

Kai tī pōpongi - e kaveinga pu'apinga i te 'akamata'anga i to'ou rā

Teia teta'i au mānako'anga mone-reka, no te kai tī pōpongi, ei tauturu iā koe 'akamata'ia te rā, na roto i te 'akaki'anga i to'ou kōpapa ki te kai meitaki.



Te varaoa-tunutunu (wholegrain toast)



Te baked beans

me kore ra



Te 'uāmoa



Te varaoa-tunutunu (wholegrain toast)



Te peanut butter



a Te ū kāre e ma'ata ana te 'inu (low-fat milk)



Te wheat biscuits



Te ū kāre e ma'ata ana te 'inu (low-fat milk)



Te 'ua-rākau (fruit)



Te porridge



Te ū kāre e ma'ata ana te 'inu (low-fat milk)



Te 'ua-rākau mei roto i te punu, kua 'akata'e'ia te vai ki va'o

'Iki'ia te au kai no te kai tī pōpongi, mei te:



Whole grain

Te au kai kī i te whole grain, mei te varaoa whole grain, oats, e te wheat biscuits.



E ma'ata te fibre

Kimi'ia te kai ma'ata rava atu te fibre i roto i te 100 grams 'okota'i, i te mea e, ka 'akakī te fibre i to tatou au kōpu, ma te 'ākono kia meitaki te ora'anga o te kōpu.



Kāre e ma'ata ana te tuka

Kimi'ia te au cereals kai tī pōpongi, kāre e ma'ata ana te tuka i roto i te 100 grams 'okota'i.



Kāre e ma'ata ana te sodium (miti)

Kimi'ia te au kai, kāre e ma'ata ana te sodium (miti) i roto i te 100 grams 'okota'i. Ākara meitaki i te au 'akairo, i te mea e, kua "u'una'ia te miti" i roto i teta'i au kai, mei te peanut butter, baked beans, e te au varāoa.

