



TA'IALA O MEA'AI MO PEPE MA TAMAITI SAMOA



**6 masina
i le 2 tausaga**

AISEA E TAUA AI LE 'AI LELEI?

E mana'omia le malosi atoatoa o lau pepe e ala i le fesuisuia'i o ana mea'ai aua lona tuputupu a'e ma le atina'eina o fa'avae o lona ola maloloina.

“

E lagona le so'otaga i tuaā pe a fafaga la'u pepe i mea'ai Samoa sa masani ai. Oute iloa ose auala e fa'asafua atu ai lo tatou malosiaga i auga tupulaga fai mai.



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O LE A LE MATUA E TATAU ONA FAFAGA AI PEPE I MEA'AI?

E le mafai e le pepe 6 masina ona fa'alagolago tasi i le suasusu o le tinā po'o le fagususu mo lona tuputupu a'e ma lona ola maloloina. O le ala lea e tatau ai ona fafaga i mea'ai malō fa'atasi ma le suasusu o le tinā po'o le apasusu.

O le a vaaia i lau pepe suiga nei:



O le a mafai ona ia taofi lona ulu ma nofo lava ia e aunoa ma se fesoasoani



O le a tatala lava e ia lona gutu pe a tu'u atu le mea'ai



Ua mafai ona taofi mea'ai i lona gutu ma folo i totonu

Aua ne'i aveina mea'ai i lau pepe ae le'i atoa le 6 masina. Ona e le'i malosi lona gutu ma lona manava e fa'amalu le mea'ai.

FA'AILOILO O LE FIA'AI MA LE MA'ONA

E iloa lava e lau pepe le tele o le mea'ai e fetau ma lona tino, aua lona tupu a'e ma maua ai le enisini e fa'aoga i lona a'oa'oina fa'apea ta'aloga e fiafia i ai. E tatau ona talitonuina e matua pepe ma usita'i i fa'ailoilo fa'aalia o lona fia'ai ma le ma'ona.

Nisi o fa'ailo e iloa ai ua fia ai la'u pepe:



- Matala mai lona gutu e talia mea'ai
- Fa'alagolago atu i lou susu ma tusi lona lima i mea'ai
- Ua minoi solo ma foliga popole
- Tagi (tatau ona fa'ana, ona fafaga ai lea)

Fa'ailo e iloa ai ua maona la'u pepe:



- Ua musu ma ua susu lemu, ma fa'amamulu lona gutu mai le mata susu
- Ua una'i ese le ipu meaaai, pe liliu ese lona ulu
- Ua tapuni lona gutu ma pipisi mai i fafo mea'ai
- Ua tilotilo solo i mea o tutupu i ona tafatafa

O A MEA'AI E TATAU ONA FAFAGA AI LA'U PEPE?

E tofu lava le ituaiga mea'ai ma lana galuega i totonu o le tino, o le ala lea e taua ai le fafaga o pepe i mea'ai eseese, ona o lo'o vave lo latou tuputupu a'e.

Nisi o mea'ai tatau mo lau pepe mai le vaega o ta'ua i lalo:

Soifua maloloina ma puipuiga

O mea'ai fou, tu'u aisa, tu'u apa fuala'au aina tu'u apa ma fuala'au ma fuala'au taumafamata e maua ai le vaiamini ma le minerale ina ia malosi ai le puipuiga fa'alenuma o le tino, ia 'ai foi i fuala'au aina ina ia masani ai pepe i lona tofo.



Mea'ai fa'atupu tino

O fasipovi, i'a ma mea'ai e fai mai i le susu, e maua ai le porotini, minerale, u'amea (iron) ma le kalisimi (calcium) mo le tino ma malolosi ai ponaivi.



Mea'ai e maua ai le enisini (energy)

O le falaoa, araisa, ma mea'ai Samoa taumafamata e maua ai le maso'a mo le ola maloloina, ta'alo ma lona a'oa'oina.



AMATA I MEA'AI MALO

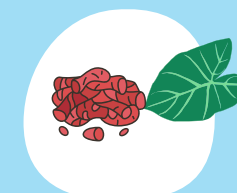
Mo le puipua o lau pepe, faata'ita'i i le fa'aogaina o le sipuni ma mea'ai palu fa'avaivai. Amata i le fa'atasi ona fafaga i le aso, pe a uma ona fa'asusu ia te oe po'o le fagususu.



