



Healthy Kai

Exploring the
food we eat.

Introduction

Welcome to *Healthy Kai*, an educational eBook dedicated to exploring the rich culinary heritage of Pacific Islander foods and their pivotal role in fostering vibrant health and disease prevention.

For centuries, Pacific Islander diets have stood as a testament to the nourishing power of whole, fresh foods. Rooted deeply in cultural traditions, these diets are renowned for their abundance of nutritious ingredients, offering a range of benefits for overall wellness. However, in the face of contemporary dietary challenges and evolving lifestyles, preserving these time-honoured traditions and harnessing their health-promoting properties have become increasingly imperative.

Within the pages of *Healthy Kai*, we embark on a journey of rediscovery, unveiling the profound impact of Pacific Islander foods on both body and spirit. From the lush bounty of tropical fruits to the succulent seafood and robust root vegetables, the ingredients of the Pacific Islands reflect the diversity and richness of the cultures they represent.

In this eBook, we delve into the nutritional composition of traditional Pacific Islander fare, illuminating their potential health benefits. We delve into the wealth of vitamins, minerals, and antioxidants found in fresh fruits and vegetables, advocating for their incorporation into a balanced diet. Furthermore, we explore the nutritional advantages of seafood, including its omega-3 fatty acids and protein content, alongside the nourishing properties of lean meats and root vegetables.

Healthy Kai is a celebration of the culinary traditions of the Pacific Islands and their remarkable ability to promote health and wellness. By embracing the vibrant array of whole foods that have sustained Pacific Islander communities for generations, we unlock the keys to a healthier, more vibrant life.

Let *Healthy Kai* serve as your compass, guiding you toward the nourishment of both health and heritage, one delectable bite at a time.

Pacific Integrative Health

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Healthy Proteins

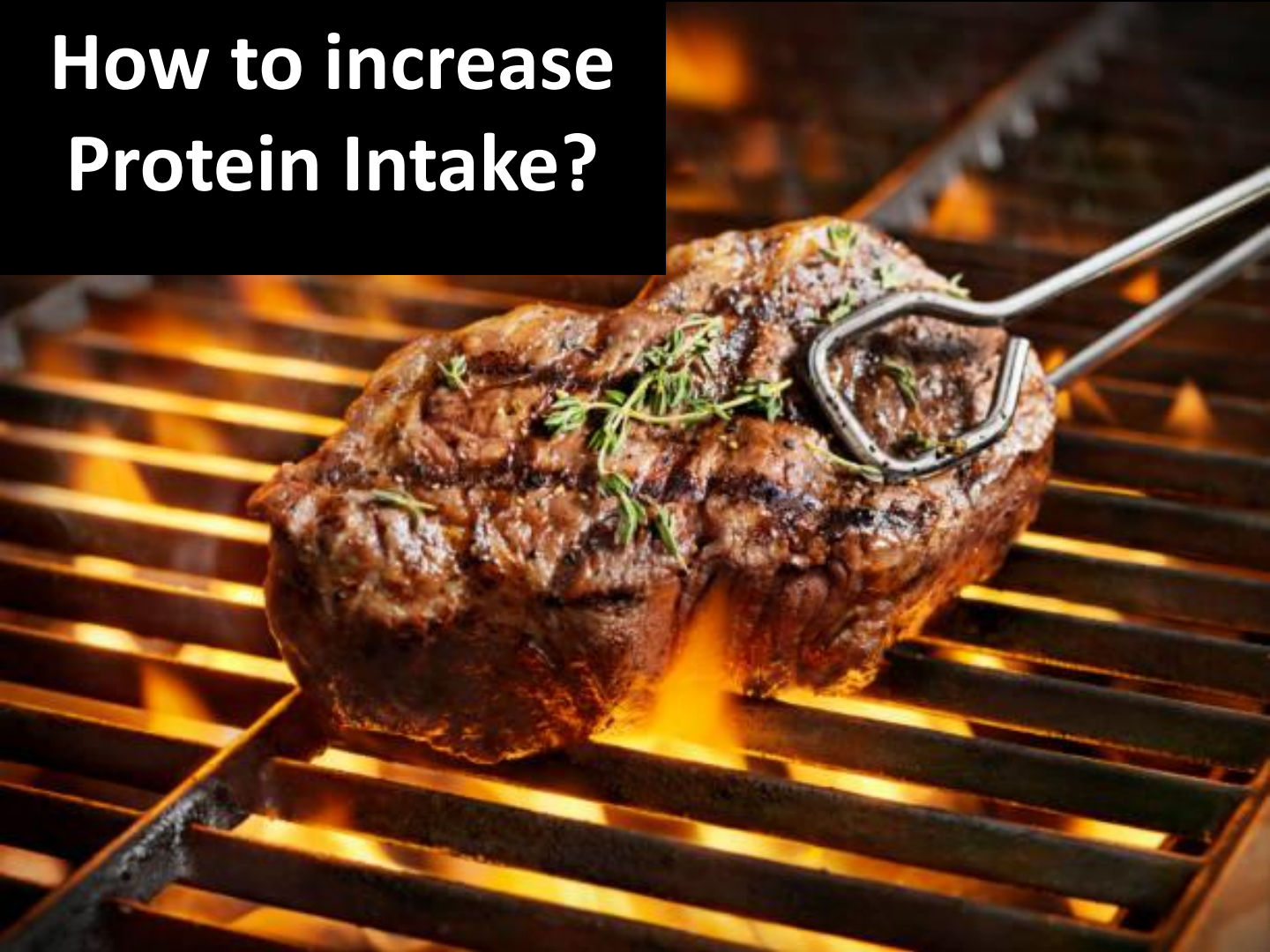
Chicken
Red meat
Fish
Eggs
Legumes / beans
Nuts / seeds
Vegetables
Yogurt

