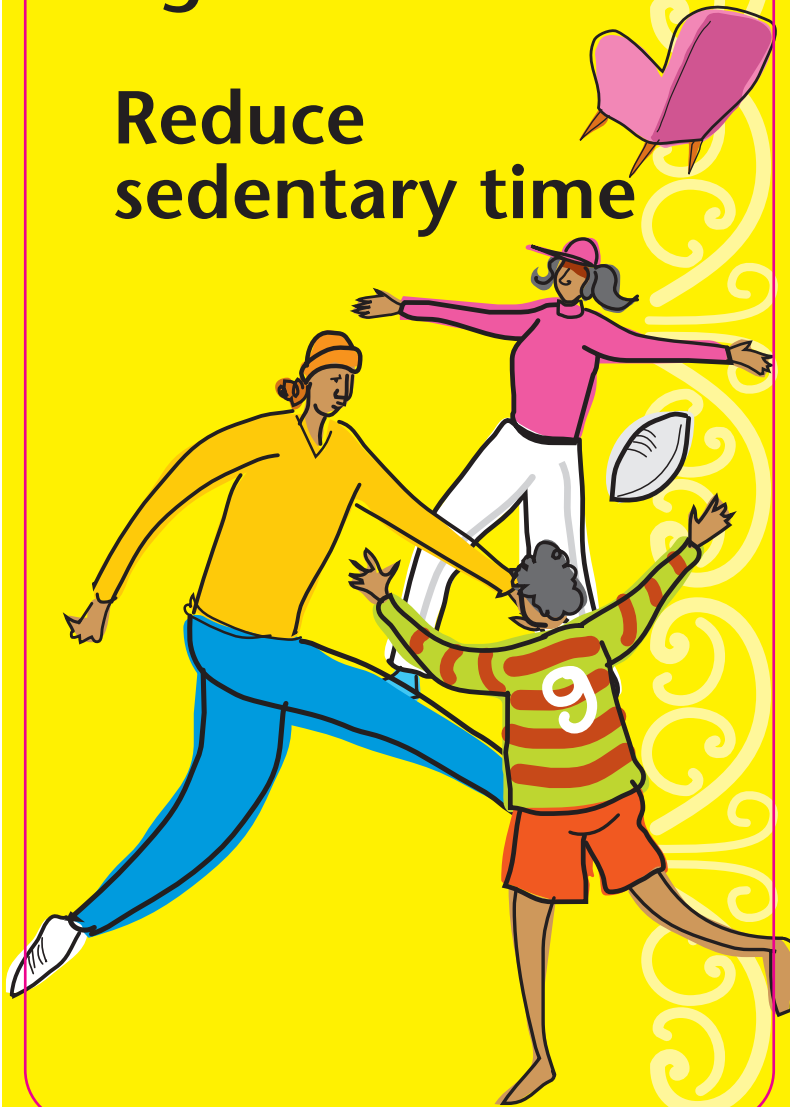




Mauriora-
Diabetes Prevention

**Kia iti iho te
noho noa iho i
ngā wā whakata**

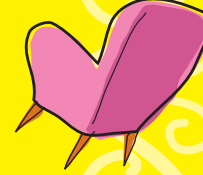
**Reduce
sedentary time**





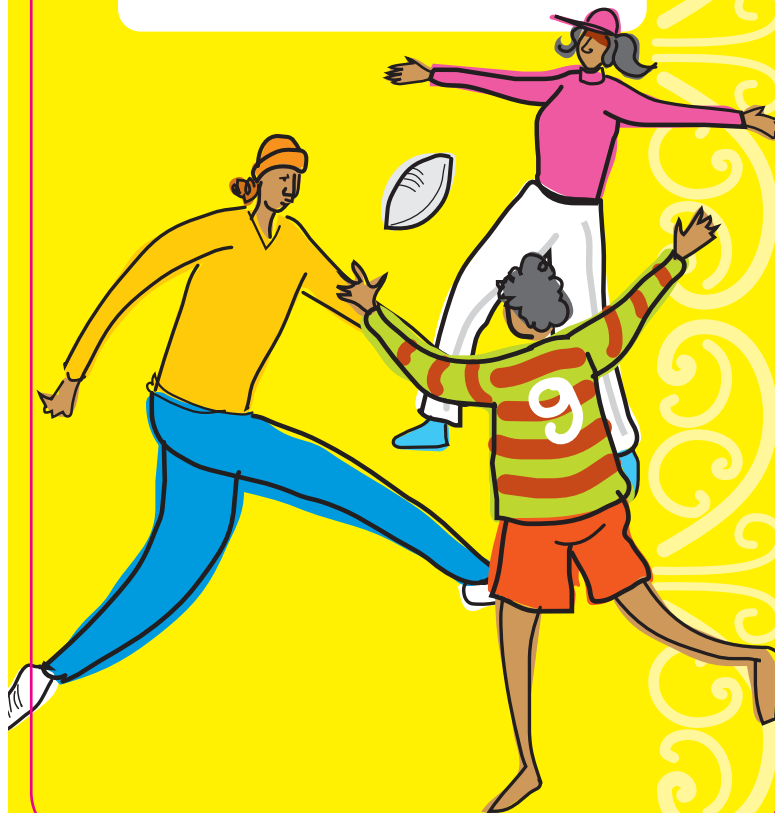
Mauriora - Diabetes Prevention
Whakaitia ngā wā - "Tama noho, tama mate"!