You can introduce any food that the family is eating, as long as it has **no added sugar and salt**



There's no need to try just one food at a time, unless it's a main **allergy** causing food (see allergies page 14)



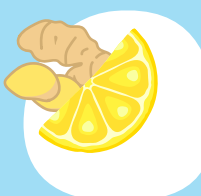
Baby's iron stores from mum are getting low, so offer **high iron foods** like beef, fish and well cooked taro leaves



You can start offering water as a drink so baby can start practising drinking from an **open cup**



Don't have a blender? Just **push the food through a sieve** with the back of a spoon



Baby's food **doesn't need to be bland!** Add flavour like curry powder, spices and lemon

ISI O MEA'AI FA'ATUPU MANATU:



Fasi moa ua fa'amalu fasi puaa fa'amalu fa'atasi ma spinach fa'atasi ma kaloki ma ma talo



Fasi puaa fa'amalu fa'atasi ma spinach fa'atasi ma kaloki ma ma talo mauken

6 I LE 8 MASINA

A uma loa le 1-2 vaiaso o meaai palu, ona amata loa lea i mea'ai vaivai ma patupatu e fesoasoani ma fa'amasani ai i le lamuina o ana mea'ai.

Fa'aaauau pea ona fa'susu ia te oe, po'o le fagususu a'o le'i aveina iai mea'ai.

Ua tatau ona amata fafaga fa'alua i le aso, a ia fuafua i le fia'ai o lau pepe.

Fa'aaauau ona ave i ai mea'ai eseese ua uma ona palu fa'avaivai.

Fa'ata'ita'i ona fafaga i mea'ai fa'avela ma mea'ai ua palu, atoa ma mea'ai ua ave'ese pa'u ma fatu ona ave lea i ai na te u'uina ma'ai.

Ia mautinoa ua vaivai le mea'ai, ona oomi lea i le va o lou lima matua ma lou lima tusi.

Moa ua palu ma lau talo ma se fa'i vela



O le i'a palu fa'avaivai ma pi ma maukeni



8-10 MASINA

Ua tatau loa ona fafaga muamua i mea'ai, ona fa'atoa fa'asusu lea, pe ave i ai le fagususu e fa'aopopo i lana mea'ai.

Taumafai e fa'atumu le sipuni i mea'ai, ona tu'u lea i le pepe ina ia taumafai ai lava ia e'ai.

A e masani loa i taimi'ai o pepe, ona amata loa lea ona fafaga fa'atolu i le aso.



Fa'alaiti mea'ai ma fafaga fa'asolosolo i mea'ai laiti tau malō ina ia a'oa'o ina ai pepe e fa'aoga lona lima matua ma le lima tusi e u'u ai mea'ai.



Ua tatau ona amata i mea'ai palu ma mea'ai tipitipi fa'alaiti.



10-12 MASINA

Fa'aaauau ona ave i ai mea'ai eseese nate iloa ai le eseese o le tofo o mea'ai o lo'o aai ai le aiga. Fa'aa'oa'o ona tipitipi fa'alaiti mea'ai ma tu'u i ai.

Manatua e vavae ese le mea'ai a pepe ae le'i tu'uina i ai le masima, soi sosi po'o le suka.

O le matua lea ua amata ona ia matauina ma iloa mea, ua tatau ona tu'u i ai le sipuni a tamaiti, e fa'aa'oao ai lana 'ai.



Supo mea'ai sami ma lau kapisi ma le talo.



12 MASINA AGA'I I LUGA

E lelei ona amata a'ai fa'atasi le tamaititi ma lona aiga i le mea'ai e tasi, ina ua atoa lona 12 masina. Tautuana ia laititi le suka ma le masima i mea'ai a tamait.

Ua mafai nei ona ave i ai le susu povi e inu. E leai se ala o le a sui ai le susu e fa'ainu ai pepe pe afai o loo fa'aoga le susu pauta.

Afai o loo susu lau pepe ia te oe, e tatau ona fa'aaauau seia oo atu i le 2 tausaga pe sili atu foi.

E faigofie atu i le tamaititi ona lagona le maona pe a inu mai le ipu, nai lo'o le fagu. Fa'aaoga se ipu e fa'ainu ai.

Fa'aititia le susu povi i le 350mls i le aso, ne'i tumu lona manava i le susu. Fa'atoa fa'asusu pe a uma ona 'ai, pe ave foi i ai le susu i le ogatotono o lana 'aiga.

