

# Samoa

## Mea'ai Filifilia mo le Ola Maloloina Faavae i le Lisi o Vaega o Mea'ai

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# Faalauiloaga

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O i latou nei sa faatinoina le nei tusi: University of Hawai'i Women's Research Center, ma Christine Quested, Jeanette Lamb, Willie Fong, Department of Food and Nutrition, Apia, Samoa i Sisifo; Salei'a Afele-Fa'amuli, Ph.D., Sailimalo Moli Taai Lemana, Elizabeth Maginn, R.D., Fagasa Mauga, Faaliliuga ile Gagana Samoa; Kolisi Tuufaatasi o Amerika Samoa, Pago Pago, Amerika Samoa; ma Tusi Mayer, R.N., Honolulu, Hawaii. Allen Titchenal, Ph.D., Tusiata o le Faavaa, Honolulu, Hawai'i.

Maua mai suesuega o Nutireni mai:

Nutritionist III, "N" Squared Computing, 1992

Exchanges for All Occasions, by M. Franz, MS, RD, 1993

O le Lisi o Vaega o Mea'ai sa faavae ai le fuafuaga o mea'ai sa faatulagaina e le American Diabetes Association ma le American Dietetic Association.

Faamaoniga: O le fa'aaogaina o igoa o Kamupani e le mafua mai i le sapaapaia o a latou oloa. O numera o nutireni ma lisi o fesuiaiga e faavae i suesuega lata mai ma e mafai ona toe suia pe a fai e toe maua nisi suesuega fou.

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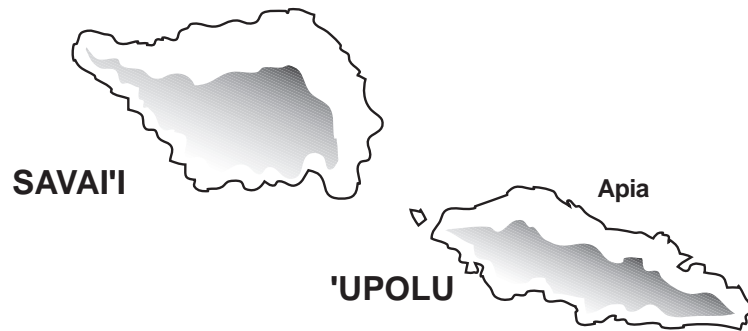
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# Faatomuaga

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O Mea'ai o se vaega taua tele i le faafoia ai tele o faamai e iai le putagaele, suka, faamai o le fatu, ma le toto maualuga. O le Lisi o Vaega o Mea'ai Samoa sa faatulaga aua se fesoasoani mo le faamalamalamaina o mea aoga mo le tino o loo maua e iai Mea'ai ma ia Mea'ai ma faafigofie ai mulimuli o Mea'ai faatulagaina mo le soifua maloloina.



**SAMOA-I-SISIFO**



**TUTUILA**

**AMERIKA SAMOA**



**OFU**

**OLOSEGA**

**TA'U**

# Faavae o Mea'ai mo le Soifua Maloloina

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## ■ Tumau i pauna faatulagaina mo le Soifua Lelei.

O le putagaele e atili ai ona maua gofie oe i le mai suka, toto maualuga, ma faamai o le fatu.

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## ■ Ai mea'ai Eseese.

A e aia mea'ai eseese e tele le avanoa e maua ai e lou tino mea o loo manaomia e pei o Vaitamini.

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## ■ Faamama le 'ai o mea'ai gaoa.

O le tele o Mea'ai gaoa e afaina ai le fatu ma ala toto. Ai Mea'ai e aunoa ma le falaiina e iai ia moa ma povi e le lololo. Aua le soona ai i soose aano o manu fasi, e le o se mea lelei pe a tele ai le 'ai. Aua le soona ai i Mea'ai lololo pe gaoa e pei o le pisupo, povi masima, apa e iai le spam ma le treat, mamoe, apaau ma siusiu pipi, mea'ai faakaleve, fagu ai ai salati ma mea'ai e fai i le popo.

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## ■ Toaga e ai mea'ai Maosa ae maise mea'ai e tele ai le alava.

E lelei le masoa e maua ai le malosi, maua ai le vaitamini ma minerale. E aoga foi le alava i le tele o nei mea'ai e faalelei ai le toto. E tatau i tagata uma ona faaopoopo le tele o ia mea'ai i o latou aiga i aso uma. E maua mai ia mea lelei pe a 'ai tele i le talo, taamu, ufi, umala, manioka, fa'i, ulu, ma fatu pi mamago; 'ai tele i falaoa gaosia i le fatu atoa o le saito, silio ma masi; faapea ma fua o laau aina ma fualaaui aina.

# Faavae o Mea'ai mo le Soifua Maloloina (Faaauau)

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## ■ Faamama le 'ai mea suamalie.

O le suka e na o le kaloli mo le enetia ae leai ni vitamini poo ni minerale ma e mafua ai le pala o nifo. O Mea'ai e maualuga i le suka fa'aopoopo iai mea'ai suamalie pei o keke, pai, asikulimi, silio faasuka, lole, suka, meli, vaiinu, ma fagu e 'ai ai panikeke.

## ■ Faamama le ai masima ma mea oona.

O le tele o tatou ua malosi le 'ai mea'ai masima. O le masima e mafua ai le tumau o le vai i le toto maualuga i isi tagata. O le a faateteleina le toto maualuga pe a 'ai tele i masima. Taumafai ona faamama le faaaogaina o le masima i le taimi e fai ai mea'ai ma le taimi e aai ai. O mea'ai e maualuga ai le masima, e iai Mea'ai gaosi, o le a faailogaina i se fetu (★) i totonu o lenei tusi.

## ■ Fuafua le inuina o 'ava malosi.

E sili atu le aua le inuina se ava malosi. Ae, afai e te manaomia sina ava malosi, talanoa i lou foma'i poo le o loo galue i le fuafuaina o mea'ai i le falema'i i se auala e faaofi ai i fuafuaina o au mea'ai.

# Vaega o Mea'ai

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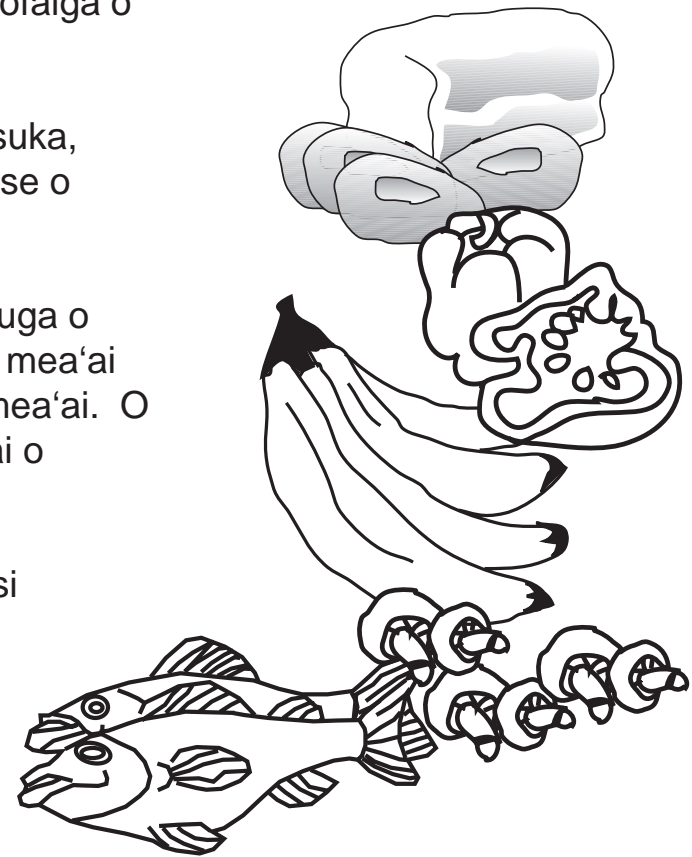
Ina ia faafaigofie ai ona e tumau ma faaauau le fuafaina o mea'ai ma ia talafeagai ma le mana'o i lou tino, ua vaevaeina mea'ai i ni Vaega e Ono.

