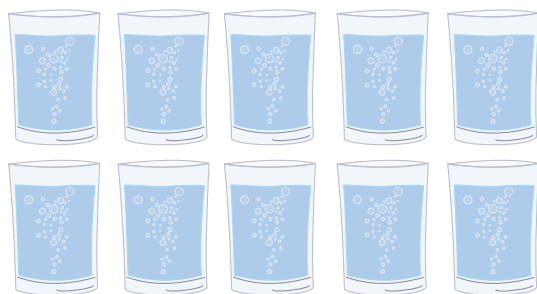


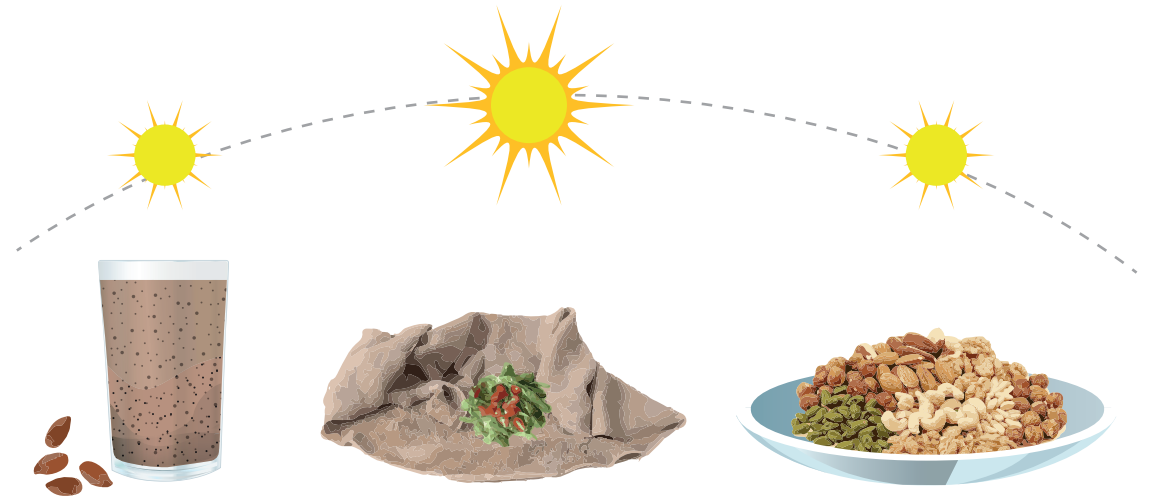
8-10



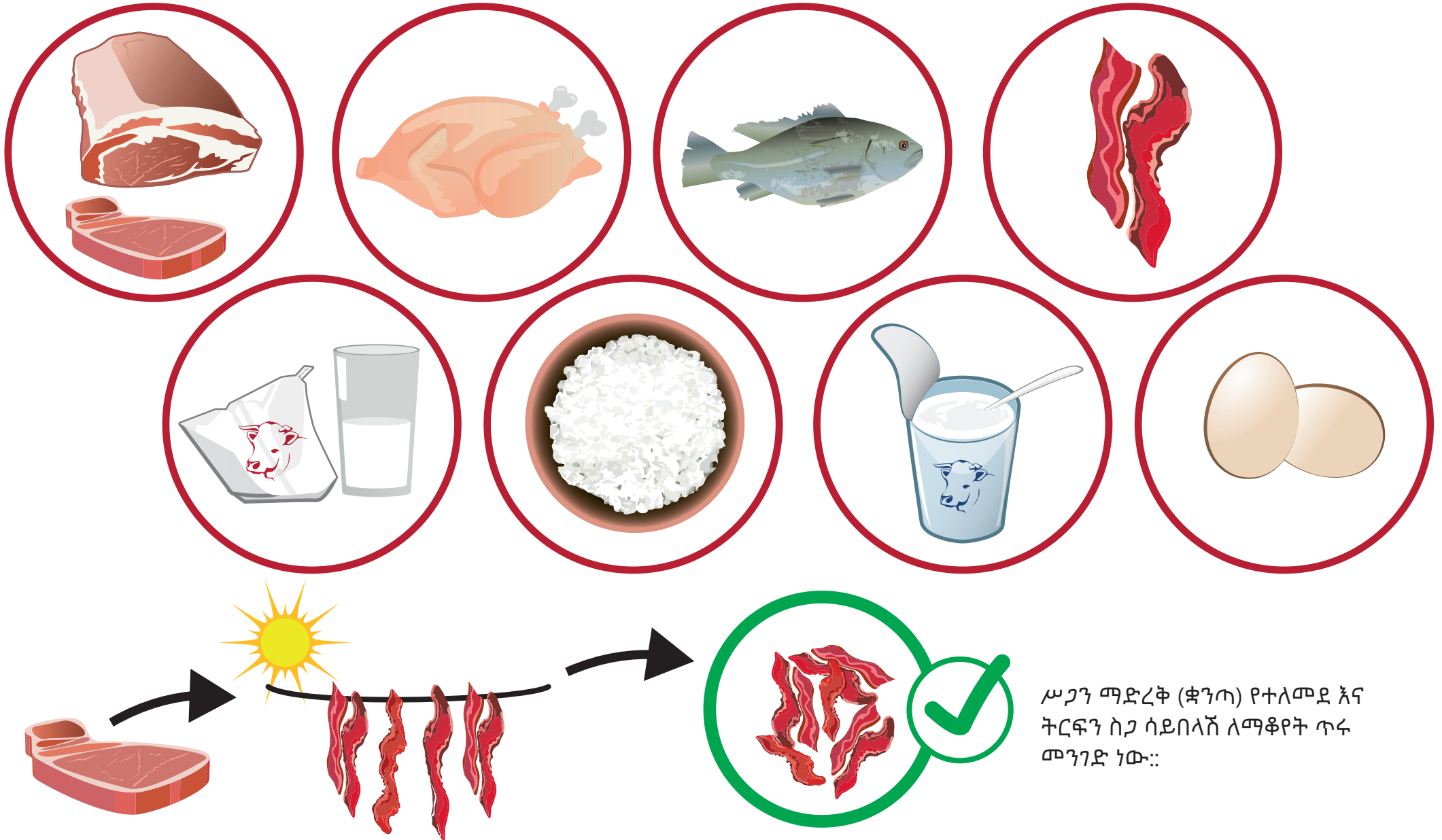
(Water Guard)



