoko atu

Houa kai	Me‘akai		Ngaahi fetongi kapohaituleti
Sineki	½ ipu kapa **piisi** (mo e huhu‘a) pea mo e 1/4 ipu **kasitati lou-feti** mo ha ki‘i falukunga nati ‘ikai konokona (30g)		1
Kai Efiafi	Sapasui ngaohi mei ha ipu ‘e 1 ‘o e **vemaseli moho**, me‘i pulu lahi tatau mo e la‘i nimá (100kg) (‘osi tofitofi), ipu 'e 2 vesitapolo (piisi, kāloti, polo, onioni, kāliki, sālati) PE Ko ha me‘akai ta'o ‘o ha konga kakano‘i moa lahi tatau mo e la‘i nimá (‘osi to‘o kili) (100g), ipu ‘e 1 **kumala**, fo‘i pateta 'e 1 **fō si‘i** mo ha ipu vesitapolo ‘e 2 (hina, onioni, kāloti, piini, pele, mo ha sipinisi)		3
Sineki	ipu sio‘ata ‘e 1 **hu‘akau** (250ml) PE ½ ki'i ipu **ioketi lou-feti** (125g) mo ha ½ ipu**lesi**		1

Ngaahi fetongi kapohaituleti

Ko eni ha ngaahi fakafetongi ʻo e ngaahi meʻakai ʻa ia ʻe ofi pē ki he **kalami ʻe 15 ʻo e kapohaituleti**. Ngāueʻaki pē ko ha tataki.

Mā mo hono ngaahi faʻahinga

laʻi mā ʻe 1 anga-maheni pe mā fuamelie (35g)	½ vaeuaʻi foʻi mā takai (35g)	½ foʻi ʻIngilisi mafini (40g)	½ laʻi ulepi houlikuleini (35g)
2-4 pisikete kulisi peleini malatikuleini, saisi mitiume (25g)	kulamipeti ʻe 1 - fuo potopoto (40g)	⅓ foʻi mā Toake (40g)	laʻi loti ʻe 1 (meimei fālahi ko e 15 senitimita) (40g)

- ½ foʻi mā pita 'pōketi' (35g)
- ¼ foʻi mā pita fōlahi (30g)
- ¼ peikolo (30g)
- ½ mā Lepanoni anga-maheni mo manifi (20cm fuolahi)
- ¼ mā Lepanoni manifi mahoaʻa teʻeki sivi (26cm folahi)

Siliolo kai pongipongi

⅓ipu ʻouti mata takai (30g)	¼ ipu museli fakanatula (30g)	1½ pisikete uite siliolo (25g)	½ ipu feleiki kalasi siliolo mo ha fuluti ʻosi mōmoa (25g)	½ ipu polisi (ʻouti haka vai) (130g)

Laise/pasitā/tengaʻi musie kai/mahoaʻa

½ ipu pasitā moho (50g) pe kuinoa (95g)	⅓ ipu nūtolo moho (laise/foʻimoa/sopa) (55g)	¼ ipu laise moho* (50g)	sēpuni lahi ʻe 2 mahoaʻa pe mahoaʻa koane (20g)	⅓ vemaseli moho (55g)

- ¼ ipu semolina haka vai (60g)
- ½ takainga sushi fakalukufua (50g)
- 1½ sēpuni lahi ʻo e polenita mata (25g)

* Fakafetongi ʻe taha ʻo ha laise moho ʻe lava ke ʻi he ¼ ki he ⅓ ipu ʻo fakatatau ki he kalasi laise pea mo e founga ne haka pe peki.

Ngaahi vesitapolo sitaasi

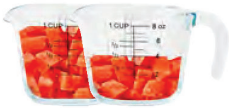
fo‘i pateta si‘isi‘i 'e 1 (100g) pe ½ ipu ‘osi laiki	½ ipu koane (90g) pe konga koane mitiume 'e 1 (170g)	½ ipu talo, ‘osi tongi pea haka (65g)	¾ ipu ‘ufi ‘osi tongi pea haka (120g)
⅓ ipu manioke, haka (50g)	½ fo‘i siaine mata, moho (75g)	½ ipu kumala kaloti pe kumala, mata (100g)	

- 1½ sepuni lahi totoka‘i manioke (Sago) (20g)

Ngaahi Lekiume

½ ipu piini ‘osi haka pe kapa (95g), sikipiisi (85g), piini kitinī (95g), piini kanelini (130g), pe peiki piini (140g)	¾ ipu lenitili moho pe kapa (140g)

Fua‘i‘akau

ki‘i fo‘i siaine 'e 1 pe ½ fōlahi (130g)	½ fo‘i mango fōsi‘i (100g)	 1½ ipu meleni maka ‘osi tongitongi pe meleni pe hanitiu (250g)	½ pomikanite mitiume (120g)	fo‘i moli meniteline ‘e 2 (150g)
fo‘i kiuī fuluti ‘e 2 (170g)	ipu ‘e 1 fainā ‘osi tongitongi (190g) pe lesi (250g)	fo‘i moli mitiume ‘e 1 (160g) ‘āpele (150g) pe pea (150g)	½ ipu kālepi (100g)	fo‘i tava (laiki) ‘e 10 (100g)