O le maufaga ua vaevaeina ai mea'ai i ia Vaega e Ono ona o mea'ai uma e eseese le aofaiga o suka, masoa, porotini, ga'o, ma le aofaiga o kaloli o loo maua ai. E tofu lava nei Vaega ma mea'ai e tali tutusa le aofaiga o mea eseese ia sa taua, o suka, masoa, porotini, ga'o, ma kaloli.

O le lisi o loo i itulau ua soso'o atu ai e fa'aalia mai le aofaiga o suka, masoa, porotini, ga'o ma kaloli i le asuga e tasi mai mea'ai eseese o Vaega o Mea'ai taitasi.

A'o e faitauina lenei lisi o le a vaaia le eseese o le lapo'a o asuga o mea'ai eseese. Ona o le tele o le eseese o mea o loo maua i mea'ai ua mafua ai ona laiti asuga o nisi mea'ai ae tetele asuga oa isi mea'ai. O le fua poo mamafa o asuga o se mea'ai ua faatulagaina i le aofai o masoa, porotini, ga'o, ma kaloli e maua mai i le mea'ai.

Afai o loo iai se mea'ai o loo fai ma ou maoui ae le maua i lenei lisi faafesootai ma fesili i le o loo tauaveina a'oa'oga tau mea'ai. Masalo lava o le a mafai e ia se auala ina ia mafai ona faafetaui i au fuafuaga o mea'ai a le aiga.



# Nutireni o mea'ai o loo i Vaega o Mea'ai

Vaega o Mea'ai	Masoa (kalama)	Porotini (kalama)	Ga'o (kalama)	Kaloli (enetia)
<b>Masoa</b>	15	3	le faitaulia	80
<b>Porotini ma Aano Manufasi</b>				
Anogase	—	7	3	55
Lololo feololo	—	7	5	75
Lololo tele	—	7	8	100
<b>Fualaau Aina</b>	5	2	—	25
<b>Fualaau suamalie</b>	15	—	—	60
<b>Kalasima/Susu</b>				
Susu leai se lololo	12	8	le faitaulia	90
Susu 2%	12	8	5	120
Susu atoa	12	8	8	150
<b>Ga'o</b>	—	—	5	45

# Faaaoga Vaega o Mea'ai e Fuafua ai Mea'ai a le Aiga

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A fuafua au mea'ai, e tatau ona iai mea'ai mai vaega taitasi o Vaega o Mea'ai. E tele mea'ai eseese o loo maua i ia vaega ina ia mafai ona paleni mea'ai ma tumau ai le malosi o le tino.

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## **Vaega o Kalasima/Susu**

O le Vaega o Kalasima/Susu e aofia ai susu ma mea'ai e gaosi mai le susu e pei o le sisi, ma i'a faatasi ai ma ivi. E maua fo'i i nei mea'ai kaloli (enetia), porotini, kalasima, vaiamini A ma ni vaiamini B.

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## **Vaega o Fualaau Aina**

O le Vaega o Fualaau aina e aofia ai fualaau o loo maualuga i le vaiamini A, vaiamini C, ma alavalava o loo taua tele i le soifua maloloina o le tino. O mea'ai o loo maualuga le vaiamini A o le a faailogaina i se  $\sqrt$  a'o mea'ai e maualuga i le vaiamini C o le a faailogaina i se + i totonu o lenei tusi.

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## **Vaega o Fualaau Suamalie**

O le Vaega o Fualaau suamalie e aofia ai uma fualaau suamalie eseese. O nisi o nei fualaau e itiiti le vaiamini C o loo maua ai; a'o isi fualaau e maualuga ai le vaiamini C. E maua foi le vaiamini A i fualaau lanu moli e pei o esi ma mago.

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## **Vaega o Masoa**

O le Vaega o Masoa e aofia ai mea'ai e maua mai ai le masoa ma mea'ai e gaosia i le masoa. O silio, araisa, makalone, pi mago ma pi lapotopoto, talo, ulu, umala ma isi foi mea'ai faapena e maua mai ai le tele o ituaiga o vaiamini B ma isi vaiamini faapea ma minerale. E tele foi le alavalava e maua mo le tino pea faaoga le fatu atoa o le saito.



# Faaaoga Vaega o Mea'ai e Fuafua ai Mea'ai a le Aiga (Faaauau)

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## **Vaega o Porotini/Aano o Maufasi**

O le Vaega o Porotini/Aano o Manufasi e aofia ai uma mea'ai e maua mai ai porotini, sina ga'oa, minerale mo vitamini. O le lisi o mea'ai o lenei vaega e aofia ai moa, i'a, fuamoa ma sisi e le lololo.

E tatau ona faaaoga aano o manufasi e le lololo e fai ai mea'ai aua e faaluaina le aofai o le kaloli e maua mai ga'oa ma mea lololo nai loo porotini ma masoa. A o lei fai le kuka, aveese uma mea lololo o loo vaaia ae faaaoga nao anogase. Aua le toe faaaogaina se isi ga'oa poo se suau'u e fai ai le kuka, e sili le tao, tunupa'u, faasua poo le fai o se siti, ma manatua ia lafoa'i le ga'oa o loo opeopea i le mea'ai.

E iai se eseeseega o mea'ai o loo maua i lenei vaega, o le mea lea ua toe vaevae ai i ni isi vaega e tolu faatatau i le aofa'i o le ga'oa poo le lololo: maualalo le lololo, faaleogalua, ma le maualuga o le ga'oa e maua ai.

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## **Vaega o Ga'oa**

O le Vaega o Ga'oa e aofia ai mea'ai e tele pe maualuga ai le ga'oa poo le lololo. E lua ituaiga ga'oa: Ga'oa to'a maua mai aano o manu ma le popo, ma ga'oa suavaia maua mai laautoto. E iai se taimi e manao ai le foma'i e fua le ga'oa o mea'ai, o lona uiga, fuafua le ituaiga ma le aofa'i o le ga'oa e faaaoga.

# O ni Aiga Faata'ita'i o le Aso

O aiga faata'ita'i ia ua galueaina e faaali atu ai le faaogaina o lau fuafuaga o mea'ai ua faaititia le aofai o le ga'o i le 30% o le mea'ai. O le aofa'i o le porotini e 15 - 20% ma le masoa e 50 - 55%. O nei aiga faata'ita'i ua fuafuaina mo le mana'o o le tino o le tagata matua a le o le fanau laiti.