Tips...



- Take regular movement breaks from sitting
- Reduce the time you spend TV watching/computing
- Play outside with your whanau.

Own Tips...

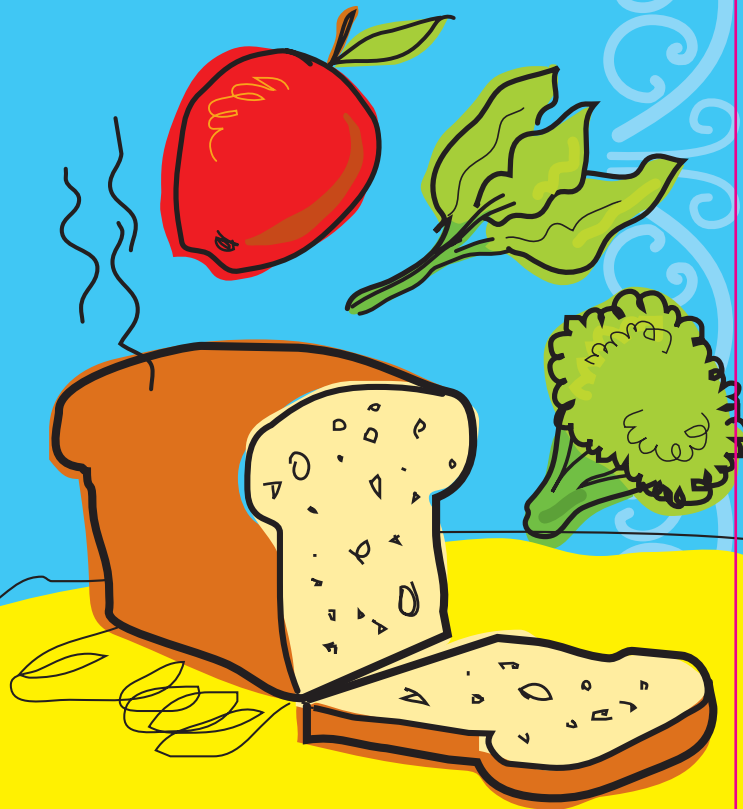




Mauriora-
Diabetes Prevention

**Kia kaha ake te
kai kaka tipu**

Eat more fibre





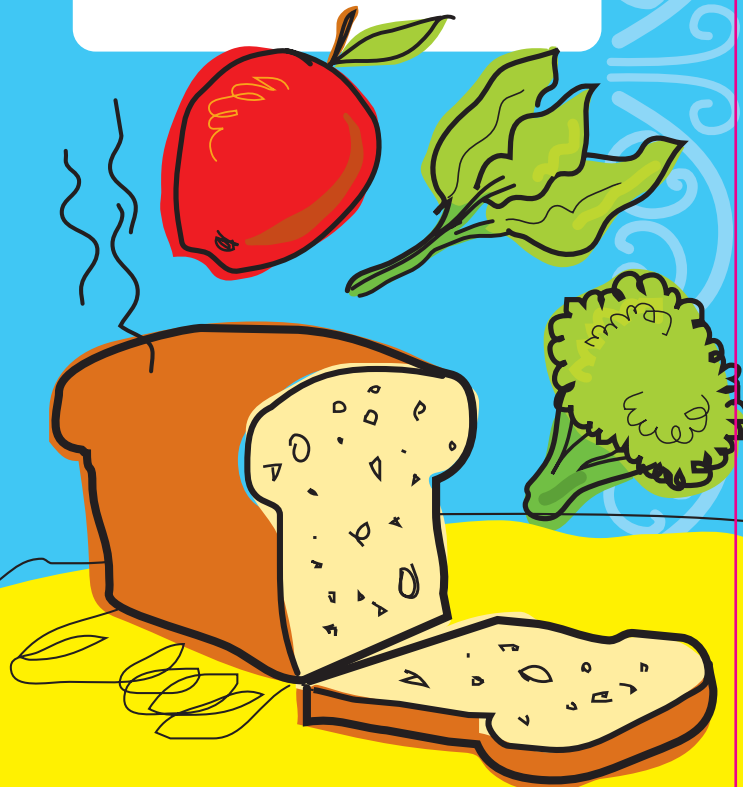
Mauriora - Diabetes Prevention

Kia rite ki te taura here orange! Kaingia, ake, nga momo kai ka here ana i te orange ki roto i a koe!

