

Taumafaiga o teke-atu ki masaki se pipi (NCDs) mai te laukele ki luga: Fakaoga lau-vesiapolole ke fakalei kae fakatumau te tulaga ote niutilisini I fenua foliki (atolls) ote Pasefika

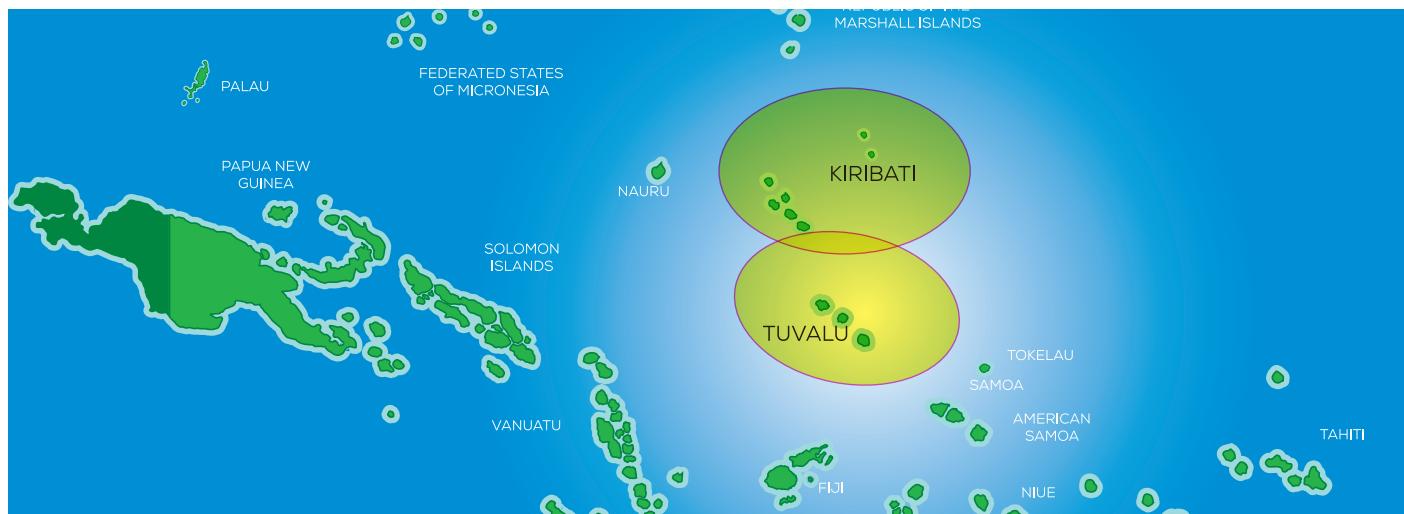
Fakatomuaga

Ko salalau masaki se pisi (NCDs)

Ite 1940 tupu e lasi te fakaaoga o meakai e maluga te enetise, kae malalo te niutilisini pela mo falaoa, suka, laisi, muliteki mo kaokao o mamoe ne tino ote pasefika mo tino uli o Ausitalia, fakatas i kie te timomo ote gasuesue ote foitino koa faite neia te fanake ote putalefe, masaki ote fatu, te suka mo vaega kesekese o kenisa. E tusa mote 70% o tino mate I fenua ote pasefika (PICs) e maafua mai masaki se pisi (NCDs). Mai tafa ote togi mafa o tulaga konaa, te mate o pepe koi tuai o fanau mote fanau o pepe kae se katoatoa, e fakafoliki neia te kiloga kite atiakega ote maumea totino ote fenua. Tulaga fakamataku konei ne seai ite taimi ne ola kae kai ki meakai fakatatou. E isi ne naa'i fenua ite pasefika e pokotia i vaega e 2 o fakalavelave tela kote "double burden". Telaa ko masaki se pisi mote se lava ote niutilisini, pelaa mote maluga te aofaki o tino e timomo te aofaki o niutilieni kote fiti (iron) ite foitino (anemia) i fenua konei PNG, Fiji, Solomon Islands and Tuvalu.

