

Kaingabong - te kawai ae tamaroa ibukin moan waakinan am bong!

Aikai tabeua iango ibukin kaingabong aika a kangkang aika a na buokiko moana am bong ma te amwarake ae bongana ibukin rabwatam.



Wholegrain toast



Baked beans

ke



Bunimoa



Wholegrain toast



Te peanut butter



Miriki ae uarereke ana kiriti



Wheat biscuits



Miriki ae uarereke ana kiriti



Uanikai



Porridge



Miriki ae uarereke ana kiriti



Uanikai man te tiin aika a tia n kabwaroaki raniia

Rinei amwarake ibukin te kaingabong aika:



Whole grain

Amwarake aika a whole grain n aron te kariki ae te whole grain, oats ao wheat biscuits.



Mwaiti aia wakawaka

Kakaei amwarake aika a rang n mwaiti riki aia wakawaka n katoa 100 grams, bwa te wakawaka ngaia ae e kateimatoa namakinan te nuai ao n kamarurunga birotora.



E karako te tioka iai

Kakaei kaingabong aika a rang ni uarereke iai te tioka ni katoa 100 grams



Uarereke aia sodium (taoro)

Kakaei amwarake aika a rang uarereke iai te sodium n katoa 100 grams. Tuoa raoi te koroboki iaon te bakete n taina-ko bwa tabeua amwarake iai ibuakona 'taoro aika a raba' n aron te peanut butter, baked beans ao kariki.