Tips...

- Switch to wholegrain breads
- Eat 5+ fruit/vegetables per day
- Check the labels for fibre content
- Beans and peas are good fibre sources

Own Tips...





Mauriora-
Diabetes Prevention

**Āta whakaarohia
te rahi o te kai**

**Watch the portion
size**





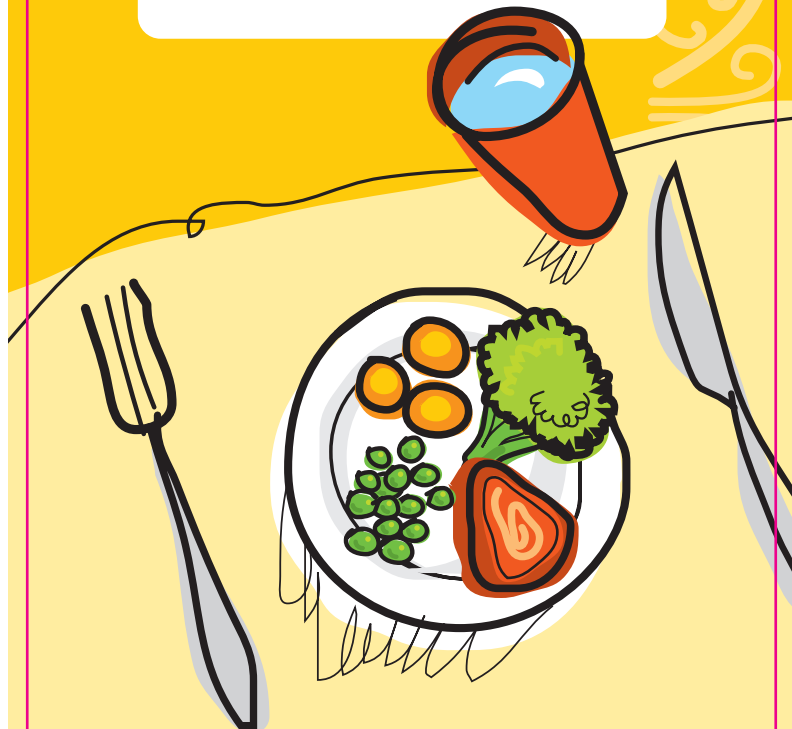
Mauriora - Diabetes Prevention

Ko te kore horomia kai Te kai parekareka o te ao!

Tips...

- Use a smaller plate or cup
- Meat portion size of palm of hand
- Chew slowly
- Wait before going for seconds.

Own Tips...





Mauriora-
Diabetes Prevention

**Kia iti iho te kai
huka**

**Eat less sugar =
decrease simple
sugars**





Mauriora - Diabetes Prevention

Huka nui - huka māuiui!
huka iti - huka āwhina

Tips...

- Choose water instead of sugary/fizzy drinks
- Eat less biscuits, cakes and lollies
- Use less sugar in tea and coffee
- Check the labels for sugar content. Look for less than 10g per 100g.

Own Tips...





Mauriora-
Diabetes Prevention

**Kia kaha ake te
kori tinana ia rā**

**Increase daily
exercise and
include intense
exercise**





Mauriora - Diabetes Prevention

Kia piki te kaha, ia rā, ia rā!

Tips...

- Walk quickly to make your heart beat faster and breathe harder
- Dance while doing the dishes
- Climb stairs and hills.

Own Tips...





Mauriora-
Diabetes Prevention

**Kia iti iho te
wāhanga kai
ngako, arā, te kai
motū, te kai
hinuhinu hoki**

**Eat less fat =
decrease fat
intake**





Mauriora - Diabetes Prevention
Kotia te MOTŪ o te mīti: kia tū MOTUhake koe

Tips...

- Use low-fat cooking methods
- Cut the fat off meat before cooking
- Use trim milk
- Check the labels for fat - less than 10g per 100g
- Use less margarine and butter
- Grill, bake or steam your food. Don't deep fry.

Own Tips...