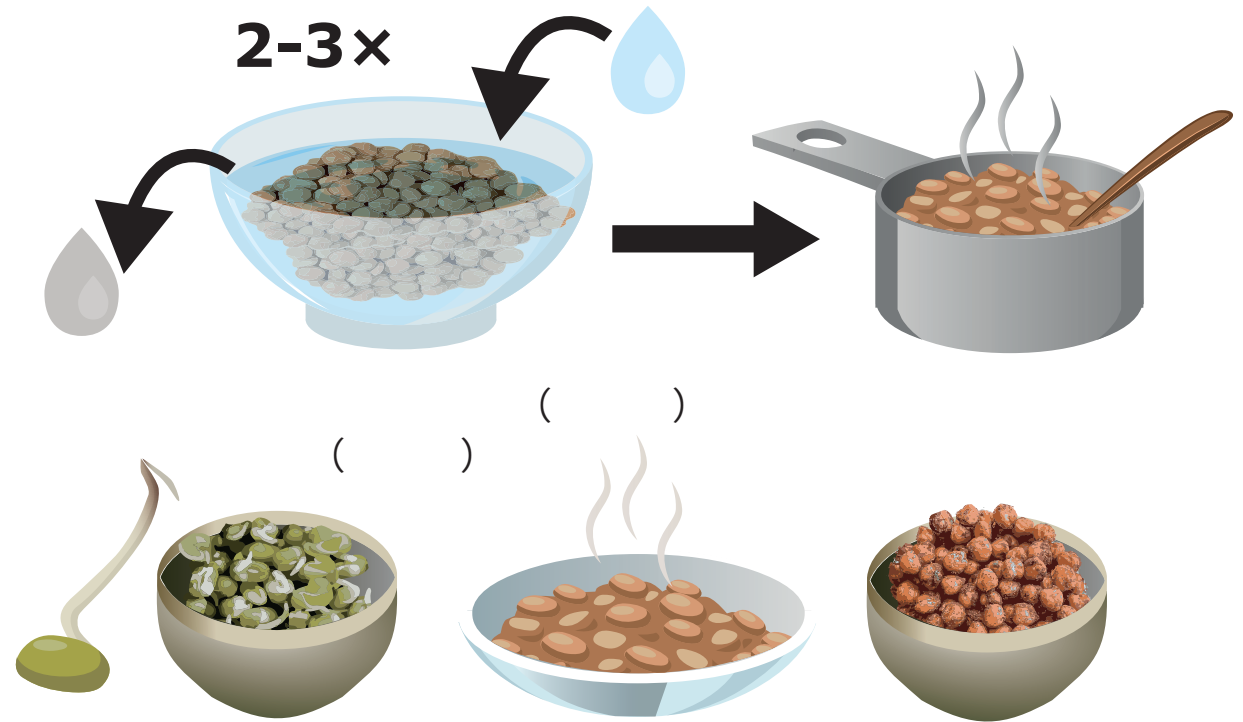
10-20



የእንስሳት ተዋጽኦ ምግቦችን እንደ እንቁላል እና ስጋ (60 ግራም) እና የወተት ተዋጽኦ ምግቦችን (300-400 ግራም) ማዕድዎ ውስጥ እያካተቱ በየቀኑ ይመገቡ።



ሥጋን ማድረቅ (ቋንጣ) የተለመደ እና ትርፍን ስጋ ሳይበላሽ ለማቆየት ጥሩ መንገድ ነው።



በጸም ወቅት በይበልጥ የጥራጥሬ ሰብሎች ጥሩ የፕሮቲን ምንጮች ናቸው።





100-200

