



Ready Reckoner of Healthy Samoan 'Swaps'

The Soifua Maloloina recipes provide healthy alternatives to popular Samoan meals. The recipes use leaner cuts of meat, more vegetables, less salt and are based on healthy portions.



Soifua Maloloina Corned Silverside

1 serve ≈ 505g

	Per serve	Per 100g
Energy (kJ)	1940	384
Protein (g)	61	12
Fat (g)	13	2
Carbohydrate (g)	22	4
Sodium (mg)	3126	619

*Foodworks: calculated from recipe

Total recipe weight = 3540g, serves 6-8 persons



Povi Masima (corned beef)

Po-vee mass-ee-ma

1 cup, diced ≈ 135g

	Per cup	Per 100g
Energy (kJ)	1756	1301
Protein (g)	35	26
Fat (g)	32	23
Carbohydrate (g)	0	0
Sodium (mg)	1112	824

*PIFCT: beef, brisket, lean and fat, corned, boiled (p.54)



Pisupo (canned corned beef)

Pea-soo-poh

1 medium tin = 453g, 1 serve = 90g

	Per serve	Per 100g
Energy (kJ)	1035	1150
Protein (g)	20.8	23.1
Fat (g)	18.4	20.4
Carbohydrate (g)	0	0
Sodium (mg)	740	820

*Pacific Corned Beef: nutrition information panel



Soifua Maloloina Chicken Curry

1 serve ≈ 320g

	Per serve	Per 100g
Energy (kJ)	1546	483
Protein (g)	20	6
Fat (g)	25	8
Carbohydrate (g)	11	4
Sodium (mg)	330	103

*Foodworks: calculated from recipe
Total recipe weight = 2250g, serves 6-8 persons



Kale (curry)

Kah-leh

1 cup ≈ 240g

	Per cup	Per 100g
Energy (kJ)	2014	839
Protein (g)	24	10
Fat (g)	41	17
Carbohydrate (g)	5	2
Sodium (mg)	1488	620

*PIFCT: curry, chicken, without bones (p.77)



Soifua Maloloina Sapasui

1 serve ≈ 270g

	Per serve	Per 100g
Energy (kJ)	985	365
Protein (g)	24	9
Fat (g)	5	2
Carbohydrate (g)	19	7
Sodium (mg)	578	214

*Foodworks: calculated from recipe
Total recipe weight = 1610g, serves 6 persons



Sapasui (chop-suey)

Sup-soo-ee

1 cup ≈ 230g

	Per cup	Per 100g
Energy (kJ)	2436	1059
Protein (g)	44	19
Fat (g)	35	15
Carbohydrate (g)	22	10
Sodium (mg)	2550	1109

* FoodWorks: calculated from recipe



Soifua Maloloina Potato Salad

1 serve ≈ 280g

	Per serve	Per 100g
Energy (kJ)	735	262
Protein (g)	7	2
Fat (g)	1	neg
Carbohydrate (g)	32	11
Sodium	45	16

*Foodworks: calculated from recipe

Total recipe weight = 1950g, serves 6-8 persons



Salaki pateta (potato salad)

Sah-lah-kee paa-tet-aa

1 cup ≈ 260g

	Per cup	Per 100g
Energy (kJ)	1932	743
Protein (g)	5	2
Fat (g)	37	14
Carbohydrate (g)	24	9
Sodium (mg)	240	92

* FoodWorks: calculated from recipe



Soifua Maloloina Banana Coconut

Rice Pudding

1 serve ≈ 215g

	Per serve	Per 100g
Energy (kJ)	934	434
Protein (g)	10	5
Fat (g)	2	1
Carbohydrate (g)	40	19
Sodium (mg)	110	51

*Foodworks: calculated from recipe

Total recipe weight = 1515g, serves 6-8 persons



Vaisalo (Samoan coconut tapioca porridge)

Vy-saa-llo

1 cup ≈ 260g

	Per cup	Per 100g
Energy (kJ)	2842	1093
Protein (g)	4	2
Fat (g)	47	18
Carbohydrate (g)	61	23
Sodium (mg)	34	13

* FoodWorks: calculated from recipe



PIFCT = FAO. (2004). Pacific Island Food Composition Tables (2nd Edition), <http://www.fao.org/docrep/007/y5432e/y5432e00.HTM>

All figures are approximate guides only.

This resource has been produced by the Access and Capacity-building Team, Metro South Health and QUT Nutrition and Dietetics students. For further information please email us at: A&CBT@health.qld.gov.au.

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