

The background of the entire page is a dark navy blue, framed by a border of various tropical leaves. The leaves are in shades of bright green and lime green, with some showing detailed vein patterns. The leaves include large, rounded shapes and feathery, palm-like fronds.

As a valued patient of Hana Health, you have the opportunity to participate in our exciting new program!

Mai e' Ai

Come let's eat Hawaiian style

Prior to colonization, Native Hawaiians were very healthy, with hardly any chronic health conditions.

The goal of this program is to restore your good health by moving away from the unhealthy western diet to the traditional Hawaiian diet.

Eat like your life depends on it

The traditional Hawaiian diet is one of the most wholesome diets in the world, consisting of:

- Taro
- Poi
- Fish
- Sweet potatoes
- Ulu
- Fruit
- Leafy vegetables

By participating in the Mai e' Ai program Hana Health is responsible for:

1. Providing you with a weekly grocery bag containing traditional Hawaiian foods
2. Education on the cultural importance of the traditional Hawaiian diet to the health of you and your O'hana

You will be responsible for:

1. Signing a consent to participate in the program
2. Completing and submitting a weekly food log
3. Obtaining an annual wellness exam and lab work

By removing barriers and increasing access to traditional foods, the expected outcome is a healthier you and a healthier Hana.

For more information,
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