



;=kajk yuqj

fioh ms<sn | wjOdkh

wvq fio iys; wdydr .; hq;af;a wehs@

ldfndayhsfâ%Ü .%Ei tll wvx.= m%udKhg fo.=Khl;g;a jvd le,ß m%udKhla fio .%Ei tll wvx.= fõ' fi ksid fio nyq, wdydr fõ,l' ta yd iudk m%udKfha fyda nßka hq;= lfndayhsfâ%Ü nyq, wdydr fõ,lg jvd jeä le,ß m%udKhla wvx.= fõ'

wm fndfyda úg tlu wdydr m%udKhla .ekSug mqreÿj isák w;r" m%Odk jYfhkau wdydr fõf,ys m%udKh weiska n,d ks.ukh flf¾' tfyhska" wvq fio iys; wdydr f;dard .kakd úg §" Tn .kakd wdydr m%udKh iudk jqj;a" .kq ,nk le,ß m%udKh wvq h'

mslaGh iys; ;ka;=uh wdydr" m,;=re iy t<jé iys; fio wvq wdydr fõ,la .ekSu iunr;djh ksis f,i mj;ajd .ekSug we;s fyd|u l%uhhs'

ldfndayhsfâ%Ü nyq, wdydr fõ,lg jvd fioh nyq, wdydr fõ,la .ekSfuka nr jeä ùfi iinDú;dj jeä fõ' mslaGh iys; ;ka;=uh wdydr t<jé iy m,;=re fukau fioh wvq wdydr .ekSu nr wvqlr .ekSug Woõ fõ'

fioh .%Ei 1 } Isf,da le,ß 9

ldfndayhsfâ%Ü .%Ei 1 } Isf,da le,ß 4

fm%daàaka .%Ei 1 } Isf,da le,ß 4

u;ameka .%Ei 1 } Isf,da le,ß 7

wdydrj, fioh ;sfít±hs fidhd ne,Su

idudkHfhka jeä jYfhka fioh wvx.= jk wdydr jkafka (flá lEu" fmaiaá%" úiaflda;=" flala" nhsÜia" meKs ri lEu' fijd ieÖjqKq fio f,i y÷kajhs'

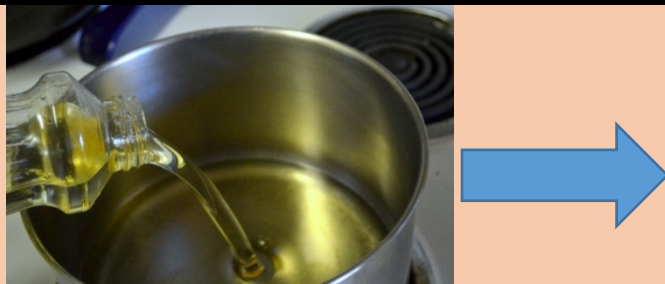
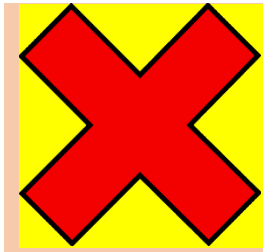
iuyr fio wfkla tajdg jvd fi!LH iimkakh'

iEu fio j¾.hlu tlu m%udKhl le,ß wvx.= jk w;r" tllska ;j;a tllg udre ùfuka nr wvq ùula isÿ fkdfõ' th l< yelafila fio m%udKh wvq Isfuka muKs'

w;=remi

Tng w;=remi .ekSug wjYHu ki" lsß iy meKs fjkqjg l=vd fhda.Ü fldamamhla wkqNj lrrak'

fio fmdaiagrh



ieÖjqKq fio

iuyr wdydrj, fioh fldmuK m%udKhla ieÖù ;sfí±hs n,kak' Tnf.a fio m%udKh wvq lr .ekSu i|yd wvq fio iys; úl,am wdydr f;dard .kak'

Tn fuu fio nyq, wdydr f;dard .;fyd;a ' ''			fuu fio wvq úl,amhg udre jkak'		
wdydrh	m%udKh	wvx.= fio m%udKh ^.%Ei&	wdydrh	m%udKh	wvx.= fio m%udKh ^.%Ei&
W!re uiA	100	10.6	ì;A;r iqÿuoh	1	0.1
yrIAA uiA	100	7.7	iu rys; l=l=,A uiA ^;einQ&	100	1.8
tç uiA	100	24.5	;einQ udç	100	1.1
fidfiAciA	100	14.3			
ì;A;r lyuoh	1	8			
ó lsrs	200	20.6	fio rys; fhda.Ü	1	0.1
fhдох iys; lsrs	200ml	7.3	fio rys; oshr lsrs (pasteurized or sterilized)	200ml	0.4
pSiA	50g	16	fld, wem,A	100	0.19
ng¾	10g	8.1	Èjq,A	100	3.7
rg lcq	20g	9.85	fmAr	100	0.95
lcq	20g	8.75	wuq wU	100	0.38
iiAlÜ/ l=ISiA	1	0.7			

