

## miajk yuqj

### wdydr f,an, .eg"ldí o@

wdydrj, we;s f,an, jgyd .ekSug yelsùu u.ska Tng weiqreï l< wdydr ±kqj;a njlska hq;=j f;dard .; yelsh'

fndfyda weiqreï l< wdydrj, msgqmi fmdaIK j.=jla Tng ±l.; yelsh' tys i|yka jkafka fldmuK Yla;sh ^le,β& " fioh" iSkS yd "Kq tu kslamdokfha wvx.= jkafka o hkakhs' tla ;Srejl kslamdokfha .%Ei 100l fldmuK wvx.=±hs fmkajhs' iuyr úg ;j;a ;Srejl wdydrfha tla tallhl wvx.= jk m%udKh ±lafjkq we;'

#### fmdaIK j.=j

idudkH w.hka	.%Ei 100l	úiaflda;= 1 l
Yla;sh	2052kI	257kI
	490kcal	<b>61kcal</b>
fioh	23g	<b>2.8g</b>
ix:Dma:	11g	<b>1.4g</b>
ldfndavhsfâ%Ü	63g	<b>7.8g</b>
iSk"s	22g	<b>2.7g</b>
:ka:=	3.8g	<b>&lt;0.5g</b>
fm%daàka	6.8g	<b>0.9g</b>
"Ka	1.1g	<b>0.14g</b>

ñka woyia jkafka iEu úiaflda;=jlu fioh Isf,da le,β 61la o .%Ei 2' 8la o wvx.= jk njh' wdydr tIsfkl yd ixikaokh Isúu u.ska Tng fi!LH iimkak f;dard .ekSula l< yelsh'

## ñ,§ .ekSu

wdydr ñ,§ .ekSu Tng wiSre IreKla úh yelsh' Tn wdYd lrk fndfyda oE we;'

m,;=re yd t<jç ñ, wêl  
hhs yefŌa ki" ta ld,hg  
nyq, fyda jÜgu iys; tajd  
ñ, § .kak' áka lrk ,o fyda  
wêYS; lrk ,o wdydr o"  
kejqī m,;=re yd t<jç  
fukau .=Kodhl úh yels nj  
u;l ;nd .kak'

bÈB i;sh ie,iqī lrkak' hdug fmr nvq ,ehsia;=jla ilia  
fldg" tu ,ehsia;=fjka msg; lsisjla ñ,§ fkd.kak'

yels iEu úgu flala" úiaflda;="  
flá lEu fyda Tng wdYdjla ±fkk  
wfkI=;a wdydr iys; rdlal uŌ  
yßkak'



f,dl= weiqreī ñ,§ .;a úg Tn jeämqr  
wdydrhg .kS ki th §%> ld,Skj  
,dNodhS fkdö'

l=i.skak" udkisl wd;;sh" uykaish" ;ry  
fyda udkisl mSvkh iys; wjia:dj,  
fj<|m,g fkdhkak'

Woöjla fö hhs isf;a ki mjqf,a  
idudöhl= fyda ñ;=rl= iu. fj<|m,g  
hkak'

## ksjdvq Èk" úfYal wjia:d iy ieureī

hula iurk wjia:djI§ mjd m%föYī ùu b;d jeo.;a h' ukao" miq.sh udi lsysmh mqrđ uykais ù wvq lr.;a nr blaukskau  
kej; meñKsh yels fyhsks'

**fnod .kakt m%udKh** ( Tn kj wdydr fyda bùfi l%u w;ayod n,kjd úh yelsh' úfYalfhkau Tn úúO lEu j¾. w;ayod  
n,kafka ki fnod .kakt m%udKh l=vd jk njg j.n,d .kak' Tnf.a nv msfrk úg Bg wjk; ù lEu msŌdfkys b;sß lślug W;aidy  
.kak'

**N=la;s úfu** ( wm leu;su wdydr N=la;s úfug fkd,efnkafka ki ksjdvqj,ska M,la ke;' tfy;a jeo.;a jkafka th tla  
wdydrhlg iSud lśluhs'

**wka;¾ iinkaO;d** ( fndfyda fokdg ksjdvqj hkq zIEu" lEu iy ;j;a lEuz muKls' tfy;a" ksjdvq ld,h hkq kj foa fidhd .kakt"  
kj mqoa.,hska yuqjk fyda kj l%shldrlula y÷kd .kakt tlla njg m;a lr .kak'

## msg;ska lEu .ekSu

zmsg;ska lEu .ekSuZ hkq rdclldßh w;r;=r wdmk Yd,djlska lEu .ekSu fyda lEu /f.k tauhs' Tn ksrka;rfhkau ^i;shlg tla j;djla fyda jeä .Kkla& lfvka lEu .kafka ki" Tnf.a f;dard .ekSu b;d jeo.;a fö' ukao" th Tng nr wvqlr .ekSug we;s yelshdj flfrys n,mdk ksid h' Tn msg;ska lEu .kafka l,d;=rlska ki ^udihlg jrla fyda Bg wvqfjka& Tn leu;su lEu j¾. N=la;s úÇkak'