## Aiga Faataitai o le Aso (2000 kaloli)

<b>Asuga i le aso:</b>	Kalasima/Susu	Fualaaauaina	Fualaausuamalie	Masoa	Porotini-A	Porotini-E	Porotini-I	Ga'o
	2	3	3	12	2	2	1	5
<b>Aiga o le Taeao</b>								
1 Fualaaau suamalie		1/2 esi						
3 Masoa		1 ipu polesi						
		1 fasi falaoa fa'apa'u						
1 Ga'o		1 sipuniti makarini						
1 Kalasima/Susu	}							
1 Ga'o		1 ipu susu 2%						
<b>Aiga o le Aoauli</b>								
2 Porotini/Aano Manufasi		2 aunese pua'a						
2 Masoa		1 ipu talo						
1 Fualaaau Aina		1/2 ipu isalaelu						
1 Fualaaau Suamalie		1/2 ipu mago						
1 Ga'o		1 sipuniti makarini						
<b>Vai Aiga</b>								
2 Masoa							6 masi soka	
1 Porotini/Aano Manufasi							1 apa'au moa	
<b>Aiga o le Afiafi</b>								
2 Porotini/Aano Manufasi							Falai: 2/3 ipu fe'e	
3 Masoa							1 ipu araisa	
2 Fualaaau Aina							1/2 ipu polo suamalie	
							1/2 lau maukeni	
1 Ga'o							1 sipuniti suau'u	
1 Kalasima/Susu							1/2 ipu tofu	
(faaopopo 1 ga'o)								
1 Fualaaau Suamalie							3/4 ipu fala	
<b>Vai Aiga</b>								
2 Masoa							6 ipu popcorn	

# Pepa Faatumu mo Fuafuaga o Mea'ai

E mafai ona e vaevae faapea mea'ai a lou aiga mo le Aso:

Fuafuaga o Mea'ai	Aofai o Asuga	Mea'ai	Fua
<b>Aiga o le Taeao:</b>			
Vaega o Fualaauaina suamalie	_____	_____	_____
Vaega o Porotini ma Aano o Manufasi (A, E, poo I)	_____	_____	_____
Vaega o Masoa	_____	_____	_____
Vaega o Ga'o	_____	_____	_____
Vaega o Kalasima/Susu	_____	_____	_____
Kofe poo le Lauti inu fua	_____	_____	_____
<b>Mea'ai o le Aoauli:</b>			
Vaega o Porotini ma Aano o Manufasi _____	_____	_____	_____
Vaega o Masoa	_____	_____	_____
Vaega o Fualaau aina	_____	_____	_____
Vaega o Ga'o	_____	_____	_____
Vaega o Fualaauaina suamalie	_____	_____	_____
Vaega o Kalasima/Susu	_____	_____	_____
Kofe poo le Lauti inu fua	_____	_____	_____
<b>Mea'ai o le Afiafi:</b>			
Vaega o Porotini ma Aano o Manufasi _____	_____	_____	_____
Vaega o Masoa	_____	_____	_____
Vaega o Fualaau aina	_____	_____	_____
Vaega o Ga'o	_____	_____	_____
Vaega o Fualaauaina suamalie	_____	_____	_____
Kofe poo le Lauti inu fua	_____	_____	_____
<b>Vaiaiga:</b>			
Vaega o Porotini ma Aano o Manufasi _____	_____	_____	_____
Vaega o Masoa	_____	_____	_____
Vaega o Ga'o	_____	_____	_____
Vaega o Kalasima/Susu	_____	_____	_____

# Fuaina o au Mea'ai

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O le fuaina o mea'ai e iloa ai le aofa'i o mea'ai o loo 'ai. O loo fa'aaogaina e Vaega o Mea'ai taitasi fua o aunese, inisi, poo ipu.

E tatau ona iai au ipu fua mea'ai 8 aunese (o le ipu lea tasi) afa ipu, ipu tasi vae tolu, ma le ipu tasi vaefa poo le ipu kuata. 'E tatau foi ona iai au sipuni fua mea'ai e iai le sipuni ti, ma le sipuni tele, ma se lula inisi e fua ai le mafiafia ma le lautele o fasipovi.

O fua uma o mea'ai e salafa. Aua le faatumu pe faamasuasuaaina sipuni ma ipu. O se faata'ita'iga, a fua se sipuni poo se ipu, faasalafa, faamasuasua muamua ona faaoga lea o se naifi e faasalafa ai le sipuni poo le ipu.

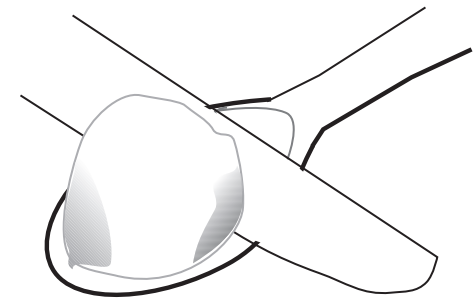
E aoga tele se fua e fua ai aunese o aano manufasi. Ia mautinoa le sa'o o aunese o le fua.

Fua au mea'ai se'i vagana ua lelei lau fua i le va'ai. Fai ma siaki lau fua i le va'ai i se fua i lea taimi ma lea taimi poo sa'o pea.

Mea'ai e 'ai pe a uma ona faavela e tatau ona fua pe a vela. O ga'o ma suau'u e faaoga i le kuka e tatau ona faitau o se asuga mai le Vaega o Ga'o. E tele le ga'o faaopoopo i mea'ai pea falai. O se faata'ita'iga, o se fatafata moa ua lola i le falaoa mata ave loa falai, o le a fa'aopoopoina iai se asuga e tasi o le Vaega o Masoa, faapea le faaopoopoina foi iai o asuga e lua poo le sili atu foi mai le Vaega o Ga'o.



**Sipuni Taumasuasua**



**Faasalafaina o le sipuni**



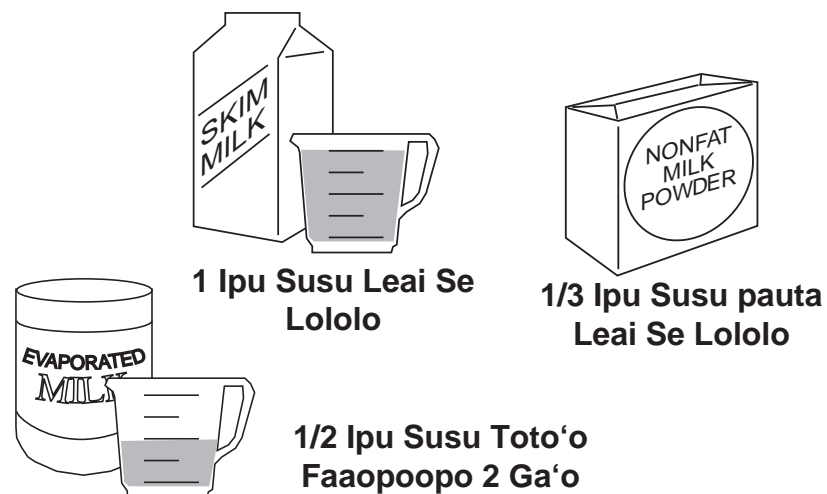
**Sipuni gatasi**

# Vaega o Kalasima/Susu

E maua mai le asuga e tasi mai le Vaega o Kalasima/Susu leai se lololo le 90 kaloli, 12 kalama masoa, 8 kalama porotini ma sina ga'o e le faitaulia.

