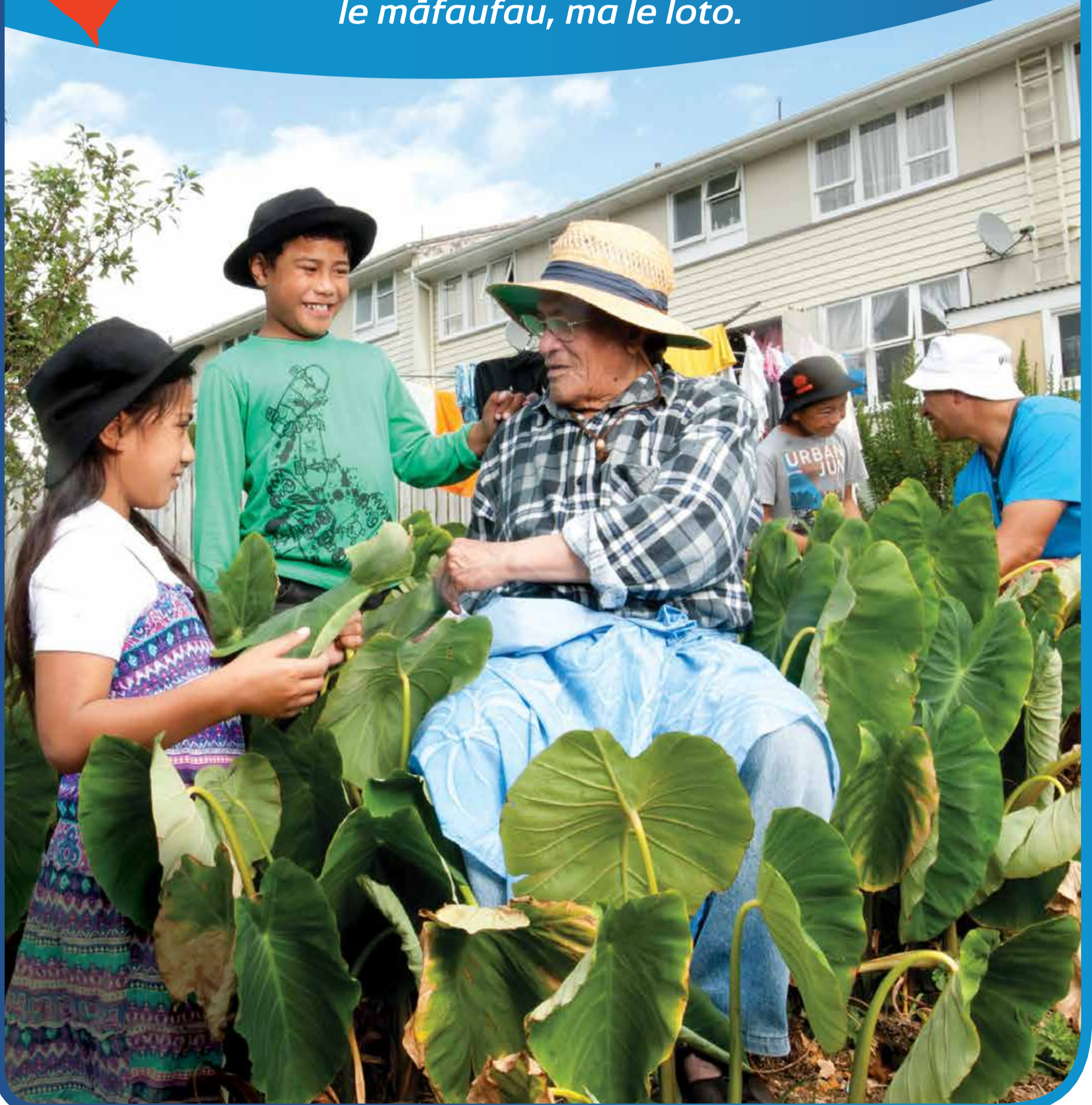


# *Mea'ai o le Taeaο.*

*Mea'ai o le taeaο e talafeagai,  
ina 'ia maua ai le soifua mālōlōina lelei,  
le ola mālosi 'ato'atoa o le tino,  
le māfaufau, ma le loto.*



Mo ni fautuaga leleimo mea'ai o le taeaο 'ua mānaia  
'i le tausami, sa'ili 'i le [healthykids.org.nz](https://www.healthykids.org.nz)



## ***SEKI A! Le mea'ai o le taeao.***

***'O nisi o fa'ata'ita'i nei o ni fautuaga lelei  
'ua mānaia 'i le tausami ma e toe taugofie fo'i:***

***Pōlesi (ta'ua o le rolled oats) ma le susu***



***Fa'ipula ma le falaoa***



***Wheat biscuits ma le susu***



***Suafa'i***



Mo ni fautuaga lelei mo mea'ai o le taeao 'ua mānaia  
'i le tausami, sa'ili 'i le [healthykids.org.nz](http://healthykids.org.nz)