Jodrikdrik ro itok im lale mõk!
Youths, come and take a look at this!

Kwon kadikloko am mõña mõña ko rokurij
You should eat less fatty foods

**NANO KO:**
Bad News

ñe kwój mõña juön bao burae, ej einwot ñe kwój mõña 4 teaspoon in kurij ben.
Eating fried chicken is the same as eating 4 teaspoons of shortening.

Moñas hamburger ibben biteto burae, ejelok oktok jen ñe kwój mõña 9 teaspoon in kurij ben.
Eating a hamburger with french fries is the same as eating 9 teaspoons of shortening.

ñe kwój mõña ek burae ejelok oktok jen ñe kwój mõña ½ teaspoon in kurij ben.
Eating fried fish is the same as eating 1 ½ teaspoons of shortening.

**EMMAN KO:**
Good News: You can reduce fat in your foods.

ljelokin am mõña bao burae, kwomaroñ mõña bao boil ak umum.
Instead of eating fried chicken, eat boiled or baked chicken.

ljelokin am mõña hamburger im biteto burae, kwomaroñ mõña leen wojke ko einwot abol, oran, binana emmed, baby karot, im iu.
Instead of eating a hamburger with french fries, eat fruits and vegetables like apples, oranges, bananas, baby carrots, and iu.

ljelokin am mõña ek burae, kwomaroñ mõña ek jinkadol, umum, boil, steam.
Instead of eating fried fish, eat grilled, baked, boiled or steamed fish.

---

Small “Youth” Steps, Big “Health” Rewards. Youth to Youth in Health • Ph: 692-625-3099 • Fax: 692-625-3098 • Summer 2006