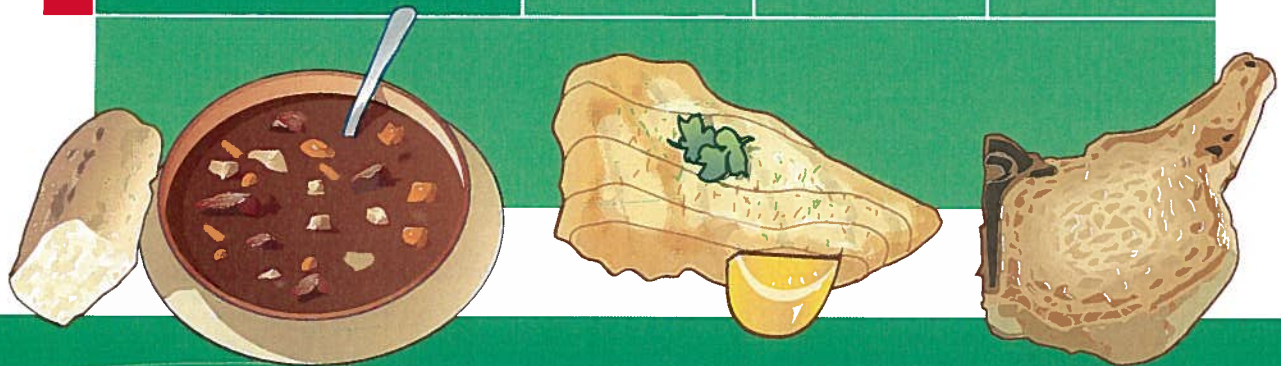


# Healthier Eating in the Home



## Country Food Vs. Store Bought Meats

	Calories	Protein	Fat
Whitefish 100 g (Baked) <small>Source: CINE</small>	127		
Moose 100 g (Baked) <small>Source: CINE</small>	160		
Ground Beef (Reg.) 100 g (Panfried) <small>Source: Bowes &amp; Church</small>	307		
Bacon (Typical) 3 Slices Cooked <small>Source: USDA Nutrient Database</small>	126		
Pepperoni 1 oz (3- 5 slices) <small>Source: USDA Nutrient Database</small>	138		









# መኖሪያ ቤቶችን ለማረጋገጥ



## የጥቅም ለውጥ ለማረጋገጥ ለሚያስፈልጉት የጥቅም ለውጥ

	የጥቅም ለውጥ	Protein	ጥቅም ለውጥ
ጥቅም ለውጥ 100 ግ (ጥቅም ለውጥ) ምሳሌ: CINE	127		
ጥቅም ለውጥ 100 ግ (ጥቅም ለውጥ) ምሳሌ: CINE	160		
ለጥቅም ለውጥ ለሚያስፈልጉት የጥቅም ለውጥ (Reg.) 100 ግ (ጥቅም ለውጥ) ምሳሌ: Bowes & Church	307		
ለጥቅም ለውጥ (Typical) ለሚያስፈልጉት ለሚያስፈልጉት ጥቅም ለውጥ ምሳሌ: USDA የጥቅም ለውጥ ለውጥ በጥቅም ለውጥ ጥቅም ለውጥ	126		
ጥቅም ለውጥ 1 oz (ለሚያስፈልጉት ጥቅም ለውጥ) ለሚያስፈልጉት ጥቅም ለውጥ ምሳሌ: USDA የጥቅም ለውጥ ለውጥ በጥቅም ለውጥ ጥቅም ለውጥ	138		