- fo‘i ‘epilikoti fōlalahi ‘e 3 (170g)
- fo‘i kuava ‘e 4 (360g)
- ½ ipu siakifuluti ‘osi tongitongi (90g)
- fua‘i piisi fōlahi pe nekitaline ‘e 1 (200g)
- fua‘i tapanima ‘e 3 (155g) pe fua‘i fiki (150g)
- ¼ ‘o ha fo‘i ‘āpele - Tonga (100g)
- fo‘i ‘āpele pe pea mitiume ‘e 1 (150g), pe fo‘i moli (160g)
- ipu piisi ‘e 1, mei ha kapa ‘osi hua‘i ‘a e huhu‘á
- ¼ ipu tuliani (60g)
- ipu ‘e 1 pe fo‘i seli ‘e 20 (150g)
- fo‘i teiti ‘e 4 ‘osi to‘o tenga (20g)
- konga ‘āpele mōmoa ‘e 6 (21g)
- vaeua‘i ‘epilikoti mōmoa ‘e 8 (30g)
- fua‘i puluni ‘e 6 (50g)
- 1½ sēpuni lahi pe fo‘i fuamelie ‘e 20 (25g)
- fo‘i moli-Tonga fōlahi ‘e 1 (300g)

Huʻakau/ngaahi meʻakai mei he huʻakau pe tatau mo ia

ipu ʻe 1 lou-feti pe huʻakau kakato pe huʻakau soi pe huʻakaupata (250ml)	250g iōketi lou-feti pe ngako kakato	100g iōketi fuluti lou-feti pe ngako kakato	½ ipu kasitati lou-feti	⅓ ipu huʻakau sikimi efuefu (35g)	½ ipu hu'akau sikimi huhu'a (135g)

Meʻa kehe/ngaahi meʻa kai kehekehe pē

ipu ʻe 3 koane ʻea-popi (25g)

Ngaahi meʻakai anga-maheni

sēpuni lahi siamu ʻe 1 (20g)	sēpuni tī hone ʻe 3 (20g)	sēpuni tī suka ʻe 3 (15g)	ipu ʻe 1 sipi pateta (25g)	foʻi konga sikuea ʻe 4 sokoleti huʻakau (25g)

- sēpuni ʻe 3 pe ¼ ipu temata soosi (65g)
- ½ ipu koko Haʻamoa (125 ml)
- ½ keke fakatupu fakapaku (25g)
- ¼ ipu polisi totokaʻi manioke mo e niu (65g)
- ¼ ipu laise koko (60g)
- konga keke siʻisiʻi ʻe 1, ʻikai ke fakafonu, ʻikai ke ʻaisingi (30g)
- sēpuni lahi ʻe 2 pe sēpuni tī ʻe 7 ʻo ha efuefu inu sokoleti (25g)
- laʻi pisikete melie ʻe 2/pe pisikete fuamelie (20g)
- mā pisikete ʻataʻatā pē ʻe 6, sikuea iiki/fuopotopoto (20g)
- laʻi kuleka laise ʻe 10 (20g)
- 1½ laʻikeke matolu pe manifi mei he laise pe koane (20g)
- laʻi mā pakupaku ʻe 2 (20g)
- foʻi tata ʻasikilimi vanila mitiume ʻe 1 (70g)

Kumi ha mataotao ki he maʻu meʻa tokoni

Kapau ʻoku ʻi ai haʻo ngaahi fehuʻi, ʻeke ki hoʻo mataotao fale'i ki he maʻu meʻa tokoní. Ke ma'u ha taha, ʻalu ki he dietitiansaustralia.org.au pe fetuʻutaki ki he Dietitians Australia. Telefoni ki he 1800 812 942 pe ʻīmeili info@dietitiansaustralia.org.au

Ko e siofi ʻo e Kapohaituletí ko ha meʻangāue ke fakalakalaka ʻa hono tokangaʻi ho fokoutua suká.

Ko e NDSS mo koe

ʻOku lahi ʻa e ngaahi sēvesi mo e ngaahi tokoni ʻoku faingamālie mei he NDSS ke tokoniʻi ko e ki hono levaʻi lelei ʻa ho fokoutua suká. ʻOku kau ki heni ʻa e ngaahi fakamatala ki he fokoutua suká mo hono levaʻi leleí ʻi he Laine tokoni NDSS mo e uepisaití.
Ko ʻenau ngaahi naunaú, sēvesí mo ʻenau ngaahi polokalama ako ʻa ia ʻoku faingamālie ke ne tokoniʻi koe ke ke lava ʻo tokangaʻi lelei ʻa ho fokoutua suká.

Ko e fakamatalá ni ʻoku fakataumuʻa ia ko ha tokoni pē. ʻOku ʻikai totonu ke ne fetongi ʻa e ngaahi tuʻutuʻuni pe faleʻi mei hoʻo toketā fakafoʻituituí. Kapau ʻoku ʻi ai haʻo hohaʻa ki hoʻo moʻuileleí, pe ha toe fehuʻi, ʻoku totonu ke ke fetuʻutaki leva ki hoʻo mataotao fakafaitoʻó.