Tn Èjd wdydrh fyda rd;%S wdydrh i|yd .kafka fudkjð±hs tys <Õd ùug fmr ie,iqï lrkak' \*%hsâ rhsia fyda nqßhdks jeks foa fjkqjg n;a" t<jç iy udç jeks fio wvq wdydr f;dard .kak'

jev weí ksjpg hk w;r;=r .=Kodhl fkdjk flá lEu .ekSfuka j<lSkak'

## msg;ska wdydr .ekSu ms<sn| l%shldrlu (

Tn msg;ska lEu .ekSug jvd;a m%sh lrk ia:dk fudkjð o@

Tfi f;dard .ekSi jvd hym;a lr .kafka flfiao@

Tn Ndú; lrk wdmk Yd,dj, fukq ldâm;a lsystemhla tla/ia lrkak' bka jvd;a fi!LH iimkak úl,amhka fudkjð±hs f;dard f.k" Tfi

## I Eug we;s fm<Uùij,g uqyqK §u

Tfi fi!LH iimkak wdydr ie,iqug wkq.; ùug wiSre fndfyda wjia:d ;sih yelsh' th ksjudvq Èkhla" idohla fyda rdclDß nyq, Èkhla úh yelsh'

### .eg" úiÉfi m%föYh

fun÷ wjia:d wNsfhda. jk w;r" ta i|yd z.eg" úiÉfi m%föYhlaZ fhdod .ekSu jeo.;a úh yelsh'

WodyrK (

Tn jev weí ksbig meñfKk úg Tfi orejka wvla wdydrhg f.k b;sß l, úiaflda;= melÚgqjla uqç;ekaf.hs ;sfnkq oIS' Tjqkaf.a

fkdie,s/s,su;alu ms<sn| j Tn wiykhg yd lrorhg m;a fõ' úiaflda;= IEug Tng wdYdjla we;s fõ'

.eg" úiÉfi m%föYhg uQ,sldx. 03la we;=;a h'

1' .eg"j .ek kej; is;d n,kak'

2' úl,am y÷kd .kak

3' Okd;aulj yd iaÓrj m%;spdr ±laùug wÈgka lr .kak'

<p>① .eg"j .ek kej; is;d n,kak'</p>	<p>Tn kej; is;d n,k úg úl,am fndfyduhla we;s nj wjfndaO fjhs'</p>
<p>② úl,am y÷kd .kak</p>	<p>Tng" - úiaflda;= IEug yelshs                  - úiaflda;= úis l&lt; yelshs                  - úiaflda;= Ndckhl oud ;eih yelsh                  - Tfi orejkag l;d l&lt; yelshs'                  by; m%;spdr ish,af,kau Tng ±fkkq we;af;a flfia±hs is;d n,kak'</p>
<p>③ Okd;aulj yd iaÓrj m%;spdr ±laùug wÈgka lr .kak'</p>	<p>ñka woyia jkafka" wka whf.a .re;ajh rlsñka Tjqkag idOdrKhla bgq jk mßÈ" Tn wjxlj yd iqyiq mßÈ yeÖSu m&lt; lsluhs' ksoiqkla f,i" by; ksoiqfka § Tng"  <ul style="list-style-type: none"> <li>• úiaflda;= úis lslu ;udg b;d myiq nj orejkag mjikak'</li> <li>• ksifia úiaflda;= fkd;snqfKa ki Tfi wdydr ie,iqu b;d myiq jk nj;a" ;jyrg;a fpdla,Ü úiaflda;= ksbig fkd.f.kk nj;a orejkag úia;r lrkak'</li> </ul> </p>

### wdydr .ekSug wka wh fj;ska flfrk n,mEu

wka wh Tng wdydr .ekSug n, lrk wjia:d Tng uqK .efikq we;' wdydr fnodyod .ekSu fyda ms<s.ekaùu idudKH fohls'

Tjqka iuyr úg Tng Woðjla lrk nj is;kq we;' fkdftiakí Tn bÈßmsg ;ksju wdydr .ekSug wmyiq fyhska fyda Tfi leue;a; l=ula±hs úuid ne,Su i|yd tfia lrkq we;'

fuyss ieo ;a ikafka fuh Tn ilvd u lrkakla ik ni;a" nr

Tng wdydr ms<s.kajkq ,eih yels wjia:djl§ m%;spdr olajkafka flfiao hkak ms<sn| j iQodki j isàug W;aidy .kak'

—ia;=;shs" uu ±kqhs lEfõ~

—ia;=;shs" ug ±ka nv.sks keye~

—tal rihs jf.a fmkjd" ta;a uf.a ? lEu krla lr .kak jajukd keye~

w;S;fha wdydr .ekSug Tng fm<Uüi lrk ,o wjia:djka yd tajdg Tn uqyqK ýka wdldrh ms<sn| j is;d n,kak' ±ka Tn tn÷ wjia:dj,g uqyqK fokafka flfiao@

