ACARBOSE

ak-ar-bose

He aha te mahi?

Whakamahia ai te *acarbose* hei whakamaimoa matehuka mā te whakaiti i te ngongo o ngā huka mai i ngā kai.

I mua i to tīmata

- Me kōrero atu ki tō rata mēnā kei te mate ō tākihi, tō ate, ō whēkau, he raru whakangawheretanga tōu rānei, mēnā rānei i hāparaparatia rānei tō puku inā tata nei.
- Me kōrero atu ki tō rata mēnā kei te hapū koe, kei te whai rānei koe kia hapū koe, kei te whāngaiū rānei.

Me pēhea te kai?

Me kai te *acarbose* e ai ki ngā tohutohu. Ka taea te horomi me tētahi karāhe wai, te ngaungau rānei i te tīmatanga o te kai.

Ka aha mēnā ka wareware i a koe tētahi horopeta te kai?

Me waiho te horopeta i tāhapatia ka haere tonu e ai ki ngā tohutohu. Kaua e kainga ngā horopeta e rua i te wā kotahi, ā, kaua e kainga ngā horopeta i waenga kai.

Ka taea anō e koe ētahi atu rongoā te kai?

Me kōrero atu ki tō kaitaka rongoā, rata rānei mō ngā rongoā katoa, whakamaimoatanga rānei e whiwhi ana koe, tae atu ki ngā huaora, ngā hua otaota, ngā whakapōauau rānei.

He aha ngā hua kino ka rongo pea koe?

Ngā Hua Kino	Tūtohutanga hei whai
Kōpukupuku, mangeo	Me kōrero atu ki tō rata
Patero, mamae puku, pupuhi te puku, mate tikotiko	Me kōrero atu ki tō rata mēnā kei te mamae

Ki te pā mai ētahi atu hua kino, me kōrero atu ki tō rata, kaitaka rongoā rānei.

Ētahi atu mōhiohio:

- Aromatawaitia tō huka toto e ai ki ngā tohutohu a tō mātanga hauora.
- Kaua e whakamahia ngā huka noa o te whare hei whakamaimoa i ngā huka toto pāpaku (he “hypo”) ina kai ana i te *acarbose*. Matapakitia ētahi atu kōwhiringa (hei tauira, ngā pire dextrose) me tō mātanga hauora.
- Whakaitia te kai waipiro i te mea ka whakarerekēhia tō huka toto.