

English	PALAUAN	Sounds like. . . .
Vegetable	yasai	
Fruit	rodech	
Eat more.....	Mluut lomngur	
Meat	odoim	
Starchy (staple food)	ongraol	
Calcium-rich/dairy food	kall el ruul ra milk a betok a calcium	
Boil	omrechorech	
Fry	mengerdoched	
Wash	merisu	
Measure	melbodeb	
Health/well-being	ak mesisiich	

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