Hawai'i Dementia Initiative

E ho'i i ka piko

TRADITIONAL NATIVE HAWAIIAN DIET

'AIOLA

E OLA MAU

'AI PONO

PRE-WESTERN CONTACT HAWAIIAN DIET		ADAPTED
carbohydrates: Kalo, 'uala, (sweet potato), 'ulu (breadfruit), hō'i'o (fern), limu (seaweed), uhi (yam), lū'au	78%	**carbohydrates:** taro, rice, potatoes, grains, legumes, vegetables, fruits, seaweed, sugar cane, 'uala, mango, grape, guava
Protein: I'a (fish), pūpū (shells), ula (lobster), pāpa'i (crab), moa (chicken)	12%	**Protein:** Fish, seafood, chicken
Fat: I'a, moa, niu (coconut)	10% or less	**Fat:** Fish, chicken, coconut

Traditionally, most food was eaten raw or steamed.

Benefits of Eating Healthy

- **MANAGE WEIGHT**
- **IMPROVE BLOOD PRESSURE**
- **IMPROVE BLOOD SUGAR LEVELS**

Reduce your risk for

- **HEART DISEASE**
- **DIABETES**
- **ALZHEIMER'S DISEASE**
- **DEMENTIA**

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