

Kuda no Konsume ba Vitamina A

Vitamina A importante tebes ba ita nia **matan** no **prevene moras**.

Nutrisaun vitamina A aas liu

4346
(mcg/100gr)



Senoura

3985
(mcg/100gr)



Fehuk midar kór kinur

2741
(mcg/100gr)



Kangkung

1019
(mcg/100gr)



Lakeru kór kinur

851
(mcg/100gr)



Ai-dila tasak

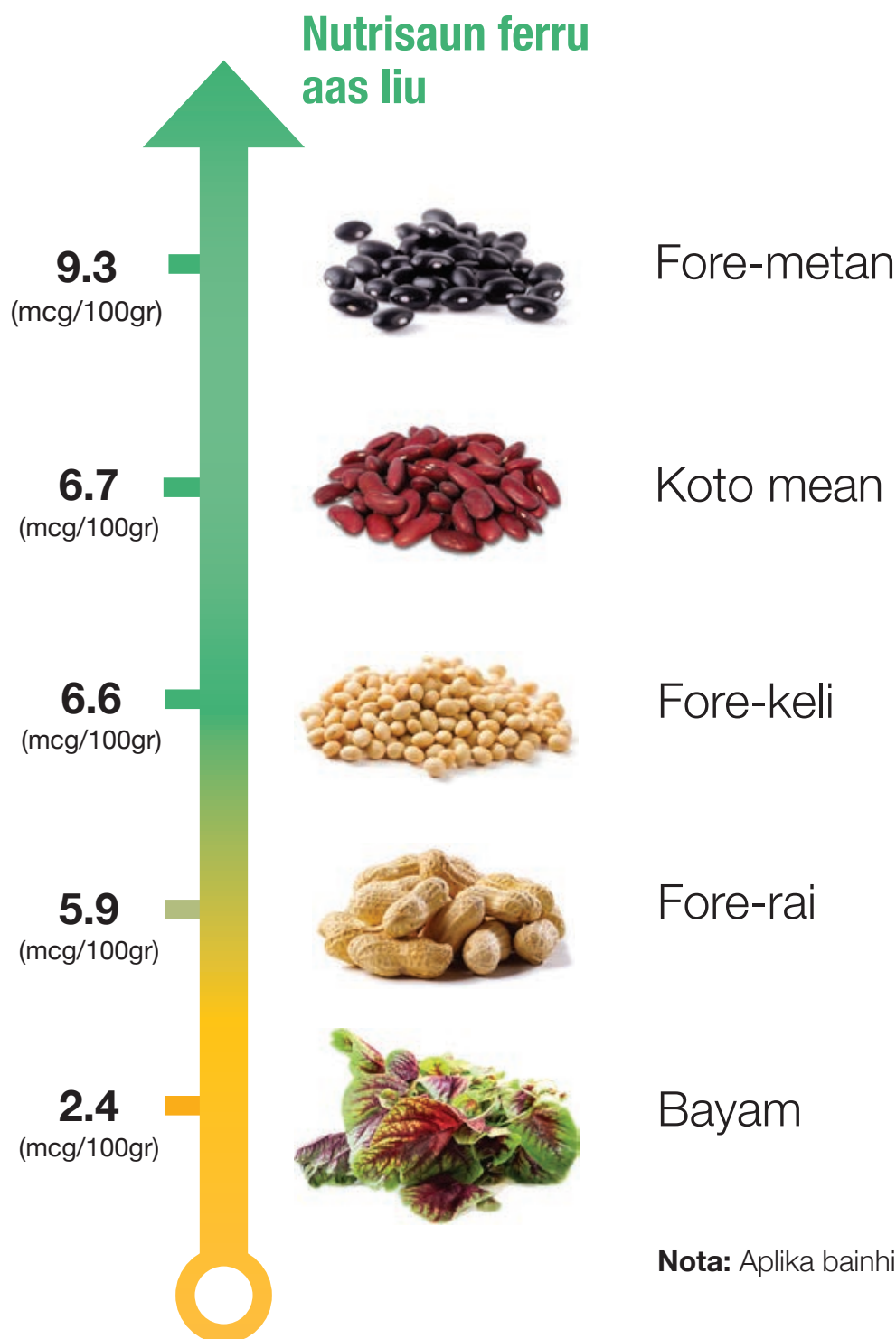
Nota: Inklui tipu Vitamina A rua - retinal no mós carotenes.

**Nutrisaun
vitamina A menus**



Kuda no Konsume ba Ferru

Ferru importante ba ita nia raan no **prevene raan menus**.
Nia mós prevene moras no **ajuda kakutak** hala'o nia servisu.