Fa'aopopo i ana 'aiga e 3 ni mea'ai mama, ia fa'alua pe fa'atolu i le aso ona fafaga. E fuafua lava e oe i le fia'ai o lau tama. Fafaga i mea'ai mama, pe 2 ni ituaiga mea'ai eseese ina ia tumau lona maona.



SAOGALEMU O MEA'AI MO PEPE MA FANAU LAITI

E telē le a'afiaga o pepe i mea'ai e ono onā ai ona o le ma'ale'ale o latou manava ma puipuiga fa'anatura o le tino. Ia mulimulita'ia ta'iala mai aso o lou ma'itaga. Tumama, fa'avela ma fa'amalulu.

Mamā



Fufulu mama lima, Fualaa tau matamata, ma fualaa aina fa'apea mea fai mea'ai ma umukuka.

Fa'avela



Fa'avela a'ano o manu fasi ma fuamoa, (fa'ama'alili lelei a'o le'i fafagaina pepe) Aua ne'i fa'avevelaina fa'alua ni mea'ai totoe.

Malulu



Tu'u toe mea'ai i le pusa aisa ma ia fa'aaoga mea'ai totoe i totonu o le lua aso.

E tele se a'afiaga o pepe pe a fafaga i mea'ai nei:



Mo le puipuia o pepe mai le ona i mea'ai aua ne'i.

Fafagaina i le meli



Aua ne'i fafagaina ise.

Oka i'a po'o figota fai atigi



O mea'ai nei e tatau ona fa'avela, mo lau pepe.

Fa'avela lelei fuamoa

Fa'apuna lelei berries safulisa

O A MEA'AI E LĒ TATAU ONA FAFAGA AI LA'U PEPE?

Fa'atali se'i atoa le lua tausaga o lau pepe ona ave lea iai o meaai fa'asuka ma fa'amasima. O le auala lea e puipuia ai o latou nifo ma fatu ga'o. E lelei foi ae fa'amasani lau pepe i le tofo o mea'ai fa'ale natura.



Aua ne'i aveina se suka i mea'ai po'o susu a pepe, pe ave foi i ai ni aisa kulimi, lole po'o sukalati.



Aua ne'i aveina masima, soi sosi, pepa, pauta fa'amanogi mea'ai, mea'ai vevela ma fasi pateta e fafaga ai pepe.



Aua ne'i aveina i ai ni meainu suamalie, e pei o sua o moli, vai a'ava ma isi vai suamalie.

Fa'amata e lelei mea'ai mai faleoloa mo pepe?

O le tele o mea'ai i faleoloa, e maualuga ai le suka ma le masima. E tatau ona filifili mea'ai e maualalo le suka ma le masima. Silasila ma faitau lelei tai'ala o mea'ai.

Fa'amasani lau pepe i tofo eseese ma a'oa'o'ina i le eseese o mea'ai, a maona pepe ona teu lea o mea'ai i pepa i'ila mo le saogalemu. E lelei ona fafaga pepe ise sipuni, ina ia maua ai lona poto masani a'o tuputupu a'e, ma fa'amasani atili ai i mea'ai.

PUIPUIA MAI I MEA'AI E A'AFIA AI PEPE (ALLERGY)

E i ai mea'ai e a'afia ai le tino o pepe pe 'ai. E mafai ona faaitiitia nei ituaiga aafiaga pe a faataitai ona fafaga i mea'ai e aafia ai a'o le'i atoa le tasi o lona tausaga.

Amata ona ave i ai se mea'ai se tasi e ono a'afia ai le tino, fai ma vaai pe iai se suiga mai le meaai. A leai se suiga, ona ave lea iai fa'alua i le vaiaso.

Aua ne'i taofia le aveina i pepe o mea'ai e ono maua ai i le mumū mageso po'o nisi a'afiaga o latou tino (allergy). Aua ne'i taofia le fa'ata'ita'i o pepe i mea'ai e oso ai allergy tusa lava pe i ai nisi o lau fanau o loo i ai allergies, ina ia aua ai ne'i maua pepe i nei auga.

Metotia mo le fafagaina i mea'ai e ono afaina (allergy) ai le tino i totonu o le 6 masina.



Ave iai se pata pinati (peanut butter) i meaai



Fuamoa fa'avela lelei



Suasusu povi e fa'aaogaina i le gaosiaina o mea'ai. Sisi po'o le ioka (yoghurt).



