

Teia te akaraanga o te mereki kai

A typical plate of food

Apa mereki kai raurau/kiko

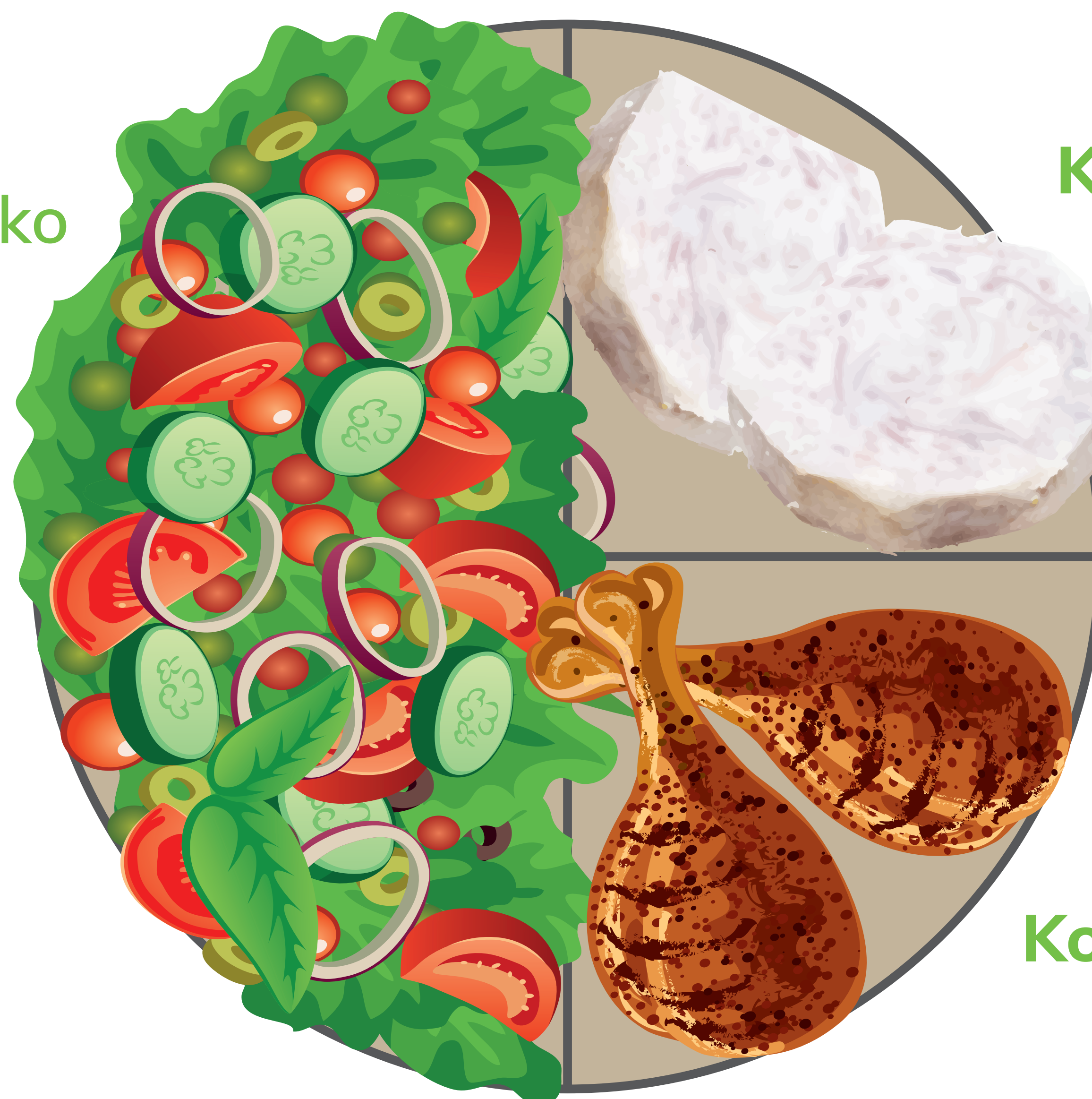
1/2 plate vegetables

Kota mereki kinaki

1/4 plate starch

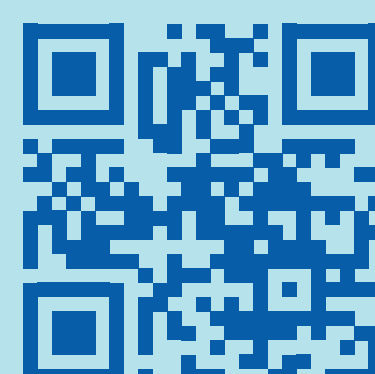
Eat local food ✓

Drink water ✓



Kota mereki kai kiko

1/4 plate protein



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