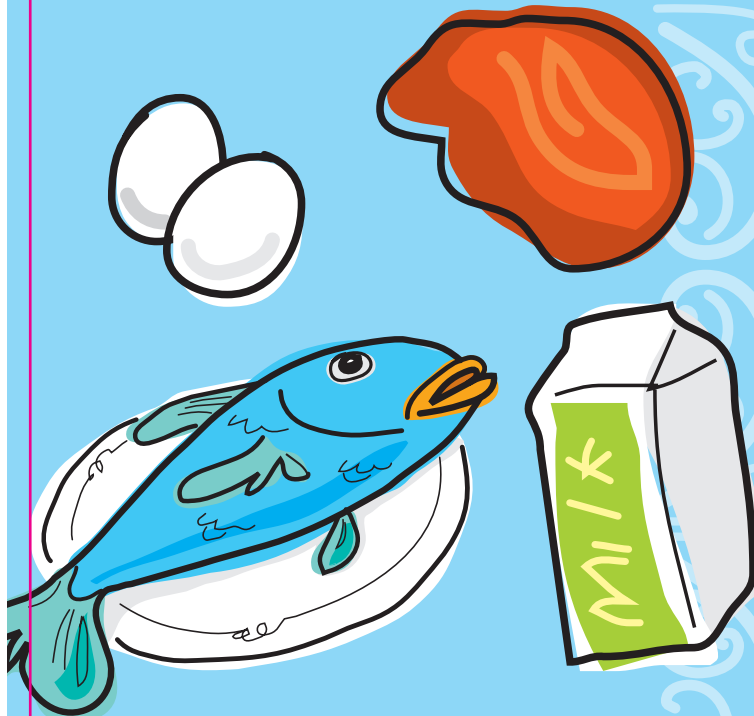




Mauriora-
Diabetes Prevention

**Kaingia ngā
tūmomo kai, ki
pai ki te pūmua**

**Choose greater
variety of protein
containing foods**



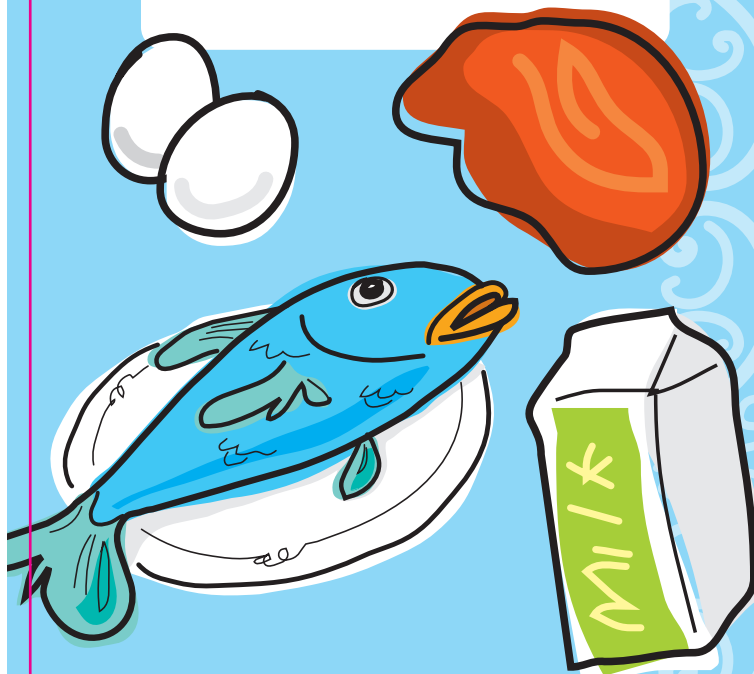


Mauriora - Diabetes Prevention
PŪMAUhia, ake, ngā momo kai PŪMUA, hei
oranga ake!

Tips...

- Choose lean meat or chicken
- Trim milk is a good source of protein
- Canned fish in spring water is a good choice
- Learn some recipes using lentils and beans
- Poached/boiled eggs are a good choice

Own Tips...

