

Health New Zealand
Te Whatu Ora

Tauturu i te pāruru i to'ou 'oire tangata.

I raro ake i te ture, kāre e 'akatika'ia te
kai 'ava'ava, me kore ra, te kai 'ava'ava-
uira (vape), i roto i te ngā'i 'anga'anga.



Tukuna'ia teta'i
'aka'apa'anga no runga
i te 'ava'ava, me kore ra
i te 'ava'ava-uira (vape):

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'O'IA NO TE
MA'ANI'ANGA I TETA'I
'AKA'APA'ANGA