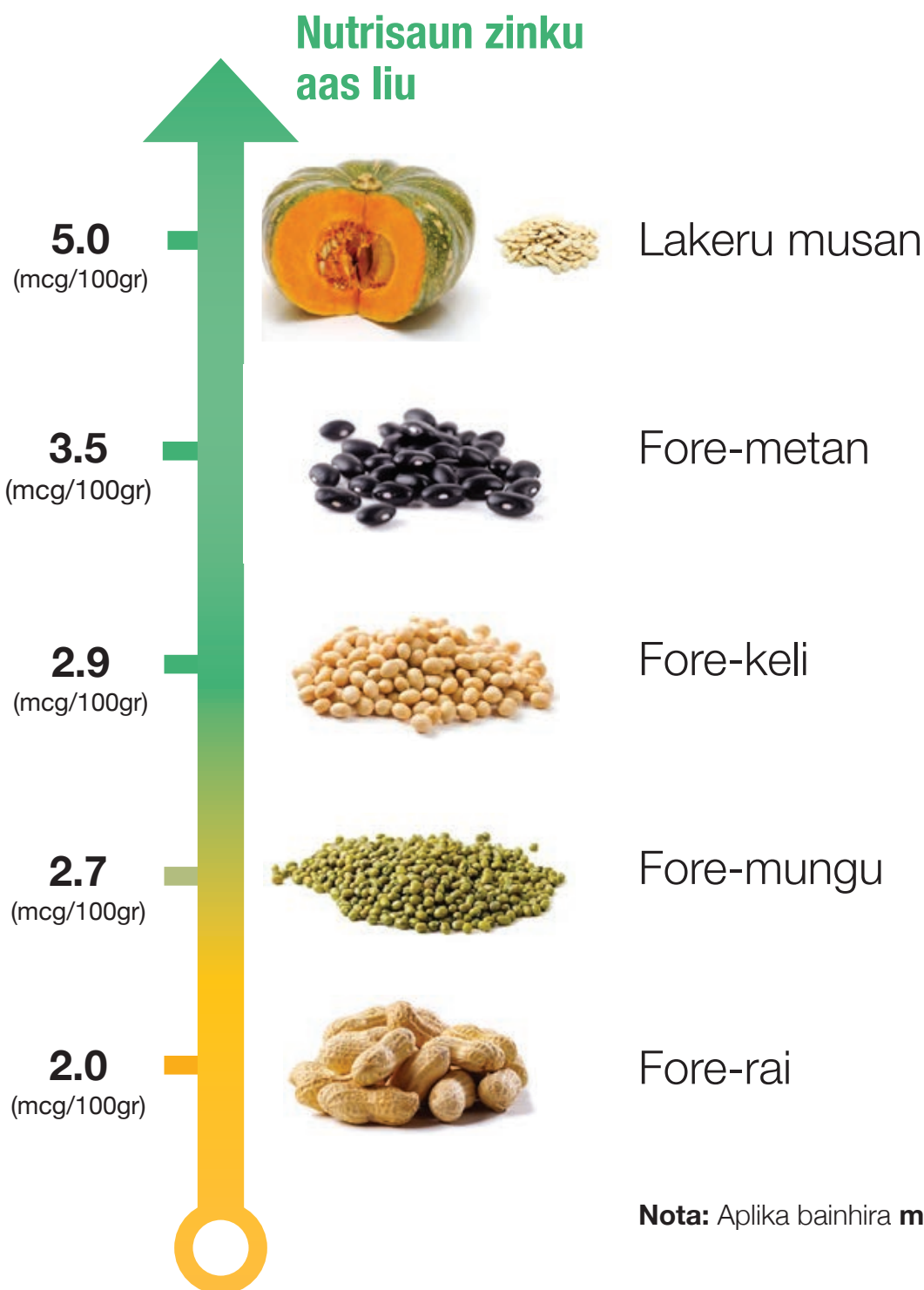
Nota: Aplika bainhira **matak** no **maran**.

**Nutrisaun ferru
menus**



Kuda no Konsume ba Zinku

Zinku importante ba ita nia isin atu **prevene moras** no **ajuda kakutak** hala'o nia servisu.



Nota: Aplika bainhira **matak**.

**Nutrisaun zinku
menus**



Oinsá ita bele kuda ai-horis ne'ebé di'ak liu ba saúde?

Pontu sira ba diskusaun

1. Saida mak Ita-Boot haree iha poster ida ne'e?
2. Saida mak Ita-Boot hanoin bainhira foti desizaun atu kuda ai-horis ida?
3. Husi foto sira ne'e fini ne'ebé mak Ita-Boot baibain kuda?
4. Oinsá nutrisaun di'ak bele ajuda to'os-na'in sira? Inan isin rua? Labarik ki'ik sira?
5. Oinsá ho Ita-Boot nia hanoin atu kuda ai-horis ne'ebé di'ak liu ba saúde?

Ita mós hetan mikronutriente husi animál

Vitamina A



Ferru



Zinku



Referénsia: Database ASEAN nian ba Kompozisaun Ai-han 2014