<i>Mea'ai</i>	<i>Fua</i>
<b>Sisi</b> (Faaopoopo 1 ga'o)	
Farmers	1 aunese
Parmesan	2 sipuni tele
Ricotta	1 aunese
Cottage, matutu po'o le 2% butterfat	1/4 ipu
<b>Sisi</b> (Faaopoopo 2 ga'o)	
American	1 aunese
Cheddar	1 aunese
Mozzarella	1 aunese
Swiss	1 aunese
<b>Fualaaauaina lanu meamata malosi*</b>	3 ipu
<b>Susu leai se lololo</b>	
Susu leai se lololo poo le susu 1%	1 ipu
Susu pauta leai se lololo	1/3 ipu
Susu toto'o le lololo	1/2 ipu
Yogurt gaosia i le susu le lololo, leai se faamanogi	1 ipu
<b>Susu maualalo le lololo</b> (faaopoopo 1 ga'o)	
Susu 2%	1 ipu
Susu toto'o 2%	1/2 ipu
Yogurt gaosi i le susu 2% leai se faamanogi	1 ipu
Yogurt gaosi i le susu 2% faamanogi (faaopoopo 1 fualaaau suamalie)	1 ipu

<i>Mea'ai</i>	<i>Fua</i>
<b>I'a, satini, pilitati, samani tuu apa ma ivi</b> (faaopoopo 1 ga'o)	2 aunese
<b>Tofu gosia ma le kalasima</b> (faaopoopo 1 ga'o)	1/2 ipu
<b>Susu atoa</b> (faaopoopo 2 ga'o)	
Susu atoa	1 ipu
Susu toto'o	1/2 ipu
Yogurt gaosia i le susu atoa leai se faamanogi	1 ipu



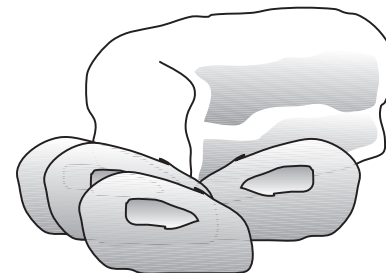
\*O le a le aoga tele le kalasima.

# Vaega o Masoa

O le asuga e tasi o le masoa e maua mai ai le 80 kaloli, 15 kalama o le masoa, ma le 3 kalama o le porotini.

<i>Mea'ai</i>	<i>Fua</i>
<b>Falaoa vela</b>	
Masi sikoni le suamalie (faaopoopo 1 ga'o)	1 (2" le lautele)
Falaoa (pa'epa'e, enaena, vine, Falani)	1 fasi falaoa
Falaoa fa'ap'au nuti	3 sipuni tele
Pani hamburger	1/2 pani (4" lautele)
Pani hot dog	1/2 pani
Cornbread (faaopoopo 1 ga'o)	1 (2" x 2" x 1")
English muffin	1/2
Muffin, faifua, laititi (faaopoopo 1 ga'o)	1
Panikeke (faaopoopo 1 ga'o)	1 (4" lautele)
Pita	1 (6" lautele)
Roll, faifua	1 (2" lautele)
Pau Taco (faaopoopo 1 ga'o)	2
Tortilla le falaiina	1 (6" lautele)
Waffle (faaopoopo 1 ga'o)	1 (4-1/2" lautele)
<b>Silio</b>	
Vela uma	1/2 ipu
Bran Flakes, Bran uma	1/2 ipu
Bran patupatu	1/2 ipu
Cornmeal, mago	1/3 ipu
Dry, puffed poo flaked (le suamalie)	3/4 ipu
Granola	1/4 ipu
Grape Nuts	1/4 ipu
Shredded wheat	1/2 ipu
Wheat germ	3 sipuni tele

<i>Mea'ai</i>	<i>Fua</i>
<b>Niu</b>	
Aano niu mata (faaopoopo 1 ga'o)	1-3/4 ipu
Suanu	2 ipu
<b>Masi</b>	
Masi Fiti	1
Crema Pilot	1-1/2
Graham	3 (2-1/2" faatafafa)
Melba toast	4 (3-3/4" x 2")
Round thins	1
Saloon pilot	1
Saltines	6 (2" faatafafa)
Soka	3 (2-1/2" faatafafa)
Wheat Thins (faaopoopo 1 ga'o)	14
<b>Gaosia i Falaoamata</b>	
Masoa	2 sipuni tele
Falaoamata	2-1/2 sipuni tele
Makalona, Supokeli	1/2 ipu vela
Saimini	1/2 ipu



# Vaega o Masoa *(Faaauau)*

<i>Mea'ai</i>	<i>Fua</i>	<i>Mea'ai</i>	<i>Fua</i>
<b>Alaisa</b>		<b>Fualaau aina Masoaa</b> <i>(faaauau)</i>	
Lialia vela	1/2 ipu	√Maukeni	3/4 ipu
Alaisa vela		Soybeans mata	1/2 ipu
Pa'epa'e po'o le enaena	1/3 ipu	Squash samasama	3/4 ipu
Instant	1/3 ipu	√Umala	1/3 ipu
White, enriched	1/3 ipu	Talo	1/2 ipu
			(poo fasi talo 1/2")
		Ufi	1/2 ipu
			(poo fasi ufi 1/2")
<b>*Supo</b>		<b>Lesapi Masoaa</b>	
Fai i makalona/alaisa	1 ipu	Fa'a papa (faaopoopo 3 ga'o)	1/2 ipu
Supo totoo (faaopoopo 1 ga'o)	1 ipu	Fa'alifu, taro (faaopoopo 4 ga'o)	1/2 ipu
		Fai'ai Valuvalu (faaopoopo 4 ga'o)	1/2 ipu
<b>Fualaau aina Masoaa</b>		Kopai (faaopoopo 2 masoa, 4-1/2 ga'o)	1/2 ipu
Artichoke	1 atoa	Suaalaisa (faaopoopo 3-1/2 ga'o)	1/2 ipu
Soo se pi mago ma vela	1/3 ipu	Suamasi (faaopoopo 6 ga'o)	1/2 ipu
Pi tao i se kuka	1/4 ipu	Fausi talo (faaopoopo 4 ga'o)	1/2 ipu
Ulu vela	1/4 ipu	Fai'ai ulu (faaopoopo 4 ga'o)	1/2 ipu
Tapioka	1/3 ipu	Vaisalo (faaopoopo 1 ga'o)	1/2 ipu
Saga	1/2 ipu	Taufolo (faaopoopo 4 ga'o)	1/2 ipu
Saga fou, faatoa tau	1 (6" le sao)		
Lima beans	1/2 ipu		
Apa fefiloi	2/3 ipu		
Parsnips	2/3 ipu		
Pi lapotopoto	1/2 ipu		
Pi ninii	1/2 ipu		
Fai mata	1/2 ipu		
Popcorn leai se pata	3 ipu		
Microwave mama le pata			
(faaopoopo 1 g'ao)	3 ipu		
Microwave (faaopoopo 2 ga'o)	3 ipu		
Pateta			
Pateta atoa	1 (2" le tele)		
Pateta vili	1/2 ipu		

\*Mea'ai e maualuga le masima  
√Lelei, maua mai ai le Vaitamini A

# Vaega o Fualaau Suamalie

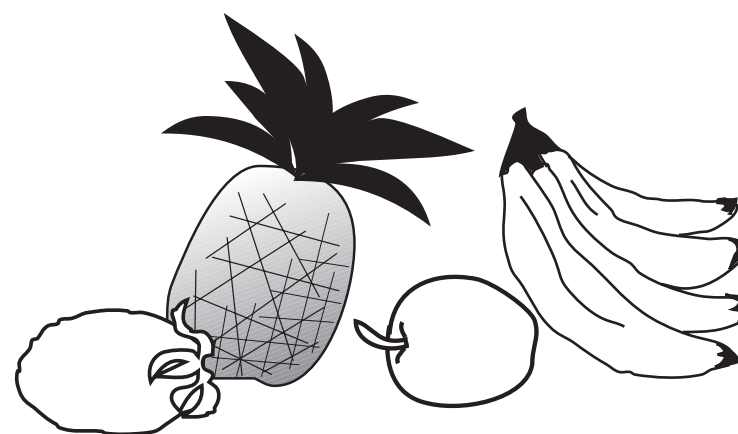
E 60 kaloli e maua mai le asuga e tasi o fualaau suamalie ma kalama e 15 o masoa. E mafai ona faaogaina mata nei fualaau suamalie, po’o le vela, po’o le fa’ala po’o le tuu aisa pe a leai se suka e faaogaina.