Te polotieki tenei ne fakatupe nete **Australian Centre for International Agricultural Research (ACIAR)** kae fakatomua pelaa 'Te fakaleiga o laukele, fuataga ote tokilakau mote faka-tumauga o meakai i fenua foliki atolls (ACIAR SMCN2014/089), ne faite mai luga ite sukesukega ne fai ite fakaaogaaga o lau o lakau e maluga te niutilisini kae fakaoga ne tino tonu o fakai i Samoa, Solomona, tino uli o Ausitalia ki maatu - Northern Australia (ACIAR PC/2010/063): www.aciar.gov.au/publication/fr2014-15. Te polotieki tenei, e aofia te sukesukega kae tauloto foki a lau takitasi o lakau kae mafai foki o kai pela mene vesiapolo kae ke mafai o fai ne iloilogia kie mai kogakoga kesekese ote laukele pela foki mote fenua. Te sukesukega e fai me pefea te aofaki o minelolo, niutilieni mo carotenoids, e aofia foki beta-carotene (pro-vitamin A). Te fakatokaga tenei ko mafai iei o matemate ate pokotia o lakau mai te enivalomene maise kote kesekese o maumea o vaega laukele mo vaega o lakau e ola I laukele kona. A fuainumela kona e fakaasi a vaega o lakau mo tulaga kesekese ote niutilisini – e fakaasi atu ite factsheet series: www.aciar.gov.au/News2013July

Mata e mafai o fakafoliki te tulaga maluga o masaki se pisi (NCDs), kae fakalei kae fakatumau te tulaga ote niutilisini mo alaga a sene a kaiga takitasi i fenua foliki (atolls) ote Pasefika? Te tali kite fesili, ate polotieki tenei ne kamata ite 2016, te pogai ke fakalausa te tokiiga o lakau kaina e aofia, te fakaaoga o lau o lakau kolaa e maluga ite niutilisini, mafai e fakaoga pelaa mene vesiapolo I fenua foliki o Kiribati mo Tuvalu. Te taumafaiga tenei e soko atu foki kite polotieki ate **International Fund for Agricultural Development (IFAD)'s Outer Islands Food and Water Project**.



Project location: atolls of Kiribati and Tuvalu. The project is implemented by SPC, Suva, Fiji, in conjunction with The University of Tasmania and The University of Adelaide, and funded by ACIAR, Canberra, Australia

Te fakatokaga mo fenua foliki (atolls)

Te polotieki tenei e fakasaga tonu loa mo Kiribati mo Tuvalu, e aoga kae tauga tonu foki mo niisi fenua foliki ote vasa pasfika mote vasa o initia (Indian Ocean).

A laukele o fenua foliki (atolls), ne faite mai kamu mo fatu mai te tai telaa e maluga te kalasiamu (calcium) kae foliki te aofaki ote mekanesiamu (magnesium). E vagavaga tena faitega kae e sei se pela (clay), tela te vai e tafe faeloa I loto ite laukele. Te fakalavelave a taulaa e masani o poko saale I fenua foliki (atolls) ote lalolagi. Te laukele e masima kae maluga tena alkaline (high pH) kae malalo i niutulen (nutrients) pela mo potasiamu (potassium), fiti (iron) mote makenisi (manganese). Te timomo ote fiti (iron) ite lakau e matea ite sega o lau foliki kae se ola lei foki. I tafa iei, e fakatapu te fakaoga o vailakau fakaola lakau pelaa foki mo vaialakau taa manu me mafai o fakamaseigina te vai tutumau I lalo ote laukele.

Konei a tapula e fakaoga ite filiga o lau o lakau kola e mafai o fakaoga pela mene vesiapolo (vegetables): 1) E maluga tena niutulisini, 2) E gali ite kai, 3) E mafai o teke kite alakalini (alkalinity) ote laukele (high soil pH), 4) E mafai o teke kite masima ote laukele pela foki mo taulaa, 5) Faigofie o fakaola pela foki mote kuukaga.

Ite sukesukega tenei ne aofia, te taiga o lau, one mai te laukele mo vaega kaiao kesekese mai Kiribati mo Tuvalu. Ne maua e 11 mai te 12 o lau-vesiapolo koa oti ne maua kae fakatusigina i (factsheets) kae ola I Tarawa ki saute mo Funafuti i fatoaga mo pui o fale, kae masani o fagai ki puaka pela foki te fakagaligali o tafa fale.

Te vaega taua ikonei kote fakalausa te akoakoga e aofia, ko fatoaga I akoga ke faulu iloto o polokalame a akoga, akoakoga maa tino fai fatoaga, vasega a fafine I fenua ote Tuvalu, kae fai foki ne polokalame ite leo o Tuvalu e uiga mote taaua o lau-lakau vesiapolo konei e 12 te aofaki.