Ave iai le sekati (almond) po'o le manisi (cashew) po'o le palugā lama (paste)



I'a fa'avela



Falaoa saito, (wheat), (pasta), saimini, falaoa ma pa'agugu



Soia: mai le soi ma falaoa lise (linseed) po'o le tofu



Fa'afefiloi le fatu sesame po'o le ga'o sesame I totonu o meaai a pepe

Foliga o auga pe a a'afia; ma lau gaioiga e tatau ona fai

A fulafula laugutu o lau pepe, foliga, autafa o mata po'o le pata o le tino, fa'atalatalanoa loa lau fomai.

A vaaia se fa'aletonu, oso le sela, tau manavanava, fulafula, sesea pe fula le fa'aii, valaau loa le ta'avale a le falemai.

POLOKA O LE ALA'EA PE LAOA

O pepe ma tamaiti laiti e a'afia so'o i le laoa ona e vaiti o latou ala ea ma o lo'o fa'aa'oa'o ona 'ai ma folo ana mea'ai.

Taumfai e fa'anofu lau pepe i lalo ma vaai lelei pe a 'ai pe inu.

O le a le poloka o le ala'ea?

O le tau laoa pe faigata ona ai e le'o se mea fou. O se masani na fanau mai ma pepe e puipua ai i latou mai le laoa. O fa'ailoga vaaia o le poloka ole ala'ea pe tau laoa:

- **Tagi pe vaia mata**
- **Fa'afafau, tu'u feanu pe tale - e mumu foliga**
- **Fa'asuati**

Aua le popole vale. Tu'u pea le avanoa i lau pepe e taumafai ai lava ia e aumai i fafo mea'ai, aua a tatou fesoasoani i ai, e mafai ona fai ma ala e le gata ina poloka le ala'ea, ae o le a laoa ai loa.



MANATUA:
"A leotele ma
mumu, ta'atia
pea ia te ia"

O le a le laoa?

O le laoa ose mea masani ai ma e fa'aono lamatia ai le ola. E mafua pe a mau mea'ai i le ala ea ma ua le mafai e le tamaititi ona manava ma ua leai se leo.

Foliga vaaia ole laoa:

- **Ua filemu ma nofo sa'o**
- **Ua lanu moana foliga**



MANATUA:
"A filemu ma
lanu moana, ua
mana'omia lau
fesoasosani"

**A manaomia vave le fesoasoani ona matamata lea o le ata pu'upu'u lea, ete iloa ai le gaoiga e fai pe a laoa lau pepe:
First Aid for Infant Choking youtu.be/lv_xJldarp0?si=4-r7WRTqOmQOZxMx**

TA'IALA MO LE FA'AITITIA O MEA'AI

Mea'ai laiti lapotopoto

Ave ese fatu ona tipitipi fa'alaiti leav, e.g.



Tipi fa'akuata fua o vine ma fua o berries ma ia fa'avela lelei



Pi fa'avela ma fa'amaluina



Tamato laiti ua tipitipi



Meleni e leai ni fatu

Mea'ai e mafai ona lomi

Tipitipi fa'anini'i, fua i le atigilima o le tamaititi, f.g.



A'ano o manu fasi ua uma ona fa'avela



Sosisi

Mea'ai manoa (Stringy foods)

Fofu'e pa'u ma tipitipi nini'i ona alava, e.g.



Seleli ma le fala pula



Lau kاپisi siliva ma kاپisi saina

Small hard foods

Grate, thinly slice or cook them, e.g.



Thinly sliced apple



Grated carrot



Cooked celery

TULAGA LAMATIA PE A LAOA

Aano, pa'u ma ponaivi o manu fasi

Remove skin or finely chop, remove bones, e.g.



Fasi moa



I'a

Fuala'au taumafamata ma le pa'u

Grate, thinly slice or cook & cut into strips, e.g.



Palamu, apu ma pea



Tomato

Lau laau ata leaves

Finely chop, e.g.



Latisi male sipininasi

Paluga mafiafia (Thick pastes)

Spread a thin, even layer, e.g.



Pata pinati/pati nati a nat

Aua ne'i aveina i ai meaai ia ona e ono laoa ai:



Nati atoale nuts



Fatu lapopo'a



Chippies



Masi alaisa malō



Popuko ni



Fualaau aina mamago



Lole



Marshmallow

FA'AA'OA'O ONA 'AI

E manaomia e pepe ma tamaiti laiti le fa'amasani i le tofo, e pei o le o'ona o fuala'au aina, ma fa'amasani ona auai pe a aai le aiga atoa.