<i>Mea'ai</i>	<i>Fua</i>	<i>Mea'ai</i>	<i>Fua</i>
Apu	1/2 feololo poo 1 laititi	Grapes mata	10 grapes, poo le 15 grapes laiti
Nonu	2 feololo	Grape, sua, tuu apa	1/3 ipu
Apu vili	1/2 ipu	Grape, sua, palu	1/3 ipu
Sua apu	1/2 ipu		
(Apricots) fou	4 feololo	+Moli 'aisuka	1/2 (3-1/2" le lautele)
(Apricots) fa'ala	7 afa	+Moli 'aisuka, tuu apa	3/4 ipu
(Apricots) tu'uapa	4 afa	+Moli 'aisuka, sua	1/2 ipu
		+Kuava	1 (2-1/2" le lautele)
Fai pala	1/2 poo 1/2 ipu		
Fai vela	1/2 poo 1/2 ipu	+Honeydew, meleni	1/8 (1 ipu)
Poi fai	1/2 ipu (faaopoopo 1/2 fualaau suamalie, 3 ga'o)	Sua o isi fualaau suamalie	1/2 ipu
Blueberries	3/4 ipu		
√+Meleni Kantalope	1/3 o se meleni 5" le lautele (1 ipu)	+Kiwi	1 lapo'a
Cherries pula	12 fua o cherries	+Lychees	10 fua o le Lychee po'o 1/2 ipu
Cherries tu'u apa	1/2 ipu		
Cranberry, sua	1/4 ipu	+Moli Saina lapo'a	3/4 ipu
		√+Mago	1/2 ipu po'o 1/2 laititi
Fua o niu toafa, mago	2-1/2		
Sofesofe esi	1/2 ipu (faaopoopo 4 ga'o)	Nectarine	1 (1-1/2" lautele)
Sofesofe fa'i palagi	1/2 ipu (faaopoopo 4 ga'o)		
Mati pula	2		
Mati tu'u apa	2		
Fualaau fefiloi, apa	1/2 ipu		
		+Lelei, maua mai ai vitamini C	
		√Lelei, maua mai ai vitamini A	



# Vaega o Fualaau Suamalie (Faaauau)

<i>Mea'ai</i>	<i>Fua</i>	<i>Mea'ai</i>	<i>Fua</i>
+Moli	1/2 lapo'a po'o 1 laititi	Vine	2 sipuni tele
+Suamoli	1/2 ipu	Aano sasalapa	1/3 ipu
√+Esi	1/2 feololo po'o 1 ipu tipiniii	+Vineta suamalie	1-1/2 ipu tipiniii
+Pasio	1/2 ipu	+Strawberries	1-1/4 ipu
Peach mata	1 feololo	Suafa'i	1/2 ipu (faaopoopo 4 ga'o)
Peach apa	1/2 ipu po'o 2 afa lapopo'a	Supoesi	1/2 ipu (faaopoopo 4-1/2 ga'o)
Pea mata	1/2 lapo'a po'o le la'ititi		
Pea faala	1	+Moli saina laiti	2 feololo
Pea apa	2 afa laiti po'o 1/2 ipu		
Persimmon	1/2 feololo	Meleni	1-1/4 ipu tipiniii
Persimmon	1 feololo	Vai meleni	1/2 ipu (faaopoopo 1/2 fualaau suamalie, 3 ga'o)
+Fala mata	3/4 ipu		
Poi fala	1/2 ipu (faaopoopo 1/2 f/suamalie, 3 ga'o)		
+Fala tu'uapa i ona lava sua	3/4 ipu		
+Suafala	1/2 ipu		
Plums mata	2 feololo		
Plums apa	4		
Pomegranate	1/2 feololo		
+Pomelo	1 ipu tutaga		
Prunes faala	3 feololo		
Prunes sua	1/3 ipu		



+Lelei, maua mai ai vaitamini C  
√Lelei, maua mai ai vaitamini A

# Vaega o Fuala'au 'Aina

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E 25 kaloli e maua mai le asuga e tasi o fuala'au aina, 5 kalama o le masoa, ma le 2 kalama porotini. Tasi le fesuaiga e tusa ma le 1/2 ipu.

- |                        |                             |
|------------------------|-----------------------------|
| +Asparagua             | +Poka fua                   |
| Tatupu moemoe o le ofe | √Lau maukeni                |
| Tumoa o le fa'i        | √Luau apa (palagi, spinich) |
| Bean sprouts           | √Tumutumu maukeni           |
| Bittermelon, fruit     | √Tumutumu umala, lau        |
| √+Broccoli             | √Swiss chard                |
| +Brussel sprouts       |                             |
|                        | +Lau luau                   |
| √Karoti                | +Tamato, apa, mata          |
| +Cauliflower           | +Sua tamato                 |
| Seleli                 | Turnip                      |
| Kukama                 | √Lau o turnip               |
|                        | √+Sua fuala'au 'aina        |
| Isalaelu               |                             |
| Pi uma                 | Zucchini                    |
| +Polo suamalie         |                             |
|                        |                             |
| Lau tunu               |                             |
|                        |                             |
| Mushrooms              |                             |
|                        |                             |
| Okra                   |                             |
| Aniani lapotopoto      |                             |
|                        |                             |
| √Esi moto              |                             |



- +Lelei, maua mai ai vaitamini C
- √Lelei, maua mai ai vaitamini A

# Vaega o Fuala'au 'Aina (Faaauau)

---

E pule lava oe i le faaaogaina o fuala'au 'aina nei, fa'aaoga mata po'o le tasi le ipu pe a vela.

