

# kai ke lahi

‘a e vesitapolo’ 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 sī’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, māsima mo e kalasi ngako  
fakatu’utāmaki’ (saturated mo e trans)