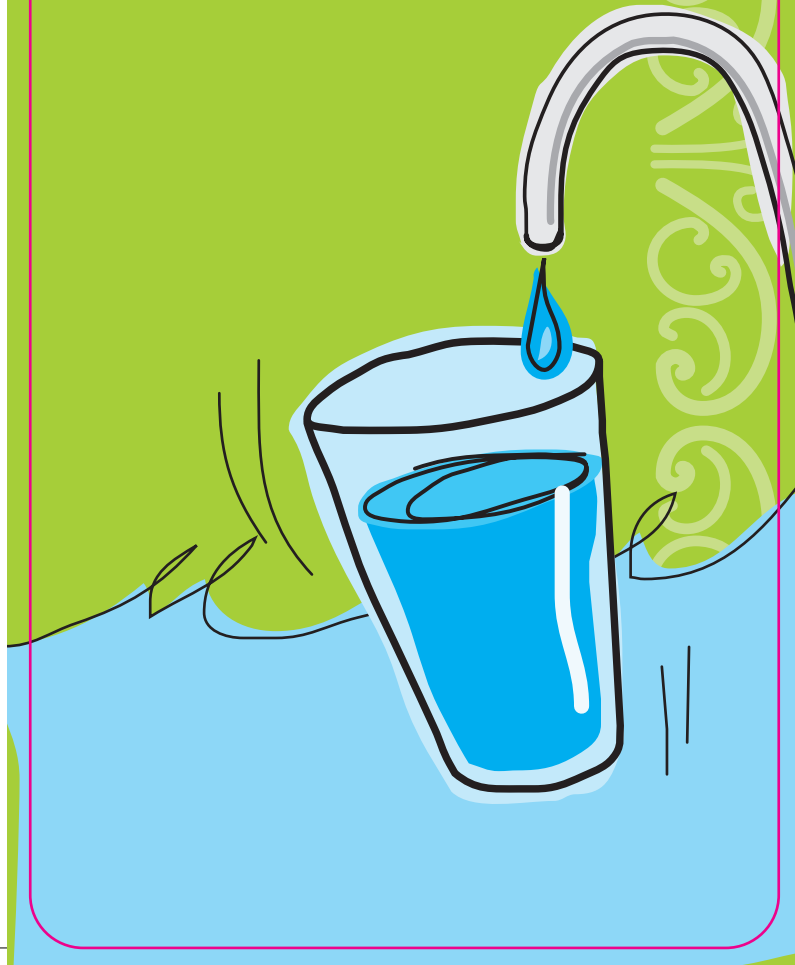




Mauriora-
Diabetes Prevention

**Kia kaha te unu
wai māori**

**Drink water -
drink more water**





Mauriora - Diabetes Prevention
Wai māori, wai ora! Tihei mauriora

Tips...

- Wai maori, the spring of life
- Drink water when thirsty
- Choose water instead of sugary/fizzy drinks and fruit juice.

Own Tips...



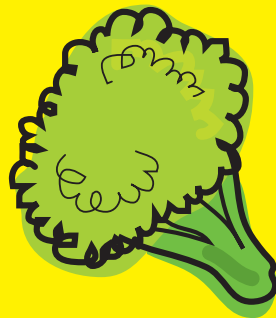


Mauriora-
Diabetes Prevention

**Kaingia ngā kai
hua whenua, hua
rākau. Kia 5 rahi
ake ia rā**

**Increase fruit
and vegetables**

**Minimum 5+ fruit and veges
per day**





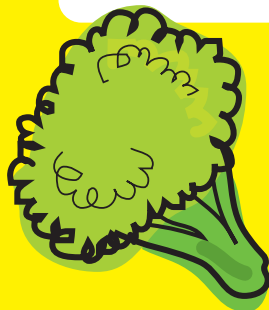
Mauriora - Diabetes Prevention

Huakina ake te tatau ki ngā momo hua rakau
Hua whenua, ia rā, ia rā.

Tips...

- Eat 5 + fruit/veg each day
- Canned and frozen veges are ka pai
- Grow your own vegetables
- Check out local co-ops
- Eat different coloured fruit and vegetables.

Own Tips...





Mauriora-
Diabetes Prevention

**Kōwhirihiā kia
kaha ake**

**Choose to be
strong**





Mauriora - Diabetes Prevention
Kia rite ki te kauri. Tū kaha, tū māro!

Tips...

- Make home made equipment for lifting
- Create a home made strength circuit
- Piggy back your children to gain strength
- Check out community options eg. gym.

Own Tips...





Mauriora-
Diabetes Prevention

**Kia kaha ake te
korikori, kia maha
ake ngā upane**

**Move more,
Add more steps**





Mauriora - Diabetes Prevention

Kia piki te taha hikoi haere! A hupane, kaupane whiti te rā!

Tips...

- Wear a pedometer to measure steps
- Join a walking group
- Park your car further away
- Use stairs instead of the lift
- Walk your children to school.

Own Tips...





Mauriora-
Diabetes Prevention

Korikori tinana ia rā

Look for ways to be active everyday





Mauriora - Diabetes Prevention
Tama tū, tama ora, ia rā, ia rā!

Tips...

- Try water activities
- Dance while doing your housework
- Get the cobwebs off the bike
- Try a new sport
- Take the whanau for a bush walk.

Own Tips...