Kapisi - soo se ituaiga

Seleli

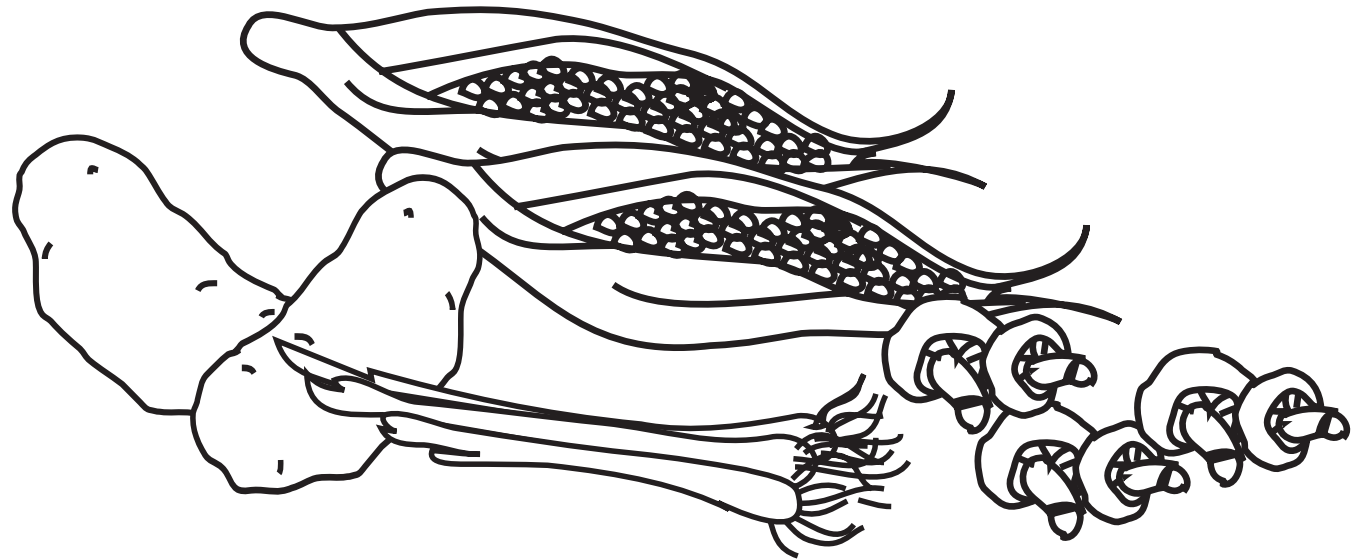
Aniani lanumeamata

Letusi, soo se iutaiga

Parsley

+Latisi

Kapisi vai



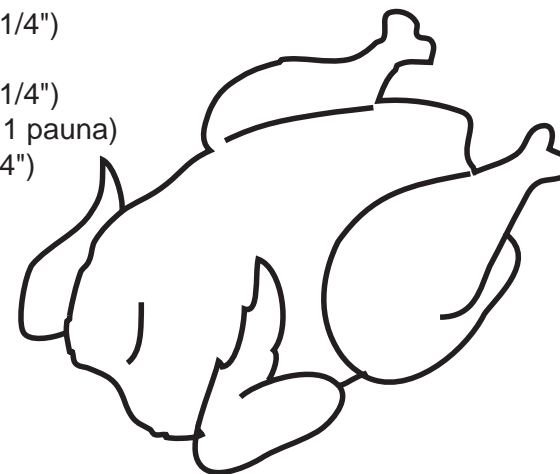
+Lelei, maua mai ai vaitamini C  
√Lelei, maua mai ai vaitiamini A

# Vaega o Porotini A (Anogasea)

O le vaega o porotini/aano manufasi ua vaevaeina e vaega o tolu fuafua i le lololo.

**Vaega o Porotini/Aano manufasi A (Anogasea).** E 55 kaloli e maua mai i le asuga e tasi o le vaega o Porotini/Aano o manufasi A, e maua mai ai foi le 7 kalama o porotini ma le 3 kalama ga'o.

<i>Mea'ai</i>	<i>Fua</i>
<b>Povi</b> ✦Chipped beef Povi vili, (lalo ifo o le 10% le ga'o), fasipovi le lololo, steak uma	1 aunese po'o 1 fasi (3" x 2" x 1/4") 1 aunese po'o 1 fasi (3" x 2" x 1/4")
<b>✦Beef jerky</b>	3/4 aunese
<b>Sisi</b> Sisi e i lalo ifo o le 5% ga'o Cottage, mago, poo 2%	1 aunese 1/4 ipu
<b>Moa</b> (Sae le pau) Breast Drumstick Thigh Taoile ogaumu po'o le umu	1 aunese po'o 1 fasi moa (3" x 3" x 1/4") 5 fasi moa tusa ma le 1 pauna 1 aunese po'o 1 fasi moa (3" x 3" x 1/4") 1/2 fasi moa (4 fasi moa tusa ma le 1 pauna) 1 aunese po'o fasi moa (3" x 3" x 1/4")
<b>Fuamoa</b> Niu o fuamoa lapoa	Egg substitute 1/4 ipu 3

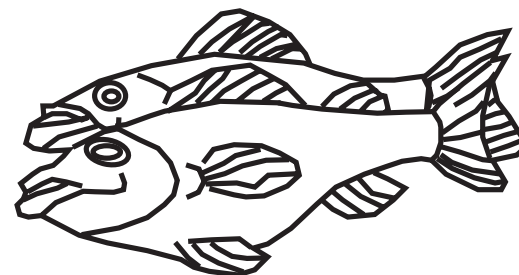


✦Mea'ai e maualuga le masima

# Vaega o Porotini A (Anogasea) *(Faaauau)*

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<i>Mea'ai</i>	<i>Fua</i>
<b>I'a</b> (fou)	
Apalone, faisua, tugane, asiasi	1 aunese
Atu, naogo, masimasi, wahoo	1 aunese poo 1 fasi ia (3" x 3" x 1/4")
Fe'e, nufe'e, pusi, tuga	1/3 ipu
Alili, aliao	1 ipu
Ula, ulavai, pa'a	1 aunese
Palolo, sea, ofaofa, tuitui, vaga	1 aunese
<b>I'a</b> (tu'uapa)	
Pilikaki, samani, tuna, wahoo (Lafoa'i le sua po'o le suau'u)	1/4 ipu
★Satini, suau'u, laiti (Lafoai le suau'u)	2 feololo
★Satini, tamato, lapo'a (Lafoai le sua)	1
★Tuna, i le vai	1 aunese
<b>Pua'a</b> Alaga anogasea	1 aunese po'o 1 fasi pua'a (3" x 3" x 1/4")
<b>Pipi</b> (sae ese le pa'u ma mea lololo)	
★So'o se pipi e tao po'o le saka	
★Fai sanuisi, fai salati	1 aunese po'o 1 fasi pipi (3" x 3" x 1/4")

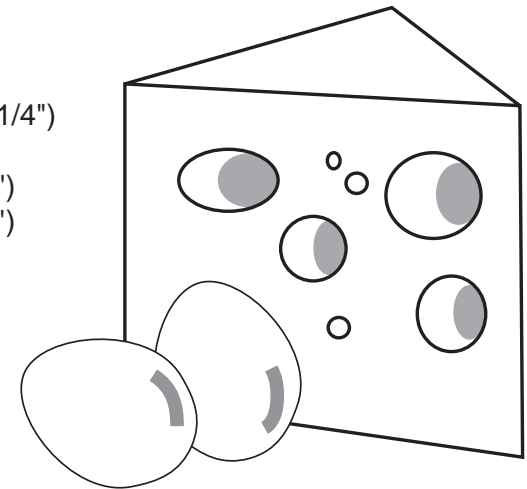


★Mea'ai maualuga ai le masima

# Vaega o Porotini E (feololo le lololo)

**Vaega o Porotini/Aano Manufasi E** (feololo le lololo). E 75 kaloli e maua mai i le asuga e tasi o le nei vaega, 7 kalama porotini, ma le 5 kalama o ga'o.

<i>Mea'ai</i>	<i>Fua</i>
<b>Povi</b> ✳Pisupo Povi vili (15% ga'o) Rib eye	1 aunese poo 1 fasi povi (3" x 2" x 1/4") 1 aunese 1 aunese poo 1 fasi povi (3" x 2" x 1/4")
<b>Sisi</b> Cottage, creamed Mozzarella, Ricotta, Farmers Parmesan	1/4 ipu 1 aunese 2 sipuni tele
<b>Moa faatasi ai ma pa'u</b>	1 apaapa (6 apaapa i le pauna e tasi)
<b>Pato, Kusi</b> (sae le pa'u aueese mea lololo)	1 aunese
<b>Mamoe</b> Alaga anogasea, ma isi vaega anogasea	1 aunese poo 1 fasi mamoe (3" x 2" x 1/4")
<b>Pua'a</b> ✳Ham soo se ituaiga, nofoi, loin, Shoulder, ✳bacon Kanata	1 aunese poo 1 fasi ham (3" x 2" x 1/4") 1 aunese poo 1 fasi ham (3" x 2" x 1/4")
<b>Tofu</b>	1/3 ipu poo 3 aunese (1/6 o le poloka)
<b>Pipi Vili</b>	1 aunese
<b>Fuamoa</b> , atoa	1 lapo'a
<b>Atemoa, veve, fatu, fatuma'a, fifi, ofu pua'a</b>	1 aunese

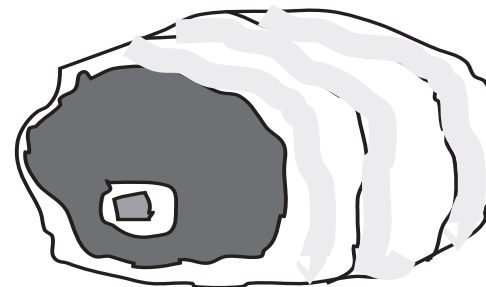


✳Mea'ai maualuga ai le masima

# Vaega o Porotini I (maualuga le lololo)

**Vaega o Porotini/Aano Manufasi I** (maualuga le lololo). E 100 kaloli e maua i le asuga e tasi o nei vaega, 7 kalama porotini, ma le 8 kalama o ga'oa.

