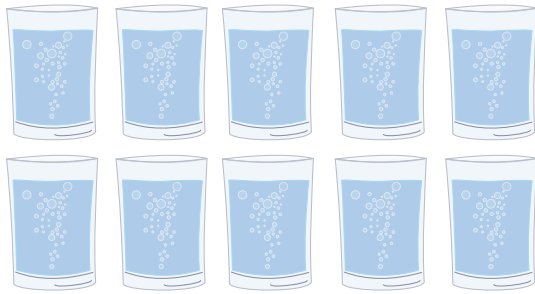


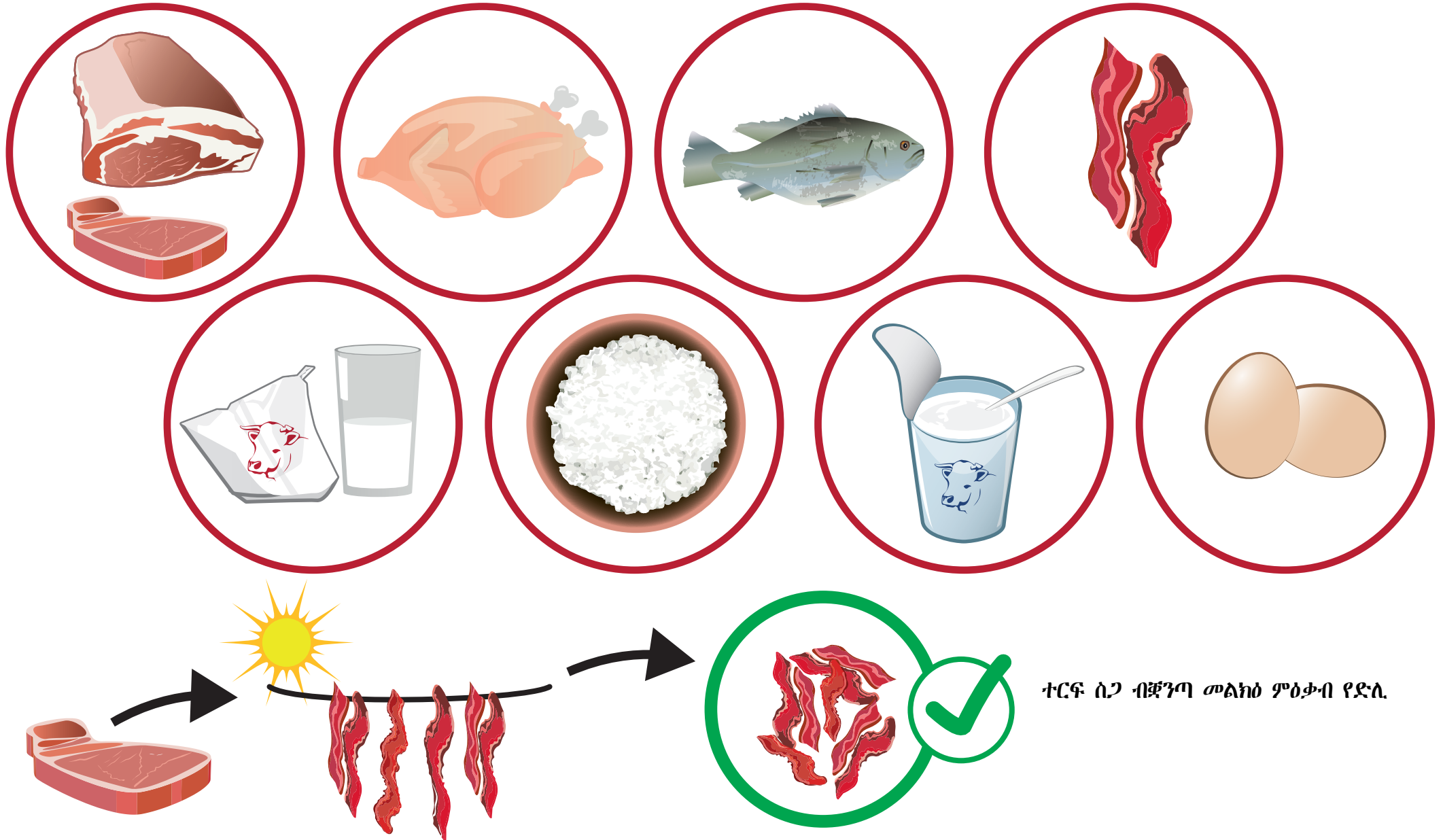
መግልታዊ ካብ 8-10 ዓባይቲ ብርጭቆታት ጽሩይ ማይ ስተ



ማይ ብምፍላሕ ወይ መሐከሚ ብምዋቃም ክትሕክሙ ኣለኻ

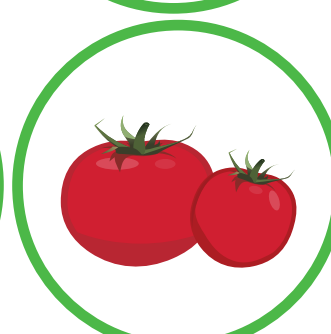
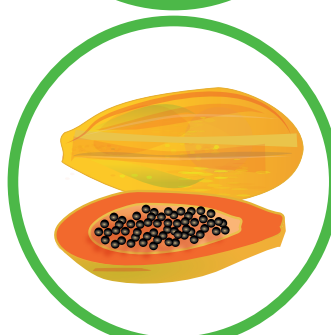
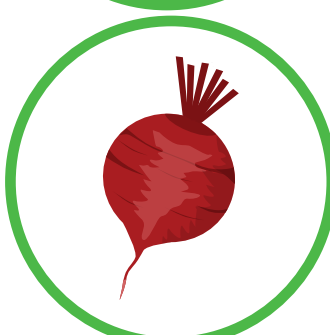
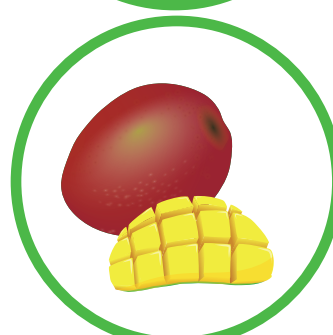