E aoga le fafaga o pepe i vai'aiga ina ia iloa ai e ia faalogoga o lona tino ma maua ai le poto masani e 'ai ana mea'ai.

A'oa'o ma faamalosi i lau pepe ina ia 'ai lava ia. Fa'ata'itaiga, tu'u mea'ai i luga o le sipuni ina ia mafai e pepe ona tago i ai ma 'ai.

E a'oa'oina pepe mai ona fa'aloga ma ona mafatiaga. Aua ne'i aveina i ai se mea'ai e fai ma tau'i o lona taumafai, pe fa'afiafia ai lona loto.



Aiga ale tagata matua



Child serve

FESOASOANI PE A FILIFILI MEA'AI



Tausisi i taimi masani o meaai

E fesoasoani i lau pepe e osofia ai le fia ai.



Mea'ai a le aiga

Afai e musu e ai, ona fai lea o seisi mea'ai. E mafai ona e fai ia pepe; "Pau lena ole tatou meaai mo lenei po"



Tu'u fa'atasi mea'ai masani ma mea'ai fou

Pe afai e le fiafia i se mea'ai fou. E maua ai sona fiafia mai fafaga i le masani i aso uma.



A'ai ma lau pepe

Aai fa'atasi male aiga e fa'amalosi'au ai i lau pepe.



Meaai suamalie

Ave iai ni mea'ai suamalie ma mea'ai o'ona e fa'amasani aai i le tofo o mea'ai.



Fa'amasani i feau e fai

O le fa'amasani o lau tama i mea'ai e fesoasoani mo ia.

Faitau i ai ni tusi, ave i fa'atauga ma fa'avaai pe a e kuka.

Tu'u iai e sailiili ma maua ai lou fesoasoani.

FA'ASUSUINA O PEPE

E tatau ona fa'asusu pepe i le suasusu o lona tinā seia aulia le 6 masina. O le suasusu o tinā e maua ai minerale e manaomia e pepe ina ia maloloina lona ola tuputupu a'e.

E maua ai le mea'ai lelei ma faigofie mo lau pepe. O le a fesoasoani ina ia malosi le ola fa'anatura ma lona tino, atoa ma suiga o mea nate manaomia.

E manaomia e lau pepe le suasusu o tinā po'o le suasusu pauta mai le 6-12 masina pe a amata ona ai. E aogā mo oe ma lau pepe le fa'aaauau ona fa'asusu pea ia te oe, tusa lava pe ua amata fafaga i mea'ai, ma fa'aaauau ai seia atoa lona lua tausaga pe sili atu foi.

Taga'i i le ta'iala mo "Mea'ai ma ta'iala mo le fa'asusuina o pepe Pasefika" mo nisi fa'amatalaga e tatau ona saili fesoasoani.

Mo nisi fa'amatalaga i le fa'asusuina o lau pepe i le susu pauta, asiasi le upega tafa'iagi: healthed.govt.nz/products/feeding-your-baby-infant-formula



FESOASOANI MO OE



The Breastfeeding NZ YouTube channel

Has some great videos on breastfeeding, visit:
youtube.com/@breastfeedingnz



Search for “Mama Aroha” and “BreastFedNZ”

In the Google Play or iPhone App Store for apps with lots of useful information on breastfeeding



My Baby’s Village

A group of community organisations calling on Pacific peoples to rally around parents of newborns. They provide a list of Pacific Well Child providers – visit: mybabysvillage.co.nz



Smart Start

An online tool that helps parents access the right services for their baby such as support for parenting, breastfeeding, anxiety and depression, budgeting and financial help – visit: smartstart.services.govt.nz



Plunketline

Feeding tips from birth to two years – visit: plunket.org.nz/caring-for-your-child/feeding/



Healthy Kids

Fun and free play ideas, low cost family recipes and tips on sleeping – visit: healthykids.org.nz



Healthy Babies Healthy Futures

A free nutrition course for those living in the Auckland and Waitematā region – visit: healthybabies.org.nz



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Te Kāwanatanga o Aotearoa

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Io'o maua lenei alagaoa mai i le health.govt.nz po'o se Auaunaga fa'alotoifale fa'amaonia. May 2024.

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