kai fakalahi

fua he fonua moe
tau fua lakau

kai falu

falaoa, kai pogipogi (cereals),
segasega pine, tau fua he fonua
ne haha I ai e huhua tuga e pia (starchy)

ika, vala povi, moa,
sega pine, tau fufua
moa

huhu, lokete
(yogurt), siisi

fakaaoga fakalatalata:
oela, tau sega nati

tukutuku hifo e tau kai fakatau he tau fale koloa tunu kai (takeaway) poke tau inu ne lahi e suka,
ko e masima poke gako i ai.

Heart Foundation®

simple steps to healthier eating

Niuean