Arthritis AUSTRALIA

He Pepa Meka

Ko te mate koute me te kai

Ehara mā te kai anake hei whakamauru mate koute. Ko te haumanu pai rawa mō te mate koute ko te kai rongoā e heke ai te waikawa mimi (uric acid).

Mā ngā kai e pā mai ai te mate koute?

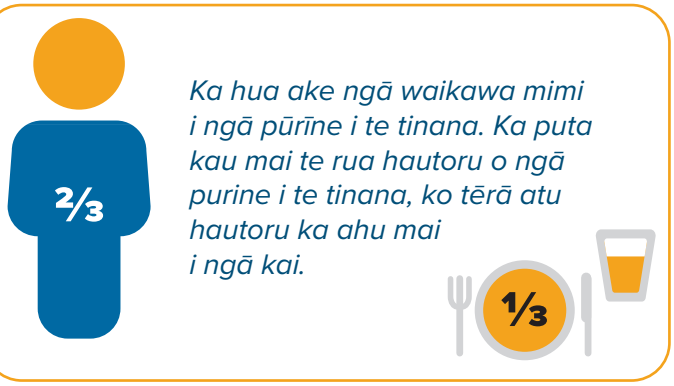
Ko ngā kai anake te pūtake mai o te mate koute mō te tokoiti rawa o ngā tūroro. Ka nui rawa he waikawa mimi (arā ko te waipāhua mimi (urate) tōna ingoa kē) i roto i ngā toto, ka pā mai ai te mate koute. Ko te whakapapa o te tangata te pūtake matua o tēnei āhuatanga. Kei te nuinga o te hunga e mate koute ana he hītori o te mate koute i roto i te whānau - he mate tuku iho tēnei. Mā te nui haere o te waikawa mimi, ka puta ai he tioata ririki ki tō tinana. Nā ngā tioata i roto o ō pona, i pupuhi ai, i mamae hoki ai ērā, e mōhiotia ana tērā āhuatanga hei te kaha pānga mai o te mate koute (Kua pā ohorere mai).

He tūmomo kai rānei e whakapā ohorere mai ai te mate koute?

Āe, ka pā kaha mai pea te mate koute i ngā kai he nui te pūrīne (purine) kei roto. Ko ngā pūrīne he pūmatū e kitea noatia ana i roto i te tinana, i ngā kai huhua e kainga ana, e inumia ana e tātou. Ko ētahi pūrīne ka hurihia hei waikawa mimi e te tinana. He maha rawa atu ngā purine i roto i te mīti whero, i roto hoki i ētahi kai moana, ā, ka nui ake te mōrea e pai mai ai te mamae nui o te mate koute i aua kai rā. Ko ngā kai i pūtake mai ai i ngā tupu, i ngā otaota rānei (hei tauira: he harore, he pīni, he pī), ahakoa e kīia nei he nui ōna purine, e kore e pērā.



Ko te āta tuhituhi, hopu rānei i āu kai me ngā wā e pāngia ai koe e te mamae nui o te mate koute, he mahi nui tērā e mōhio ai koe he aha ngā kai e kaha atu ai te pānga mai o tēnei mate. Heoi anō, Ko te huarahi pai rawa hei whakamauru, hei karo atu i te mate koute, ko te kai i tētahi rongoā e heke ai te nui o te waikawa mimi.



Ka hua ake ngā waikawa mimi i ngā pūrīne i te tinana. Ka puta kau mai te rua hautoru o ngā purine i te tinana, ko tērā atu hautoru ka ahu mai i ngā kai.

Anei he tauira o ngā tūmomo kai, inu rānei, e whakapikingia ai te nui o te waikawa mimi i roto i te tinana:

He Mīti Whero	Ko te mīti kau, ko te mīti hipi, ko te mīti poaka, ko te mīti nanekoti, ko te mīti punua kau
He Mīti Mā	Ko te mīti heihei, ko te mīti rakiraki, ko te mīti korukoru, ko te mīti rāpeti
He Whēkau	Ko te ate, Ko te ngākau, ko ngā tākihi, ko te kōateate
He Kaimoana (inārā ko ngā kai moana whai kotakota)	Ko ngā kūtai, ko ngā tipa, ko ngā kōuraura, ko te pāpaka, ko te kōura, ko te pāua, ko ngā ika hinu (pēnei i ngā hārini, i ngā korowhāwhā)
He Waipiro	Ko te pia me ngā wai whakahaurangi
He inu whai whāhuka	He inu mirumiru whai huka, he waikōheke

Ko te whakatika i ngā kōrero teka mō te kai me te mate koute

I tēnei wāhanga, ka wetewete tātou i ētahi kōrero teka mō te mate koute me ngā kai

Teka: Mā te āta tīni i ngā tūmomo kai e kai nei ahau e whakamauru ai i te mate koute.

Meka: Ehara mā ngā kai anake e whakamauru te mate koute. Ahakoa he kitenga rā tā ētahi, ina iti iho tā rātou kai i ngā kai he nui ngā pūrīne kei roto, ka āhua iti iho ai hoki ko te nui o te waikawa mimi i a rātou. Me kai rongoā tonu te nuinga o ngā tūroro hei whakamauru i ōna mate koute me te ārai atu i te mamae nui o te mate koute ā muri ake rā.

Teka: Ka pā mai te mate koute i te inu waipiro.

Meka: Ka pāngia tonutia e te mate koute ko te hunga e kore ai e inu waipiro. Mehemea e mate koute ana koe, ko te waipiro pea tētahi o ngā take i pēnā ai, engari ehara i te mea koia anake te take.