Proteins

1. Help build, repair and maintain our bodies
2. Support healthy skin, muscles and bones
3. Assist in healthy eyes and vision
4. Essential for enzymes and bodily functions



How to increase Protein Intake?



1. Replace morning cereals with eggs
2. Snack on protein-dense foods such as yogurts, nuts and seeds
 3. Choose Greek yogurt
 4. Add nuts to your salads
5. Add peanut butter to fruit to boost protein intake



Healthy Fat Sources

Coconut
Avocadoes
Macadamia nuts
Walnuts
Olive oil

Healthy Fats

1. Promote weight loss
2. Build muscle
3. Reduce cravings for junk food
4. Make you feel fuller for longer
5. Provide essential nutrients
6. Aid in the absorption of vitamins and antioxidants
7. Improve and protect brain function



How to increase Healthy Fat Intake?



1. Snack on nuts
2. Add avocados to smoothies or dry biscuits
3. Eat fresh coconut
4. Add some grilled fish to your meals
5. Use grass-fed butter or coconut oil in cooking



Healthy Fibre Sources

Fruits
Vegetables
Wholemeal bread
Flaxseed
Oatmeal

Fibre helps:

1. Prevent constipation by increasing intestinal transit time
2. Relieves constipation
3. Improves gastrointestinal health
4. Aids in weight management
5. Prevents blood sugar spikes for diabetics
6. Reduces 'bad' cholesterol levels
7. Prevent some cancers



How to increase Fibre Intake?



1. Snack on fresh fruit and vegetables
2. Include vegetables in meals
3. Add grated vegetables to a bolognese sauce
4. Choose brown rice over white rice
5. Try adding legumes to a meal
6. Enjoy experimenting with vegetables

Choosing Healthy Foods:

1. Gives an increase in energy
2. Improves immune function
3. Aids better memory and concentration
4. Better, healthier looking skin
5. Ability to handle stress better
6. Better rest and sleep
7. Better digestion
8. Maintain a healthy weight
9. Happier mood
10. Reduced risk of many diseases
11. Improved dental health

Banana

Full of Potassium for healthy heart and kidneys

High in pectin, a soluble fibre that helps control food cravings and leaves you feeling fuller

