

Swap

big meals for small meals

It's healthier to have smaller portions, which is very simple.

Eating large portions often means you're eating more than you need.

Feast days are important, but be mindful of your serving size.



🌸 Try serving food on smaller plates.



Swap

fatty meats for lean meats

Swap fried chicken for roast chicken.

Swap mutton flaps (mamoe) for lean lamb chops.

Swap turkey tails (si'u si'u pipi) for lean chicken thighs.

Swap pisupo and povi masima for a small portion of corned silverside.

🌸 Trim the visible fat from meat before cooking. Avoid adding salt.

Swap

heavy for light

Choose reduced-fat varieties of coconut milk, coconut cream and mayonnaise.

If you've only got regular coconut cream, add water to it.

Cooking with olive or canola oil is the best choice. Try not to use too much.

Include more vegetables in your meals. A healthy option is adding frozen veggies to your sapaui or curry.



🌸 When shopping, look out for 'lite', 'low fat', 'reduced fat' or 'diet' varieties of your favourite products.



Swap

fizzy drinks for water

Water is the best choice of drink. It's free and the healthiest drink for you.

Reduced-fat milk is good for your bones and teeth and a good choice too.

Save fizzy drink for special occasions and aim to have only one small glass.



 Re-use water bottles and refill and store in the fridge for a cool drink when you need it.

Eating a healthy diet and keeping active are important for good health. Eating well and exercising regularly can reduce the risk of chronic diseases like type II diabetes or heart disease.

For more information, please contact



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Samoan Swap It, Don't Stop It Project

