

Jodrikdrik ro itok im lale mōk!

Youths, come and take a look at this!



Kwon kadiklok am mōñā mōñā ko rokuriij

You should eat less fatty foods

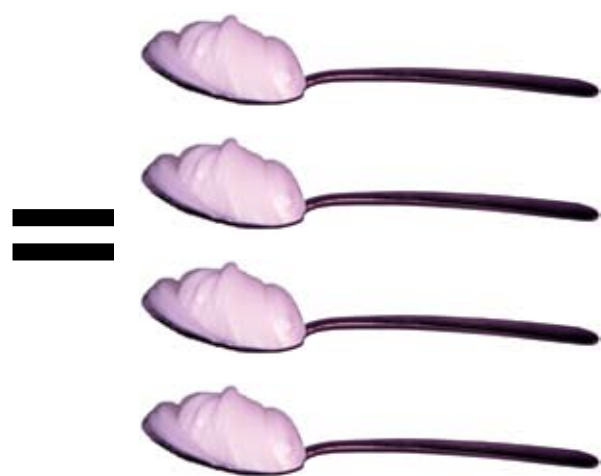


NANO KO:

Bad News

Ñe kwoj mōñā juon bao burae, ej einwot ñe kwoj mōñā 4 teaspoon in kuriij ben.

Eating fried chicken is the same as eating 4 teaspoons of shortening.



Mōñā hamburger ibben biteto burae, ejjelok oktak jen ñe kwoj mōñā 9 teaspoon in kuriij ben.

Eating a hamburger with french fries is the same as eating 9 teaspoons of shortening.



Ñe kwoj mōñā ek burae ejjelok oktak jen ñe kwoj mōñā 1 ½ teaspoon in kuriij ben.

Eating fried fish is the same as eating 1 ½ teaspoons of shortening.



EMMAN KO: Kwomaroñ kadiklok kuriij ilo moña ko kijom.

Good News: You can reduce fat in your foods.

Ijellokin am mōñā bao burae, kwomaroñ mōñā bao boil ak umum.

Instead of eating fried chicken, eat boiled or baked chicken.



Ijellokin am mōñā hamburger im biteto burae, kwomaroñ mōñā 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.



Ijellokin am mōñā ek burae, kwomaroñ mōñā ek jinkadol, umum, boil, steam.

Instead of eating fried fish, eat grilled, baked, boiled or steamed fish.