	<b>ud w;S;fha m%;spdr olajkag we;s wkaou"</b>	<b>wkd.;fha ud m%;spdr olajk wkaou</b>
<b>WodyrK 1</b> ( nqf*a lEu fiíhl we;s wdYd lrk lEula"	<i>uqç oji mqrdu l=i.skafka isáhd" ta ksid ud leu;s 'kEu fohla lE yels nj ±kqkd" jeämqr lEu ksid bkamiqj nr .;shla ±kqkd" uf.a wdydr fõ, lvdImam,a jQ nj;a yeÖ=Kd'</i>	<i>msg;g hdug fmr idudkH mßË wdydr .kakjd" nqf*a fiífha we;s f;dard .ekSi ms&lt;sn  j fidhd n,kjd" .=Kodhs lEu f;dard f.k fiífhka bj;a fjkjd'</i>
<b>WodyrK 2</b> ( ñ;=rl= Tn bËßmsg wdydr .kS'		
<b>WodyrK 3</b>		
<b>WodyrK 4</b>		

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**is;=ú,s rgd**

wmf.a ish" l%shdldrlī wdriN jkafka l%shdj ms<sn| is;sú,a,lsks' nr wvqlr .ekSug o wmg kj fi!LH iimkak mqreÿ we;s lr .ekSug isÿjk fyhska" kj is;=ú,s /ila Bg wjYH fõ'

iuyr wjia:dj,§ mpoa.,hska nr wvqlr .ekSu ms<sn| j b;d oeä j is;d n,d bgqlr .; fkdyls b,lal yd iSud Èk ;nd .ks;' fuu.ska Tng Tn .ek fukau" 'kEu fjkila isÿ lSú i|yd Tng we;s yelshdj .ek o wi;=gla we;s úh yelsh' blauKska fndfyda oE wfmaCld lSúfi W.=,g Tn yiq fõ' fun÷ is;=ú,s Odrdjka y÷kajkq ,nkafka zwdl,am W.=,aZ f,i'h'

**m%fhdackj;a fkdjk is;=ú,s**

**iqÿ -l" is;Su (**

—tlaflda uu uf.a wdydr ie,iqī iimQ¼Kfhka wkq.ukh lrkjd' ke;akī th w;ayer oukjd~

**fÄojdplrKh (**

—whsfhda" uu wdfh;a th lvdImam,a l<d' uu fojk jrg;a fnod .;a;d' ta ksid uf.a uqç i;sfhau uykaish bjrhs'~

**fyd| foa wjm%udK lSú (**

—uu wo fyd| ojila .; l<d" ta;a yeuodu tfyu fjk tlla keye' uu fudk jf.a±hs uu okakjd~

**wê – idudkHlrKh (**

—uu úiaflda;= melÜggjla wkqNj l<d' ug lsisod wd;au Yla;shla fkd,efnhs'~

**krl foa úYd,kh lSú (**

—uu whsial%Si lEjd" uf.a yeá tfyuhs'~

**m%fhdackj;a is;=ú,s**

—ug yels muKska wdydr ie,iqu wkq.ukh lSúg W;aidy .kakjd" ta;a b|ysg w;miq üi isÿúh yelshs'~

—ug ;djld,slj w;miqùula isÿ jqKd" jvd jeo.;a jkafka kej; W;aidy fldg yß ud¼.hg meñKsuhs' tu.ska uf.a iuia; j¼Okhg n,mEula fkd fjkq we;s'~

—uu úiaflda;= melÜggjla wkqNj l<d' th j<lajd .ekSu myiq keye' B<Ö j;dfõ uf.a i;sm;d wdydr ie,iqug úiaflda;= we;=<;a lrkjd'~

—uu wo fyd| ojila .; l<d' ug uf.a ÈhqKqj ms<sn| j we;a;gu i;=gqhs'~

—uu whsial%Si lEjd' fi i;shgu uf.ka isÿ jQ m<uq w;miq ùu fuhhs' ta ksid iuia;hla f,i uu fydçka l%shdlr ;sfnkjd'~

Tfí iDKd;aul is;=ú,s l%shdj,sh y÷kd .ekSu tajd hym;a njg yrjd .; yels m<uq mshjrhs' Tn b,lal yd wruqKq ilia lr .ekSug W;aidy .ekSfi § fmdÿfö ndOl úh yels iuyr jpk my;ska olajuq' Tnf.a m%fhdackj;a fkdjk is;sú,s jvd m%fhdackj;a tajd njg m;a lr.kafka flfia±hs is;d n,kak'

**m%fhdackj;a fkdjk is;sú,s**

uu fkd< hq;=hs' ' ' "

uu l< hq;=hs' ' "

uu yeu úgu' ' "

uu lsisfia;au' ' "

**m%fhdackj;a is;=ú,s**

uu uÖyßkkg W;aidy lrkjd' ' "

uf.a b,lalh jkafka' ' "

uu W;aidy lrkafka' ' "

uu fkdlr isàug W;aidy .kafka' ' "

Tn is;k wdldrh ms<sn| fuu fji b;d meyeÈ,s tlla jk kuq;a" Tn w;am;a lrf.k we;af;a fudkjð±hs miqmi yeí n,k úg th m%fhdackj;a ù we;s nj fmfka'

miAjk 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:d¼:j;a o@