

KAI LELEI

Ki he Pasifika, ko e mo'ui lelei ho'o ongo'l malohi mo fehokotaki mo ho'o famili.

Ko ha ngaahi tokoni 'eni 'e 6 'e lava ke tokoni atu k eke fafanga'aki 'ae mo'ui lelei moe mo'ui lotolu ho'o mo'ui pehee ki ho famili.

KEEP UP YOUR VEGGIES AND FRUIT /
TAUHI HO'O VESITAPOLO MOE
FUA'IAKAU (FULUTI)

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Na'e kamata keu tanaki atu 'a e
vesitapolo 'aisi ki he toenga me'akai
(me'atokoni) ho'ataa ke 'oange ki
hoku sino ha lelei lahi ange.



AIM TO EAT BREAKFAST, LUNCH,
AND DINNER TO KEEP YOU
SATISFIED / TAUMU'A KE KE KAI
PONGIPONGI, HO'ATAA MOE
EFIAFI KE KE FIEMALIE AI

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He taimi 'oku ou kai
pongipongi ai 'oku ou ma'u ha
ivi lahi ange ki hoku 'aho.



INCLUDE WATER AS YOUR FIRST
CHOICE FOR HYDRATION / FAKAKAU
'AE VAI KO HO'O 'ULUAKI FILI IA KI HE

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'Oku fili homau famili ke
nau inu vai'aki ha me'atokoni.
'Oku malum o lelei ia ki he
tokotaha kotoa pe.



LEARN AND RESPOND TO YOUR
BODY'S HUNGRY AND FULL CUES
/ AKO MO TALI 'A E FIEKAIA MOE
FAKA'ILONGA KAKATO HO SINO

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Kimu'a pea u a'u ki ha lau
sekoni 'oku ou fehu'l kiате au
pe oku ou ongo'l fiu? Pe 'oku ou
kei fiekaia pe?



LESS READY-TO-EAT PACKAGED
FOODS AND TAKEAWAYS /
FAKASI'ISI'I E ME'AKAI 'OSI FA'O
PEKETI PEA MOE FAKATAU ME'AKAI

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Fa'ahita'u Momoko ko 'eni
'oku mau feime'atokoni
(kuki) pe 'i 'api, pea mau
fakatokanga'l 'oku 'ikai ke
mau fa'a puke.



IT'S EASIER TO EAT HEALTHY WHEN YOU
PLAN YOUR MEALS / 'OKU FAINGOFUA
ANGE 'A E KAI MO'UI LELEI KAPAU TEKE
PALANI HO'O ME'ATOKONI

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Ka 'l ai ha palani ma'u me'atokoni
'i he uike pea 'ave 'a e toenga ki
he ma'u me'atokoni ho'ataa 'oku
hao ai 'a e taimi moe pa'anga
homau famili.



Created by The Cause
Collective in consultation
with the Pacific community.

**Te Kāwanatanga
o Aotearoa**
New Zealand Government

**Health New Zealand
Te Whatu Ora**

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