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Teka: Me whakamutu e ahau te kai huarākau i te mea he nui rawa te huahuka kei roto.

Meka: He huka māori te huahuka e puta kē mai ana i ngā huarākau. Kainga tonutia ngā huarākau i te mea he pai mō tō hauora, ā, e kī ana hoki i ngā taiora, i ngā tāpiri irahiko me ngā weu. Me iti iho e koe ngā inu he nui te huahuka pērā i ngā inu mirumiru whai huka. Waihoki, me iti ko ngā waikōheke e tino kī ana i te huahuka.

Teka: Mā te kai i te huaora C ka iti iho ai pea ko te waikawa mimi i ahau.

Meka: Ahakoa he mea nui te huaora C ki tō hauora, kāhore he rangahau e whakaatu mai ana, ina kai huaora C koe, ka iti iho ai ngā waikawa mimi. E kore te huaora C e whakamauru i te kaha, i te auau rānei o te pānga mai o te mate koute.

Teka: Mehemea ki te inu wai tiere kukū koe ka iti iho te mōrea o te pānga mai o te mate koute.

Meka: Tērā pea kua rongo koe mā te inu wai tiere, e mutu ai te pānga mai o te mate koute. Heoi, kāhore he rangahau pakari nei e whakaatu mai ana, ki te inumia he wai tiere, mā reira e iti iho ai te maha o te pānga mai o te mate koute, o te waikawa mimi rānei.

Me aha ahau hei tiaki i ahau anō i te pānga mai o te mate koute?

Anei he rārangi o ngā mahi matua me mahi e koe e mauru iho ai te mōrea o te pānga mai o te mate koute.

- **Kainga ō rongoā e ai ki ngā tohutohu a tō tākuta.**
  Whakaritea he mahere koute me tō tākuta hei rekoata i te nui o tō rongoā me te taumata o te waikawa mimi e hiahiatia ana. Ka āwhina hoki ia i a koe ki te whakarite i tētahi mahere rongoā i te mate koute, kia tere ai koe ki te whakatika i taua mate rā.

Ko Taku Mahere Koute

- **Me inu wai.**
  Me inu wai tonu kia iti iho ai te maha o ngā waikawa mimi i roto i ō toto.



- **Me whakaiti i tō inu waipiro.**
  Ki te inu waipiro koe, kia kaua e inu i ngā wā katoa. Ka nui ake ngā wā e pāngia ai koe e te mate koute i tō inu i ngā tūmomo waipiro katoa. Motuhake ko te pia me ngā wai whakahaurangi i te mea he nui rawa ngā pūrīne kei roto.

- **Ko te whakaheke i te ngako o te tinana.**
  Mā te ū tonu ki te taimaha tika mō tō tinana e mauru ai te mōrea o te pānga mai o te mate koute. Ko te kai i ngā kai hauora me te korikori i te tinana ko te mahi haumaru rawa e whakaiti ai koe i te ngako o tō tinana. Ko te nohopuku me te whakapuango he kaupapa e nui atu ai te mōrea o te pānga mai o te mate koute. Ka pērā hoki ko te horo whakaheke i te ngako o te tinana mā tētahi mahere korikori tinana pakeke rawa atu.



- **Tōno āwhina i tētahi mātanga whiringa kai.**
  E taea ana e te mātanga whiringa kai te hoatu ki a koe he tohutohu whiringa kai mōu anake. Mā konā e ū tonu ai koe ki te taimaha tika o tō tinana. Ka taea hoki e ia te tohu atu i ngā kai e whakapāngia ai koe ki te mate koute.

- **Āta hopungia, tūhia rānei ko ngā āhuatanga o tō ao e kaha atu ai tō pānga e te mate koute.**
  Tuhia he wātaka e rārangitia ai ko ō tohu mate koute, ko ngā kai, me ngā mahi, nā rātou koe i kaha rongo ai i te mamae o te mate koute.



HE PĀRONGO ANŌ

Kimhia he Mātanga Whiringa Kai Whai Tohu, whakapā atu ki a Dietitians of Australia ki te **1800 812 942**, toro atu rānei ki www.daa.asn.au

Pānutia te Australian Dietary Guidelines hei ako i ngā tūmomo kai hauora ki te www.eatforhealth.gov.au

Mō ngā pārongo e pā ana ki te kai hauora, haere atu rā ki te pae tukutuku o Nutrition Australia, arā ko www.nutritionaustralia.org

Ko Te Kāhui Whakaū i Te Whakamahinga Tika o Te Rongoā o Te Ao Hou

Medcast · HealthCare Consumers · QUM connect · WISER HEALTHCARE · Arthritis AUSTRALIA · Eczema Support AUSTRALIA · Pharmaceutical Society of Australia · RACGP

E āwhina ana i ngā kiritaki me ngā mātanga hauora kia haumaru ai ōna whakatau e pā ana ki ngā rongoā, ki te whakatau mate hoki, ā, kia matatau.
He mea tautoko-ā-pūtea tēnei e Te Kāwanatanga o Ahitereiria nā te kaupapa, arā ko te Quality Use of Diagnostics, Therapeutics and Pathology Program.

WAEA WHAKAMŌHIO: Whakapā atu rā ki tō tari mate kaikōiwi ā-rohe mō ngā pārongo, ngā mātauranga, te tautoko hoki, mā te nama waea nei: **1800 011 041**, toro atu rānei i tēnei pae tukutuku: **www.arthritisaustralia.com.au**

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Kupu karo: Nā Arthritis Australia tēnei pepa i whakaputa hei pārongo anake, ehara i te mea he pērā te nui o tōna mana tēnā i ngā kupu a tō rata, a tō nāhi rānei.