

Te take e tūtohutia ana ngā pire haeana mōu

Mā te hunga he iti te haeana i roto i ō rātau tinana tēnei mātārere, ā, kua tūtohutia ki ngā pire haeana. E whakamārama ana i te take he aha i hira ai ngā pire haeana, ā, me te āhua o te mahi.

He aha i hira ai te haeana?

Ka whakamahia te haeana hei ārai me te whakamaimoa i te kore haeana. Ki te iti rawa te haeana i roto i te tinana, ka heke te nui o te pūtoto ki raro i tērā e tika ana. E mōhiotia ana ko te "mate kore haeana" tēnei. He mea nui rawa te pūtoto i te mea ko ia te kaikawe i te hāora mai i ō pūkahukahu puta noa i tō tinana.

Mēnā kei te tino iti rawa te nui o ō pūtoto, haeana rānei ka ngoikore tō āhua, ā, kāore e tutuki i a koe āu ake mahi.

He aha te take me kai pire haeana ahau?

I te hapū te wahine me whiwhi haeana te pēpi e tipu ana mai i te whaea, ā, ka pau te puna haeana o te whaea. He mea nui tonu kia whakakīhia aua puna kia kore ai e ngoikore, otirā kia whai kaha ai ki te whakawhānau, kia piki te ora, me te whāngai ū hoki.

Mō te nuinga o ngā wāhine ka pau haere te puna haeana i te wā e hapū ana, otirā i te wāhanga tuarua o te hapūtanga. Ka pā mai tēnā ahakoa e kaha ana te wahine ki te kai i ngā kai haeana whai mīti. Ko ngā wāhine mate kore haeana, he iti rawa rānei te kai mīti, kāore rānei, ko te tikanga me kai kīnaki haeana i te wā o te hapūtanga. Ahakoa he nui te haeana i roto i ētahi huawhenua, he iti noa iho ēnei haeana ka ngonoga e te tinana.

Pēhea te mahi a ngā pire haeana?

Ko te rongoā pai rawa mō te iti o te haeana i roto i te tinana ko te kai kīnaki haeana, ā-pire, ā-wai rānei. He pai te kai i ēnei i te wā e hapū ana, ā, he ngāwari hoki mō te whakapiki i ngā puna haeana.

Ka āwhina te haeana i roto i te pire i tō tinana ki te mahi pūtau toto whero hou me te ārai i te kore haeana. He tino nui te āwhina a ngā pire haeana, ā, ki te horepeta tika, ko tōna rite anō he kotahi te rita toto kua tāpirihia ki tō tinana i roto i ētahi wiki mēnā he kore haeana i roto i a koe. Ka rongo koe i te rerekē ina kai pire haeana koe mō te rua wiki noa iho.

He aha te take he hira te whai 'puna' haeana?

Mā te whai puna haeana ka nui te haeana i roto i a koe ki te mahi pūtau whero e hiahia ana e tō tinana me te haeana e hiahia ana mō te pēpi e tipu haere ana.

He mea pai anō kia whai puna haeana hei whakahoki wawe anō i te toto ka rere ina whānau mai te pēpi, ā, kāore pea e tino hiahia kia whāngaia ki te toto.

Me tino whai kaha koe i a koe e tiaki ana i tō pēpi. Ka tino ngoikore koe i te iti o te haeana.

E hia te roa me kai pire haeana ahau?

I te nuinga o te wā e hiahia ana ngā pire haeana mō te toru ki te ono marama i muri i te whānautanga o tō pēpi. Kei te āhua hoki o ngā momo āhuatanga rerekē, tae atu ki ō kai, ā, mēnā hoki kei te whāngai ū koe. He mea nui hoki kia mōhio koe kia hia tō roa e kai pire ana nō reira me heri e koe ki tō tākuta, tapuhi whakawhānau rānei. Tērā pea me whakamātautau ō toto kia mōhiotia ai te āhua o te mahi a ngā pire.

He āwhina mō te iti o te haeana mēnā ka whakapikihia e au ngā haeana i roto i aku kai?

Ko te tikanga e kore e eke i te kai haeana te whāngai i tō tinana ki ngā haeana e hiahia ana mōu ia rā i te wā e hapū ana koe. I te mutunga o tō hapūtanga ka noho tino iti ō puna haeana ki te kore koe e kai kīnaki haeana.

He āwhina hoki mā te whakapiki i te haeana i roto i ō kai. Ko ngā puna pai rawa o te haeana ko ngā mīti whero pēnei i te reme me te mīti kau. He puna pai anō te heihei, poaka me te ika. He mea pai anō te kai i ngā kai whai Huaora C, pēnei i te ārani, rēmana, rōpere, purūpere me te kapikama hei whakapiki i te rahinga haeana ka ngongoa e tō tinana.

Kaua e inu kawhe me te tī me ō kai i te mea ka pōturi ake te ngongo i te haeana mai i te kai. Ko ngā huawhenua pēnei i te kōkihi me te pūpihi me te aha ko ngā kai pēnei i te marahihi me te tofu he nui te haeana kei roto engari kāore e taea e tātau te ngongo mai i te haeana mai i ngā kai i tua atu i te mīti.