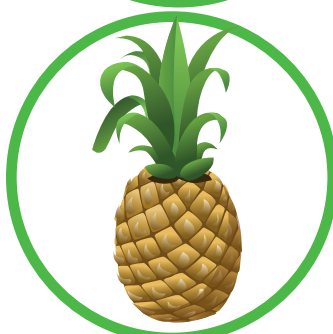
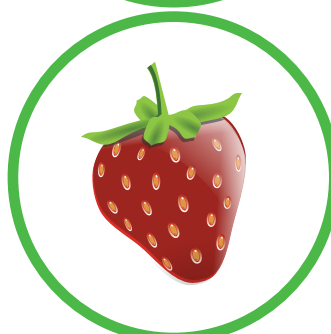
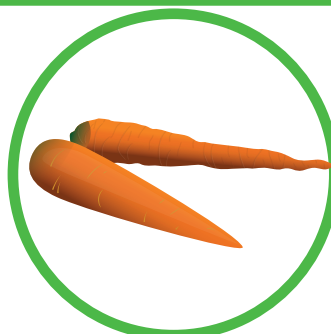
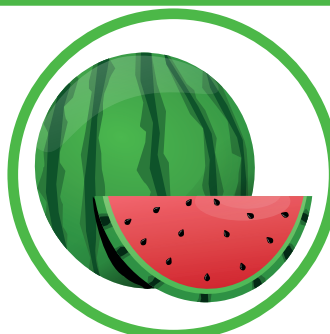
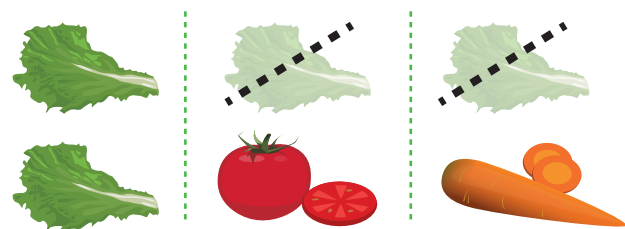
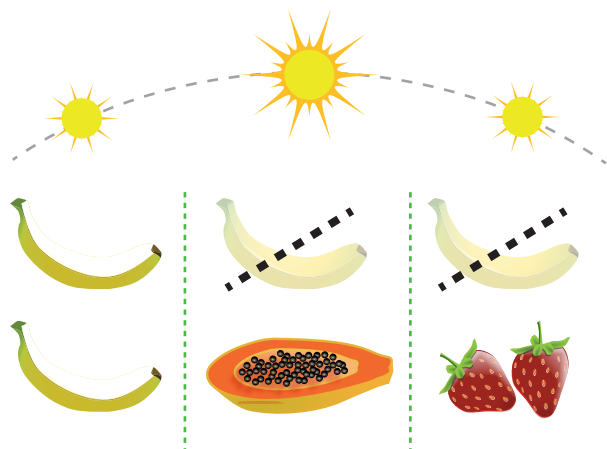


ካብ እንሰሳታት ዝመጹ መግብታት ከም እንቋቑሖን ሰጋን (60 ግራም) ከምኡ'ውን ካብ ጸባ ዝመጹ መግብታት (300–400 ግራም) መዓልታዊ ኣብ መግቢኻ ወስኽሉ።