Te fakaleiga ote laukele mai kaiao ke mafai o ola lei mote kai ki lakau kaina e maluga te niutulisini i fenua foliki (atolls) ka fua mai kite lei o meakai, te niutulisini mote ola lei sauksatoa. E tau ate tulaga tenei me e mafai o fesoasoani kite fakafolikiga ote tupe e fakamaumau ite aumaiga o meakai mai tua ki loto o Kiribati mo Tuvalu. A fenua konei e lasi te fakanaa ki meakai mai fenua mai tua, telaa e fakatautau kite 65 % o meakai e kai ne latou. Tela la, e taaua ke fakalausa te tokiiga o lakau-kaina, fakaoga o vai-pulaka mo lakau faka-tatou mo niisi o lakau e mafai o fakaoga pela mene laulakau-vesiapolo kote ulukai o fenua foliki (atolls) ke tutumau kae ke mafai foki o agaiatu ki mafulifuliga ote tau.

Te Vaipulaka (Umaga)

E tefea e lei atu, ke toki a lakau penei mote faifaiga masani io me fakaoga a vaipulaka? (Cyrtosperma merkusii, e fakaigoa kite babai i Kiribati kae kote pulaka i Tuvalu). A vaipulaka konei ne keli ki lima ke oko kite levolo ote vai ite laukele, i tausaga e uke ko teka. E uke a vaipulaka ko se fakaoga ite vaitaimi nei, kae nofo fale te taua a sokoga ki tuu mo faifaiga fakatatou pela foki mote taua ote vai mai lalo ote laukele.

Ite fakaleiga ote vaipulaka a 'kangkong' e mafai o fakaola tasi mo pulaka ite vai. Tela te pokotiaga o lakau kaina konei kite fakamasei ate taula e foliki io me seai. A lakau kaina e fakaola ki luga atu i tuutuu pela mese pui ote vaipulaka ko saitani, ofega, lautagitagi mo saketa sega mo fakamalu te laukele. Niisi o lakau kaina e mafai o fakaola ko futi, olesi, pateta mo naai lakau e mafai o fakaoga pela mene lau-vesiapolo i tausaga e uke.

Ate fakatokaga tenei ote vaipulaka e mafai o lava kae toe ate niutulisini (nutrition) e manako nete kaiga. Ate lasi ote fakatokaaga tenei e mafai fua o 100 sikuea mita lasi tela e 0.3 hectares. I koga saitia pela mo Betio I Tarawa e isi faeloa se avanoai vasia o fale e mafai o toki e tasi me lua a saitani ke mafai ne kaiga o fakaoga a lau i tausaga takitasi.



Babai food garden under development on Abemama Island, Kiribati in February 2017

Moa a lau-vesiapolō?

E uke a lau-vesiapolō e mafai o fakaola kae kai ite pasefika. Te lasiga o vesiapolō e mafai o fakaola kae kai ite pasefika. Te lasiga o vesiapolō mafai e isi kae se togi mafa foki, tela te lasiga o tino ite laumua mo fenua mai tua e mafai faeloa o togi, kae taiga te feitu tenei te lasiga o tatou e manatu mama kae fai pela me seai ne aoga o vaega meakai konei. Ite sukesukega ne fai ne tino poto e maua aka me a vaega meakai konei e maluga te niutulisini kae maumea I polotini (protein), minelolo (minerals) mo vaitamini (Vitamins - pela A, B, C, K), vaega taua - beneficial phyto (plant) compounds mo faipa fibre. A lau lakau e aoga foki ite fakafolikiga ote mafa ote foitino (e aoga mo tino putalefe).

Te fiti (iron) se tasi o minelolo taua e maua I lau o lakau. Te timomo ote fiti ite foitino e mafai o fakatupu neia te se lava te aofaki ote fiti e manakogina nete foitino - iron-deficiency anaemia, e lasi te maua I fafine, fakamafua te vaivai kae se lava foki mote malosi ote foitino, kae I tamaliki e pokotia te gasolo ote foitino pela foki mo tena tauloto. Te tiaia, te saketa sama, te katuli, mulo o panikeni/tioko (choko) mo kangkong, e tafasili te maumea ite minelolo kote fiti.

Phytocompounds pela mo flavonoids, anthocyanins, polyphenols and carotenoids e taaua katoa kite foitino pela mene antioxidants mo anti-inflammatory agents ite fakafolikiga ote pokotia ite suka, masaki ote fatu, mote kenisa (cancers); pela mo glucosinolates I lau ote saitini, mo anthocyanins I lau lani peepolo ote pateta magalo (kumara). Niisi carotenoids, pela mote beta- and alpha-carotene, e mafuli ki vitamin A mafai o kai maise ma pulutaki mo ne sinu lolo mai te niu. Ko niisi pela lutein e masani o uke I lau o lakau e fakaoga mo fai a lau-vesiapolō, mo zeaxanthin e taaua mote fakalei o mata kae fakafoliki foki te pokotia o mata mai cataracts.

