

Create Your Plate

to lower your blood pressure

What is Healthy eating?

Healthy eating means eating the right balance and amount of health, energy and body building foods.



Half of your plate **HEALTH** foods

Choose island vegetables like rourou (taro leaves), bele, okra, cabbage, tomatoes, or cucumber.

$\frac{1}{2}$ ni peleti **kakana draudrau (vegetables)**

Me vaka na Rourou (Taro leaves), Bele (Polynesian spinach), bhindi (okra), kaveji (cabbage), tomata (tomato), kiukaba (cucumber)

$\frac{1}{3}$ of remaining plate **ENERGY** foods:

Choose taro, cassava, breadfruit, brown rice, or sweet potato.

$\frac{1}{3}$ ni vo ni peleti **na kakana dina (root crops)**

Me vaka na dalo (taro), tavioka (yuca/cassava), uto (breadfruit) se kumala (yams)

$\frac{2}{3}$ of remaining plate **BODYBUILDING** foods:

Choose fresh fish, chicken, lentils, beans, or a small piece of lean meat.

$\frac{2}{3}$ ni vo ni peleti **na lewe ni manumanu (proteins)**

Me vaka na toa (chicken), mateni (mutton), bulumakau (beef), ika (fish) se vuani bini (beans/lentils)