iiim%odhsl wdydr

nr wvqlr .ekSu l< yelafla Tnf.a iiim%odhsl wdydr fõ,a u.ska fkdfo' th l< yelafla l=vd" fi!LH iimkak fjkialĩ isy Isřfuks' fi!LH iimkak f;dard .ekSulg my; uÕ fmkaðu Ndú; lrkak'

	iiim%odhsl	udre lsřu
mslaGh	lsřn;A" iqy n;A" iqy mdka" b s wdmam" wdmam yd kQâ,AiA	r;= yd,a" yUqre mdka" ;inmq yd,a
m,;=re	flfi,A" rgbç" jsh,s ño"s w,s.eg fmAr" jrlđ	fld, wem,A" fjrç" wU" Èjq,A jeks fjk;A m,;=re
t<jç	lerÜ" iÜ rEÜ" fmd,A iin,A" ngq fudAcq" w, neŸi	fmd,A lsř yd f;,A wvqfjka fhŸ jHkAck
uia yd fjk;a úl,amhka	W!re uiA" yrIAA uiA" tç uiA" i;A;r lyuoh" neomq i;A;r	i;A;r iqyuooh" ;einQ udç" ;einQ l=l=,A uiA
lssř wdydr	ó lsrs" fhдох iys; lsrs msá" oshr lsrs	fio rys; lsrs msá" fio rys; fhdA.Ü"
fio	rg lcq" ng¾" lcq" pSiA	m,;=re
flá lEu	iiAIÜ" jfâ" fmAiAá%" uqrelAl=" flá lEu" flAlA" lejqi" w`jd	m,;=re" fmdř

fioh wvqlr .ekSug Wmfoia

- yels iEu úgu wdydr neŝu fyda f;,a ±óu fkdIrkak'
- f;,a Ndú; lrk úg" fnda;,fhka fl<skau ±óu kj;d" yeç m%udKh uek Ndú;hg .kak'
- bùug fmr l=l=,a uiaj, iu yd W!re uiaj, f;,a fldgia bj;a lrkak'
- bùfiŝ fmd,a lsß ;kql lr .kak'
- iimQ¼K fhдох iys; lsßmsá fjkqjg" wvq fio fyda fio rys; lsß mdkh lrkak'
- fio wvq lsß msá Ndú; lrkafka ki" .kakd m%udKh wvq lrkak' fkdtdfia ki Tn le,ß jeä m%udKhla .kq we;'
- mSid" ifudaid" i;a;r frdá" jfâ yd wfkl=;a CIKsl lEuj, fio jeä m%udKhla wvx.= fõ' tajd boysg muKla wdydrhg .kak'
- úiaflda;= iy flala hkq Yla;sh jeä fio nyq, wdydr fõ'
- .eUqre f;f,a nÈk ,o udç b|ysg muKla wdydrhg .kak'
- w, fm;s" fpdla,Ü" úiaflda;= yd m,;=re flala Yla;sh jeä fio nyq, wdydr fõ' ta fjkqjg fio wvq fhda.Ü" úiaflda;=" m,;=re yd wuq t<jç jeks úl,amhka fidhd .ekSug Wkkaÿ jkak'
- msá ojgk iys;j .eUqre f;f,ys nÈk ,o udç lEfuka j,lkak'
- i,do l%Si iy ufhdKsia jekss fio nyq, oejgqus fjkqjg fodvi hqI" úkdlsß" T!IO" ;=kmy" ;lald,s hqI fyda wvq fio fhda.Ü Ndú; lrkak'
- wdydr .kakd úg nÈkq fkd,enq fyda ñY%Khka wvx.= fkdIrk ,o lEu f;dard .ekSug W;aidy lrkak' wdmkYd,dj, iy CIKsl lEuj, wêl "Kq iy fio m%udKhla wvx.= fõ'

;=kajk yuqj (fm!oa.,sl b,lalhla ilia lr .ekSu

Èkh	nr	bfkys jg m%udKh

ilia l< b,lalh	imqrd.;a b,lalh
1.	
2.	
3.	
4.	
5.	
6.	

by; b,lal imqrd .ekSu i|yd Woõ ùug my; m%Yak Tfnkau wid .ekSu m%fhdackj;a úh yelsh'

ud fuu b,lalh imqrd .kafka flfiao@

ud fuu b,lalh imqrd .;a nj ±k .kafka flfiao@

ud yg we;s ld, fõ,dj;a iu. by; b,lal imqrd .ekSu h:d¾;j;a o@