Mō ētahi atu kōrero:

Me kōrero koe ki tō tākuta, tapuhi whakawhānau rānei.

Te kai pire haeana

Kāore ngā pire haeana katoa i te kī pai i te haeana hei whakamaimoa i te iti o te haeana.

Ngā pire haeana e tika te whai haeana

He maha ngā pire me ngā inu haeana e wātea ana me te kore tūtohutanga engari ko te nuinga kāore i te whaitake te rahinga o te haeana i roto. Nō reira mēnā kei te iti ō haeana me kai pire haeana koe ka mutu me tika tonu te rahinga haeana i roto, ā, me whai tūtohutanga koe mai i tō tākuta, tapuhi whakawhānau rānei. He nui ake ngā haeana kei roto i ngā pire ka tūtohutia e tētahi tākuta, tapuhi wakawhānau rānei ka mutu he iti ake te utu. He \$1 te utu mō tētahi putunga pire haeana i tūtohutia - he 3 hēneti anake i te rā tēnei.

Me pēhea taku kai pire haeana?

- > Me kai e ai ngā tohutohu a tō tākuta, tapuhi whakawhānau rānei (ko te tikanga kia kotahi, rua rānei i te rā). Mēnā e hiahiatia kia kainga kia rua ngā pire i te rā kotahi ka tūtohutia pea e tō tākuta, tapuhi whakawhānau rānei kia tīmata koe ki te kai kia 1 i te rā mō ētahi rā kātahi ka whakapiki ki te rua i te rā.
- > He pai ake te ngongo i te haeana mēnā kāore he kai i roto i te puku, kotahi haora i mua, e rua haora i muri rānei i te kai, mēnā ka taea.
- > Me kīnaki ngā pire haeana ki te wai, wairanu rānei. Kaua rawa e kīnaki ki te tī, kawhe, waireka, kora, kōkō, waina whero rānei i te mea ka whakaitihia te rahinga o te haeana ka ngongoa.
- > Horomia katoahia ngā pire haeana, kaua rawa e kōpenu, ngaungau rānei.

Me kai ngā pire haeana kia rua haora, neke atu rānei, i muri i te kai i ētahi momo rongoā tae atu ki te patu waikawa (pēnei i te Mylanta, Gaviscon rānei), ngā pire konupūmā, me ētahi rongoā paturopi. Me pātai koe ki tō tākuta, tapuhi, taka rongoā rānei.

He aha ngā pānga mate ka pā mai pea ki a au?

Ehara i te mea ka pā ngā pānga mate ki te katoa mai i ngā pire haeana. I ētahi wā ka mate te puku, whakapairuaki, mamae te puku, kōreke, tikotiko rānei. Ko te tikanga ka pai haere koe ina waia haere tō tinana ki ngā pire.

Ka pango hoki i ngā pire haeana tō tiko.

Mēnā he tohumate atu anō ōu, ka kino haere kē atu rānei ngā tohumate, ka māharahara haere rānei koe me whakapā atu koe ki tō tākuta, tapuhi rānei.

Ngā tikanga whakamāmā pānga mate

Mā te kīnaki i te pire haeana ki te kai, te kai rānei i te pō ka māmā ake pea ki te puku.

- > Mēnā ka pā mai te korokē, kia nui ake pea te inu wai, te kai weu hei āwhina. Me pātai koe ki tō tākuta, tapuhi whakawhānau, taka rongoā mō ngā tohutohu mō tētahi rongoā whakatikotiko ngāwari mēnā e hiahiatia.
- > Ka āwhina pea te whakarerekē i te momo pire, te auauatanga, te horopeta rānei. Me kōrero koe ki tō tākuta, tapuhi whakawhānau rānei i mua i te whakarerekē.

KIA MŌHIO MAI: He maha ngā pire me ngā inu haeana e wātea ana e iti noa te haeana i roto kia kore ai e pā mai ngā pānga mate. Kāore ēnei i te kaha e tere piki ai ngā rahinga haeana.

Ētahi atu tikanga whāngai haeana

Ki te kore e rata koe ki ngā pire haeana, ōtira mēnā e tino kore ana te haeana, tērā pea e hiahiatia te whakaturu mā tētahi whāngai ā-iaia. I te nuinga o te wā kāore tēnei e hiahiatia i te mea ka taea mā ngā mahi i runga ake.

Kāore i te taunakitia te wero i te haeana ki roto i te uua i te mea he tino mamae, ā, tērā pea ka pūmau te mātānawe, ka poapoa rānei te kiri.

ME WAIHO NGĀ PIRE KI TĒTAHI WĀHI E KORE E TAEA E TE TAMARIKI

- > Ko ngā pire haeana, pērā i ngā rongoā katoa, me mātua waiho ki tētahi kāpata raka e kore e taea, e kitea hoki e te tamariki.
- > Ko te iti noa o te haeana he paitini pea, ka patu rānei i ngā pēpi, kōhungahunga rānei.
- > Kaua rawa e hoatu tētahi horopeta mā te pakeke ki te tamaiti.
- > Ki te hē te kai pire haeana a tētahi tamaiti me waea wawe atu ki te Poisons Information Centre (Aotearoa) i 0800 764 766

He mea uruatau mai i “Boosting your blood with Iron”, Blood Safe Australia

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