<i>Mea'ai</i>	<i>Fua</i>
<b>Povi</b> Povi vili 20% ga'oa po'oa le tele atu Lean short ribs Rib roast, club ma rib steak Spare ribs leai ni ivi	1 aunese 1 aunese 1 aunese po'oa le ivi 3" x 2" x 1/4" ivi 1 aunese
<b>Sisi</b> Cheddar, American, Monterey, Swiss, Provolone, Blue	1 aunese po'oa 1/2 fasi sisi 1" x 1" x 1"
★ <b>Mea fai sanuisi</b> Paloni, salami, ham	1 le mea fai sanuisi
★ <b>Soasisi sasa'oa fai hot dog</b>	1 (10 i le pauna)
★ <b>Mea fai sanuisi tu'uapa</b>	1 aunese
<b>Apaapa mamoe</b>	1 aunese
<b>pinati pata</b>	1 sipuni tele
<b>Pua'oa</b> Spareribs, loins, back ribs, pua'oa vili, ham	1 aunese poo l1 fasi pua'oa 3" x 2" x 1/4"
★ <b>Soasisi pua'oa, po'oa povi</b>	1 aunese
★ <b>Spam, ma isi apa faapena</b>	1 aunese
<b>Si'usi'u pipi</b>	1/2 aunese
<b>Apaapa moa</b>	1 le apaapa
<b>Apaapa pipi</b>	1/2 le apaapa

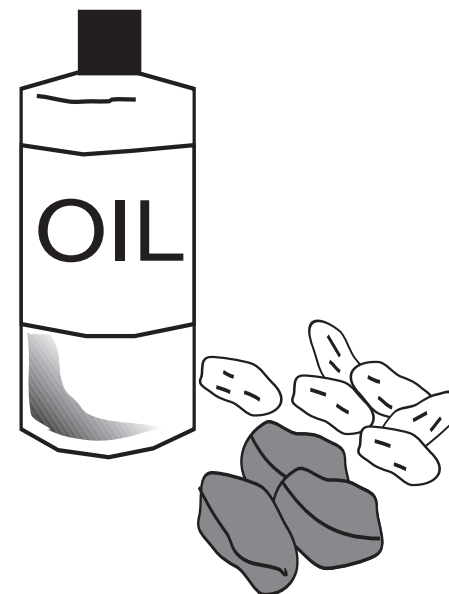


★mea'ai e maualuga le masima

# Vaega o Ga'o A (maualuga i le ga'o suavaia)

Ua vaevaeina le Vaega o Ga'o i ni vaega se lua: ga'o e maualuga le ga'o suavaia ma ga'o e maualuga i le ga'o to'a. Vaega o Ga'o A - maualuga i le ga'o suavaia. E 45 kaloli o le asuga e tasi e maua i le vaega o ga'o ma le 5 kalama o ga'o.

<i>Mea'ai</i>	<i>Fua</i>
<b>Avoka</b>	1/8 o le avoka 4" le lapoa
<b>Teuteuga o Salati,</b> Soo se iutaiga	1 sipuni tele
Faaititia kaloli	2 sipuni tele
Mayonnaise	1 sipuni ti
Mayonnaise, faaititia kaloli	1 sipuni tele
<b>Makarini</b> (tele le suau'u o lo'o gaosia ai)	1 sipuni tele
<b>Lama</b> Almonds	6
Cashews	1 sipuni tele
Macadamia	1 sipuni tele
Pinati	1 sipuni tele
Pecans	1 sipuni tele
Pistachio	1 sipuni tele
Walnuts	4 afa (1 sipuni tele)
Isi lama	1 sipuni tele
<b>Suau'u gaosi mai</b> cottonseed, saga safflower, sesame, soybean ma sunflower	1 sipuni ti
<b>Olive,</b> pula	10 laiti poo 5 lapoa
<b>Sesame seeds</b>	1 sipuni tele
<b>Sunflower seeds,</b> lei auauina uma on auauina	1/4 ipu 1 sipuni tele
<b>Tartar sauce</b>	2 sipuni ti

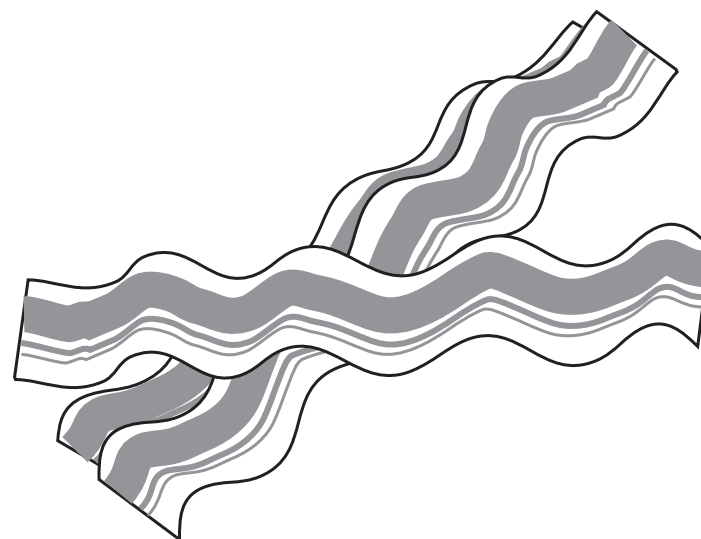




# Vaega o Ga'o E (maualuga i le ga'o to'a)

Vaega o Ga'o E - Maualuga i le ga'o to'a. E 45 kaloli e maua mai le asuga e tasi, ma le 5 kalama o le ga'o.

<i>Mea'ai</i>	<i>Fua</i>
<b>Pata</b>	1 sipuni ti
★ <b>Bacon</b> , vela manutinuti	1 fasi bacon
<b>Sisi kilimi</b>	1 sipuni tele
<b>Niu</b> Aano o niu mata Popo ua sali Pe'epe'e Niu (pe'epe'e ua sui, 1/2 vai, 1/2 pe'epe'e) Penu (popo ua valu)	1-3/4 ipu (faaopoopo 1 falaoa vela) 1 fasi popo (1" x 1" x 3/8") 1 sipuni tele 2 sipuni tele 2 sipuni tele
<b>Kilimi fai kofe</b> Suavaia Pauta	2 sipuni tele 1/4 ipu poo 4 sipuni tele
<b>Kilimi susu</b> Faaaoga mo meainu Vili, fai mea'ai Toto'o, e vili, fai mea'ai	2 sipuni tele 2 sipuni tele 1 sipuni tele
<b>Makarini</b> (tele suau'u to'a o lo'o gaosia ai)	1 sipuni ti
<b>Miti</b> (faaopoopo 9 ga'o)	1/2 ipu
★ <b>Samimati</b> (faaopoopo 9 ga'o)	1/2 ipu
★ <b>Povi masima, pua'a masima</b>	1/4 aunese
<b>Ga'o to'a fai mea'ai</b>	1 sipuni ti
<b>Kilimi mafu, faimea'ai</b>	2 sipuni tele



★Mea'ai e maualuga ai Masima.

# Mea'ai e Tau le Fuaina

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E iai mea'ai ma mea fai mea'ai e matua laititi lava masoa, porotini po'o ga'o e maua mai ai, ma e mafai ona faaaoga i lou faitalia seia vagana ai mea e maualuga ai le masima.