Ona laa kote polotieki tenei e fakasaga kite taua mote niutulisini o lau-vesiapolō pela mene meakai e uke aka foki a aoga o lakau konei I fenua kesekese ote lalolagi, te tiaia (Chaya) chaya mai Mexico e puipui neia te fatu, te ate mo nonu mai sua masei ote foitino, te saitani (drumstick) i India and Pakistan e fakaoga mo taa manu o masaki e mafua mai bacteria, te bele i (Papua New Guinea and Solomon Islands) e fakaoga o fakalei kae fakamalosi foki a ivi, kae aoga foki ite fakaleiga ote masaki kote osteoporosis, mo lautagitagi, saitani, tiaia te bele e fesoasoani ki failele mo pepe. E fakataua ikonei ate maluga ote fanake te aofaki o tino e pokotia ne masaki se pisi (NCDs) ite pasefika mo Ausitalia, Australia, te aoga ote tiaia (chaya), saitaini, ofega, mota mote katuli o teke atu katoa ki masaki se pisi **koa oti ne fakatalitonugina I sukesukega ne fai**.

Tela la nei e talitonu te loto mote mautinoa me I masaki se pisi e tau o fakatino kae agai atu kite faitega ote fotoaga ite vaipulaka tela ka kamata mai te fakatokaga ote laukele.

E fakaoga pefea te lau-vesiapolō

Te aofaki o lau-vesiapolō e kai io me fakaoga e tusa mote tasi mote aafa ipu io me 3 lima fonu - 150 ml or grams ite aso. Niisi lau-vesiapolō e mafai o kai mata pela mo kangkong, saitani, mo lau o polofeuu tela e maluga te aofaki o vaitamini iei. Kae kafai e tunu e tau fua o fakavela kite ulo malie io me saka ki mo vai, me falai malie ki mo sinu niu mo ne lolo, moaa e to leva me ma galo a minelolo mo vaitamini taaua I lau-vesiapolō. Te vai tela ne saka kiei a lau-vesiapolō e mafai o fakaoga mo fai se suupu.

Tenei la ate lesipi (recipe) mo lau vesiapolō katoa:- katikati ke foliki (se aofia te saitin, kae tapale katoa tama lau mai kau ote lau), saka malie ki vai e 10 – 15 minute, faopoopo kiei a lolo ko toe saka malie kite 10 – 15 minute. Niisi o mea fakamanogi e mafai o faopoopo ite taimi tenei mafai e manakogina.

Laupepa e fakamatala iei vaega o lau-vesiapolō

I tafa ote fakatomuaga, e 12 laupepa koa oti ne fakatoka kae fakamatala iei a vaega o lau-vesiapolō e tauga tonu mo fenua foliki atoll ne fai sukesukega kiei ite polotieki tenei. E uke atu a vaega o lakau e fakaoga I fenua ote pasefika e tai pau loa te maumea I tulaga ote niutulisini mo vaega lakau konei ne aofia ite sukesukega tenei, lakau pela mote pukavai lettuce tree – pisonia grandis. Ko niisi kaati e see tauga tonu mo fenua foliki (atolls) ona kote pokotia saale I taulaa, pela mo pateta magalo, tapioca mo niisi lakau foliki (edible ferns).

Te laukatafa, lauluu – bird nest fern (*Asplenium nidus*) se lakau e lasi te fakaoga I fenua katoa ote Tuvalu, tela ko mulo o lau foliki e fakaoga, kae saka tasi mo lolo. Ne maua ake me maumea ite minelolo (minerals) kote potasiamu (potassium) mote poloni (boron).

A minelolo (minerals) mo (carotenoids) maafai e fai a sukesukega kiei e tau kato o fakasae ite taipola o fuainumela I fakaotiga o laupepa fakamatala (factsheets), o vaega lakau ne aofia ite sukesukega. Ka matea foki a vaega o lau-vesiapolō kesekese mote maumea o latou I minelolo mo niisi o mea taaua.

E fakasae foki te kogakoga ne maua mai iei te lau-vesiapolō, kae fakapaupau foki ki maumea o lau-vesiapolō kolaa e ola fakatas i te kogaa laukele e tasi. Kote kapisi palagi e fakaoga mo fakapaupau te maumea oia mo lau-vesiapolō ne aofia ite sukesukega, e pela foki mo togi a latou I maketi I fenua ote pasefika.

Te toe laupepafakamatala (factsheets #13) e fakamatala te aoga o vaega o lakau lau-vesiapolō mafai e fakaoga mo fai a kaiaso e taugatonu mo fenua foliki.

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