High in Vitamin B and C, calcium and magnesium

High in antioxidants

Quick boost of healthy energy

Rank low on glycaemic index, making them ideas for diabetics



Breadfruit

Aids in energy production

Reduces bad cholesterol

Protects the heart against heart disease and heart attacks

Assists in the management of diabetes

Improves digestive health and bowel function

Broccoli

Cardiovascular health

Regulates blood pressure

Anti-inflammatory

Reduces risk of cancer

Promotes bone health

Supports detox



Cabbage

Reduces inflammation

Reduces high blood pressure

Promotes good eye health

Promotes bowel function

Promotes mental wellbeing

Boosts immune system

Anti-oxidant

Anti-bacterial, anti-viral and anti-fungal

Carrots

Prevents Macular Degeneration

Regulates blood sugar levels

Boosts immune function

Improves eyesight

Improves skin

Improves kidney, liver and digestive function



Cayenne Pepper

Boosts immunity

Reduces arthritic pain

Aids digestive health

Improves circulation

Lowers blood pressure

Prevents blood clots

Increases heart action

Assists diabetes management

Increases libido



Cocoa

Healthy circulation / healthy heart

Regulates blood pressure /
heartbeat

Lowers LDL cholesterol and glucose
levels

Promotes healthy brain function

Antidepressant



Corn

Rich in protein / fibre

High in antioxidants

B9 / folate prevents birth defects

Improves bone strength

Provides energy

Prevents inflammation

Reduces risk of macular degeneration

Garlic

Boosts immune function

Assists in wound healing

Antiviral, antifungal, antimicrobial

Regulates blood pressure

Improves iron metabolism

Prevents respiratory infections



Ginger

Anti-inflammatory

Assist in bone health and relieving joint pain

Speeds up metabolism

Removes excess gas from body

Boosts immune system

Improves blood circulation

Relieves heartburn

Lemongrass

Reduces fever

Relieves menstrual pain

Supports immunity

Increases metabolism

Regulates high blood pressure

Full of antioxidants



Mint

Cough relief

Clear up congestion of nose, throat and lungs

Digestive aid

Treatment of Irritable Bowel

Support healthy cholesterol levels

Aids in memory and alertness



Papaya

Contain digestive enzymes: Proteolytic enzymes that break down protein in meat

Anti-inflammatory

Enzymes Papain taken from the leaves and fruit of the plant are beneficial in painful cramps

Packed with Vitamin C

Protect against free radical damage



Pineapple

Contain digestive enzymes: Proteolytic enzymes that break down protein in meat

Anti-inflammatory

Enzymes Bromelain helps health muscular injuries and boost immunity

Packed with Vitamin C

Protect against free radical damage



Pumpkin

High in fibre

Promotes healthy vision

Controls cholesterol

Reduces high blood pressure

High in essential fatty acids

Great for brain health

Zinc in pumpkin boosts immune system



Sweet Potato

Contains Vit C, beneficial fibre, manganese, copper and potassium

Vitamin A for gene and cell growth

Healthy eyesight

Promotes strong bones

Lowers cholesterol

Regular consumption of sweet potato is linked to decreased risk of obesity, diabetes and heart disease

Red onion

Anti-inflammatory

Improves immunity

Improves cardiovascular health

Dissolves blood clots

Improves lung function in asthmatics

Reduces blood pressure

Increases sperm-count



Soursop

Vitamin C

Vitamin B

Calcium

Phosphorus: high antioxidant properties, treats infections, anti-inflammatory, antimicrobial and a potential cancer fighting food.

Spring / Green Onions

- Aids in healthy respiratory function
- Aids in vision health
- Aids in bone health
- Reduces nasal congestion
- Promotes healthy heart function
- Encourages regularity of female menstruation
- Promotes gastrointestinal health



Taro

- Improves skin health
- Strengthens immune function
- Lowers risk of diabetes
- Boosts blood circulation
- Promotes heart health
- Reduces fatigue
- Aids in control of blood pressure



Taro leaves

- Good source of dietary fibre
- Aids digestive functions
- Normalises bowel movements
- Prevents IBS
- Prevents constipation
- Reduces risk of colon disease



Watermelon

- Vitamin A for healthy eyes
- Vitamin C to boost immunity
- Is hydrating
- High in antioxidants
- Is anti-inflammatory
- Prevents kidney stones
- Aids in detoxification

Yam

Great source of healthy carbohydrates

Ideal for diabetics or people wanting to lose weight

Reduces constipation

Yields high energy

Reduces bad cholesterol

Prevents colon cancer



Seafood

Rich in Omega-3 Fatty Acids

Beneficial for healthy hearts

Brain health and development

Improved Mood and Mental Health

Joint Health

Eye Health

Lean Protein Source making it ideal for weight management

Reduced Risk of Chronic Diseases

Lean meat

High-Quality Protein

Low in Saturated Fat

Iron-Rich

High in Zinc to improve overall health and wellbeing

Vitamin B12

Muscle Maintenance and Growth





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