

kai ke lahi

‘a e vesitapolō’ mo
e fua’i’akau’ pea ke
lanu kehekehe

kai fakafe’unga

‘a e mā, siuliolo (cereal), me’akai
ngaohi mei’ he uite’ (wholegrain),
me’akai Tonga, me’akai ‘oku lahi
ai ‘a e faipa’ (fibre),

ika, lekiume (legumes),
fo’imoa, kanomate hangē
ko e moa, pulu mo e sipi,

pehē ki he hu’akau,
iōketi, siisi ‘oku si’i ai
‘a e ngako’ pea

ngāue’aki fakafe’unga ‘a e
lolo ngaohi kai’ mo e natī’

fakasi’isi’i ‘a e takeaway, me’akai mo e inu ‘oku lahi ai ‘a e suka, māsimā mo e kalasi ngako
fakatu’utāmaki’ (saturated mo e trans)