## Meainu vevela ma meainu malulu

Vai ua carbonated  
Sua niu  
Kofe inu fua  
Apa inu diet  
Mea fai vaiinu e leai se suka  
Ti, inu fua  
Vai

## Mea'ai suamalie

Jello ma mea'ai fai i jello  
Pauta faasuamalie mea'ai e leai se suka

## Ma isi mea

Non stick pan sray  
Pickles, le faasukaina  
Soo se ituaiga limu sami

## \*Supo

Poloka fai supo leai se ga'o  
Supo mai suavai o mea'ai vela

## Laula'au faamanogi mea'ai

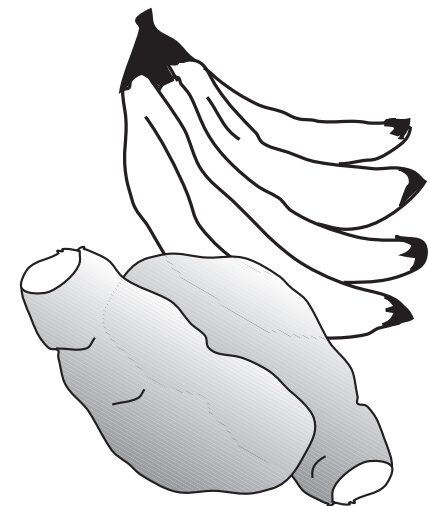
Chives  
Aniani saina  
Fiu  
Mustard, pauta po'o fagu  
Parsley  
Pepa fai mea'ai  
\*Masima (faamama le faaaogaina)  
\*Soia (faamama le faaaogaina)  
Isi laula'au faamanogi mea'ai  
Sosi feu  
Vinika



\*Mea'ai maualuga ai le masima

# Mea'ai Masani Ai Samoa

Poi Fa'i pala	1/2 ipu	1/2 fuala'au suamalie, 3 ga'o
Fala	1/2 ipu	1/2 fuala'au suamalie, 3 ga'o
Meleni	1/2 ipu	1/2 fuala'au suamalie, 3 ga'o
Fa'alifu, Fa'i	1/2 ipu	1 masoa, 4 ga'o
Taamu	1/2 ipu	1 masoa, 4 ga'o
Talo	1/2 ipu	1 masoa, 4 ga'o
Tapioka	1/2 ipu	1 masoa, 4 ga'o
Ulu	1/2 ipu	1 masoa, 4 ga'o
Ufi	1/2 ipu	1 masoa, 4 ga'o
Fa'apapa Falaomata	1/2 ipu	1 masoa, 3 ga'o
Faiai Talo	1/2 ipu	1 masoa, 4 ga'o
Ulu	1/2 ipu	1 masoa, 4 ga'o
Ufi	1/2 ipu	1 masoa, 4 ga'o
Fua	1/2 ipu	9 ga'o
Pilikaki	1/2 ipu	4 ga'o, 2 porotini A
I'a	1/2 ipu	4 ga'o, 2 porotini A
Fe'e	1/2 ipu	4 ga'o, 2 porotini A
Kopai Falaoamata	1/2 ipu	3 masoa, 4-1/2 ga'o
Puligi	1/2 ipu	3 masoa, 4-1/2 ga'o
Luau Tunu	1/2 ipu	1 fuala'au aina, 3 ga'o
Poka	1/2 ipu	1 fuala'au aina
Palusami	1/2 ipu	1 fuala'au aina, 4 ga'o
Piasua	1/2 ipu	4 masoa, 6 ga'o
•Suaalisa	1/2 ipu	1 masoa, 3-1/2 ga'o
•Suafa'i	1/2 ipu	1 fuala'au aina, 4 ga'o
•Suafalaoa	1/2 ipu	1 masoa, 6 ga'o
•Suamasi	1/2 ipu	1 masoa, 6 ga'o
•Supoesi	1/2 ipu	4-1/2 ga'o
•Vaisalo	1/2 ipu	1 ga'o, 1 masoa
•Oloolo [Ripe and immature banana w/coconut creme]	1/2 ipu	1/2 fuala'au, 1/2 masoa, 4 ga'o



•E mafai ona faaaoga le susu 2% e sui ai le pe'epe'e o loo faaaoga i le tele o mea'ai nei ma le faitau ai ni asuga o ga'o.

# O Mea'ai e Faaaoga ma le Faaeteete, 'Aua le Faasoso'o

E mafai ona faaaoga nei mea'ai, e ui lava i le maualuga o le suka po'o le ga'o, pe afai e faaeteete ma faalaiti asuga. O lo'o aofia i lenei lisi le fua o le asuga e tasi mai le aoga o Mea'ai. Ona o le maualuga tele o le suka ma le masoa ua mafua ai le laititi o asuga. Mo se faatonuga i le taimi lelei ma le faasosoo o le faaaogaina o mea'ai o lenei lisi, faafessotai i latou o loo gafa ma le su'esu'eina o nutirnei mo le soifua maloloina.

*Ava - Pia	12 aunese, apa	3-1/2 ga'o	
Uaina	4 aunese, 1/2 apa	2 ga'o	
Uisiki	1-1/2 aunese poo 1 shot	3 ga'o	
Animal crackers	8 crackers	1 masoa	
Brownie, leai se pata	1 (3" x 1-1/2" x 7/8")	1 masoa, 1 ga'o	
Keke, (angel food or sponge)	tele o cupcake salafa	1 masoa, 1/2 ga'o	
Keke, leai se pata	tele o cupcake salafa	1 masoa, 1 ga'o	
Keke, faapata	tele o cupcake salafa	1 masoa, 2 ga'o	
Kuki	2 laiti (1-3/4" across)	1 masoa, 1 ga'o	
Tonati, keke	1	1 masoa, 1 ga'o	
Patela fala	10	1 masoa, 1 ga'o	
Frozen fruit yogurt	1/3 ipu	1 masoa	
Granola bars	1	1 masoa, 1 ga'o	
Aisa kulimi, soo se ituaiga	1/2 ipu	1 masoa, 2 ga'o	
Aisa kulimi, fai i susu	1/2 ipu	1 masoa, 1 ga'o	
Siamu, meli	1 sipuni tele	1 fuala'au	
Jello	1/2 ipu	1 fuala'au	
Vaiinu sua o fualaaui suamalie	12 aunese apa	2-1/2 fuala'au	
Salati makalona poo pateta	1/2 ipu	1 masoa, 3 ga'o	
Malasada	1	1 masoa, 3-1/2 ga'o	
Manju	1 (2-3/8" lautele x 3/4")	1 masoa	
Mochi	1 (2" lautele x 1/2")	1-1/2 masoa	
Mochi fai i le pi suamalie	1 (2-1/4" lautele x 1/2")	1-1/2 masoa	
Muffin	2" lautele	1 masoa, 1 ga'o	
Pai fualaaui	1/8 pai	2 masoa, 1 fuala'au, 3 ga'o	
Popsicle	1/2 twin pop	1 fuala'au	
Sherbert, soo se ituaiga	1/4 ipu	1 masoa	
Apainu faasuka	12 aunese apa	2-1/2 fuala'au	
Taga pateta, soo se ituaiga	1 aunese	1 masoa, 2 ga'o	

\*Ona o le leai o se nuterene aoga e maua mai ai, ua faaaoga le fua o ga'o e fai ma fesuaiga.

# O Mea'ai e Faaoga ma le Faaeteete, 'Aua le Faasoso'o (Faaauau)

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Suka  
Tolo ua fisi  
Vanilla wafers  
Yogurt e iai fuala'au 'aina suamalie

1 sipuni tele  
4 aunese  
6 laiti  
1 ipu

1 fuala'au  
1 fuala'au  
1 masoa  
1 susu, 1 fuala'au, 1 ga'o