Kawai aika a bebete ibukin kauarerekean te taoro

Heart Foundation
Pacific Heartbeat

Amwarake aika a kukanaki n te mwenga kanga a uarereke riki taoroia.
Kataia n totokoa katokan te taoro iaon te taibora n tain te amwarake ma am utu.

Kabooi amwarake aika e karako te taoro iai.

Tabeua amwarake e rang ni mwaiti te taoro iai. Wareka raoi rongorongon te amwarake n te moan tai are ko na karekea ao kakaea ae te kabanea n uarereke ana sodium (taoro) ni katoa 100g.

E rang ni kabonganaki te taoro n taian tioti. Tuoa korobokina ao kakaea ae uarereke taorona ke kauarerekeaki taorona. N aron tomato tioti, tioi tioti ao BBQ tioti.

Kabwaroi ranin amwarake ake a mena n te tiin.

Angiin amwarake ake a mena n te tiin a rang taorokoko raniia ao a riai n kabwaroaki imwain kanakiia. Kataia bwa ko na rengani amwarake aikai ma banikai, uanikai ao amwarake aika a bwanin ibukin baerantin te amwarake.

Onea mwiin te taoro ma rengarenga tabeua ngkana ko kuuka.

Kataia kabongana te anian, kaariki, ginger, ranin te lemon, rengarenga, te tena ao te kare.

Kauarerekea kanakin amwarake aika a rang taoro.

N aron irikon amwarake aika a tia n karaoaki, kamwarake, chips, nuuto ao tioti. Matamtam n taian amwarake aika a bwanin n aron banikai, uanikai ke yoghurt.

Ibukin riki buokam iaon te amwarake, bonganan te amwarake ao maururungin buroom kawara www.heartfoundation.org.nz/reading-food-labels

KIRIBATI