

Mena ka taea
e te paka rīwai...

...ka taea e koe
te mahi kai!



He rua kai whai painga ahau.

He maha ngā whakamōmona hauora e whakaratoa ana e au i tua atu anō i ngā kaha whai kounga hei whakakaha i tō tinana. Whakaurua ahau ki roto i tētahi o ō whakaratonga 5+ I te Rā.

Ngā tāpiri irahiko hei parahau mou

Mā te waiho i ngā kiri ki runga ka whakarato i tētahi puna pai o te whītau.

Whītau maha

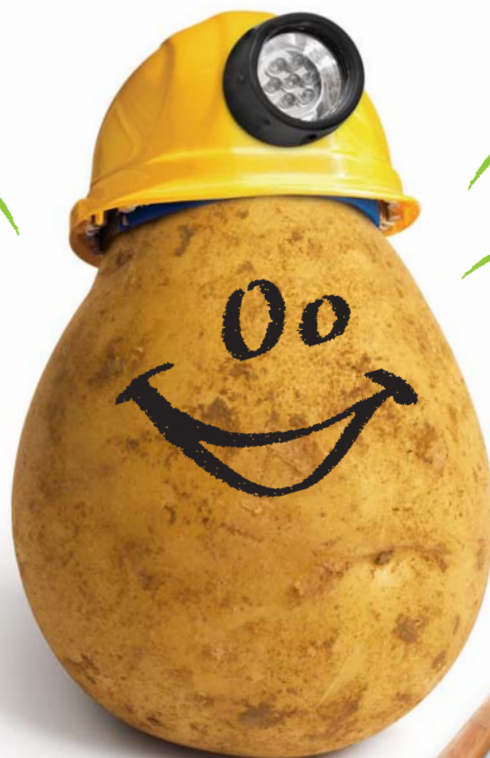
Nō reira me waiho pēnei ka tunu ana koe i a au.

Mōmona tino iti

Ko te mea tino pai o te tiki i ō warowaihā mai i ngā rīwai tēnā i ētahi atu rimurapa, raihi, paraoa rānei, ka whiwhi koe i ētahi atu whakamōmona matua.

Warowaihā mō ngā kaha mō te wā rōa

Kei roto i ngā rīwai ko te Huaora C me ngā pūhui phenolic, ngā tāpiri irahiko kaha e tuku āraitanga ki ētahi mate.



He hūhua ngā ōpapa

He puna whakamōmona taurite mō ngā kai hauora taurite, arā ko te konurehu, haeana me te konupora. He iti te konutai.

E pupū ana me te huaora C

Ka tukuna e tētahi rīwai tauwaenga te rahi tata ki te haurua o ō kai Huaora C e taunakitia.

He mea nui tonu mō ngā huaora rōpū B

Tae noa ki te B6, thiamine me te niacin.



Pick the Tick

Ka whiwhi Tohu ngā rīwai hou katoa. Whakamahia ngā kai whakauru e iti ake te mōmona me te tote.

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