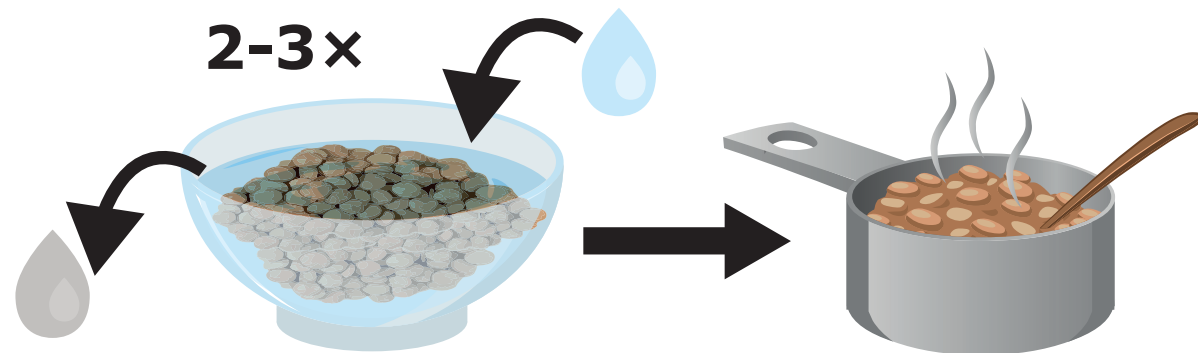


ተርፍ ሰጋ ብቑንግ መልክዕ ምዕቃብ የድሊ.

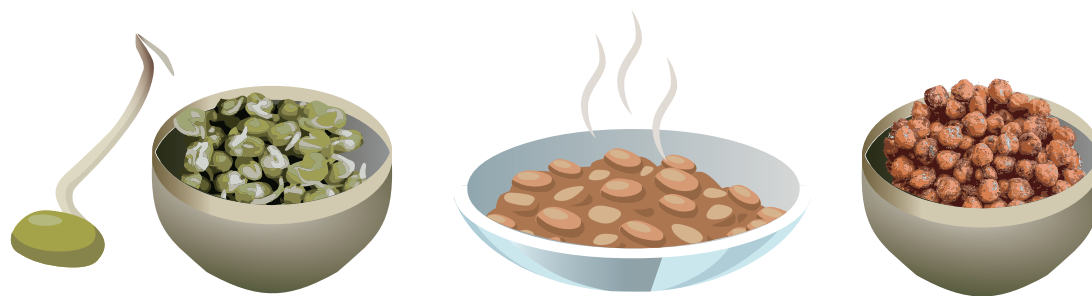
100-200



መዓልታዊ ካብ 80-120 ግራም ጥራምሬ ምምጋብ ወይ ምብላዕ



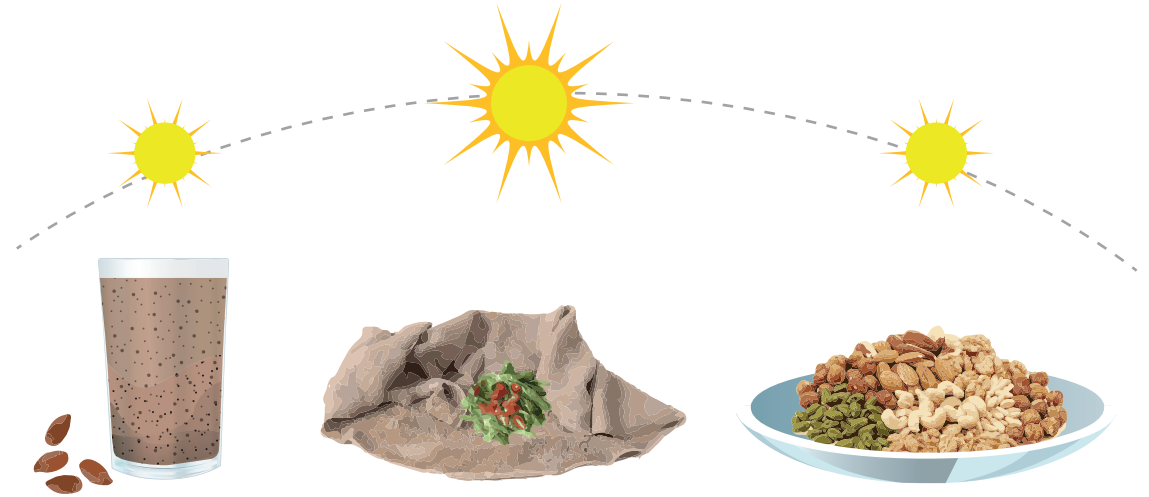
ጥራምሬ ኣብቀልካ ብብቁልቲ መልክዕ ወይ ኣብሰልካ ተመገብ



ጥራምሬ ምንጪ ሃገጽቲ መግብታት ስለ ዝኾኑ ኣብ እውን ጾም ትኹረት ሂብካ ምምጋብ ይድሊ



ኣብ ዕለታዊ መግባዕ ኣብ 10–20 ግራም ቅብኣት ዘለዎም ዘርእታት (ሰሊጥ፣ ኒሁግ፣ እንጣጢዕ ወዘተ) ኣዊሰኻ ተመገብ



ዕሳው ዘለዎ ዘርኢ ኣብ ምግብ ምውጋድ

