

Daini na hkamja machye machyang madat hka ja la na aten hta gaw nai lap mung sha mai ai lu sha langai rai nna nai lap hta hkamja lam a matu akyu pru ai dat ni law law rawng ai lam mu hti hka ja da lu ai hpe bai garan kachyan ya mayu ai.

Nai lap hkalung hte nai pu matsun ni hpe shat mai shadu sha ga ai re. Nai lap sha ai, shing nrai, nai lap jum hkra lang ai shaloi masa nna gaya ai. Dai gaw nai lap hta oxalate grai law rawng ai majaw byin ai rai nga ai. Dai majaw nai lap shadu sha na rai yang oxalate dat hkoi hkra kashin shatsai kau nna she shadu sha ga ngu nna shawng tsun shadum mayu ai.

Nai lap hta oxalate rawng ai majaw atsawm chye shadu sha ra ai raitim hkum hkrang hpe akyu jaw ai dat ni rai nga ai protein, carbohydrate dat, sau dat, mawm dat, vitamin C, vitamin A, potassium, folic, calcium, hpri dat, magnesium, phosphate, omega 3 fatty acid, omega 6 fatty acid, vitamin B1 rai nga ai Thiamin, vitamin B2 rai nga ai ribonlavin, vitamin B3 rai nga ai niacin, zinc hte sodium dat ni mung rawng nga ai majaw atsawm hkut hkra shadu sha ai rai yang hkamja lam akyu hpe teng sha hkam la lu na rai nga ai.

Rai yang nai lap sha nna kaning re ai hkamja lam akyu ni lu la mai na ga ai kun ngu ai hpe hka ja yu ai shaloi shadu jahkut da sai nai lap gaw lu sha myit kraoi loi nna mawm dat grai law rawng ai majaw lu sha rin kaja ai akyu jaw ya lu ai. Pu ni shamu shamawt kaja nna kan sa man hkra mung garum ya lu nga ai. Dai majaw nai lap shadu sha ai gaw pu kaba cancer ana nbyin hkra mung makawp maga ya lu ai.

Myi hkamja ai – nai lap hta vitamin A grai law rawng ai gaw myi hkamja ai akyu hpe jaw ya lu nga ai..

Cholesterol hpe hting shara ya lu ai – nai lap gaw cholesterol kachyi mi mung nrawng ai nam lap hpan myu mi rai nga ai. Dai re majaw sai kata na cholesterol sau ni yawm hkrat mat hkra garum ya lu ai zawn mawm dat rawng ai majaw mung sai kata na akyu n jaw ai sau ni hpe shayawm kau ya lu ai.

Salum hkamja ai – nai lap hta tun chyam sau rawng ai lam yawm ai re majaw salum hkamja hkra garum ya lu ai. Mawm dat gaw sai lam kata na sau ni hpe shapraw kau ya lu ai majaw sai shamu gayin hkawm sa lam kaja ai zawn potassium rawng ai majaw sai shadang hpe reng hkang shara ya lu nna salum hkamja ai hte hkum chyen si ana nbyin hkra makawp maga ya lu ai.

Hpyi hkamja tsawm htap lu ai – nai lap hta hpyi hkamja lam a matu ra kadawn ai collagen shapraw lu na matu garum ya lu ai amino acid myu mi rai nga ai **threonine** rawng ai majaw hpyi kyip dumrit kapum ai, masha hkum gawng hpe sak kung lawan shangun ai lam nbyin hkra kaja dik garum ya lu na atsam nga ai.

Hkum num nak shayawm lu ai – nai lap hta sau dat kaji kajaw sha rawng nna protein dat law rawng ai majaw lu sha n gun hpring tsup lu ai. Mawm dat law rawng ai gaw kaw si lawan ai lam nbyin ai majaw lu sha law law n sha byin ai majaw hpum shayawm na matu loi ai hta lawm nga ai re. Protein rawng ai majaw lasa shan ni ja hkak nna hkamja lu na

matu garum ya lu ai.-Bum machyi hkyamsa lu ai – nai lap hta Omega-3 fatty acid rawng ai majaw lami laman bum machyi ai, shat kan bum machyi ai hpe hkyamsa shangun lu ai.

Maju lasa hkamja ai – nai lap hta vitamin B uhpung rawng ai majaw maju lasa hpe hkamja shangun nna hkum kahpram kabram machyi ai hte makret kawa machyi ai lam ni n byin hkra makawp maga ya ai hte hkum chying n gun mung kaja ai. Bai nna nai lap hta bawnu hte maju lasa hpe hkamja shangun ai Doberman hormone pru wa lu hkra jasu alun ya ai majaw bawnu a galaw lu ai atsam grau kaja nna matsing nyan marai kaja ai akyu hpe jaw ya lu ai.

Dai re majaw tsawra ai shiga madat nu wa hpunau ni nai lap sha ai mung hkum hkrang hkamja lam akyu law law hpe jaw ya lu nga ai majaw nai lap hpe hkamja lam hte htuk ai hku lu sha jai lang nna akyu hkam la nga ga.

Mi shawng nnan e tsun sai hte maren nai lap sha yang sadi ra ai lam ni gaw nga ai hpe mung chye tawn da na ra ga ai. Sadi ra na ahkyak madung gaw nai lap hpe katsing n sha ga. Nai lap katsing sha ai gaw gung byin chye nga ai. Hpa majaw nga yang nai lap hta mung hpun ni law law hta mu lu ai oxalate grai law rawng ai re. Dai oxalate grai law rawng ai gaw sade hta nlung rawng ai lam byin wa chye ai. Oxalate gaw nai lap hkalung ni hta grau rawng nga ai. Nai lap kung wa magang oxalate yawm mat magang rai nga ai.

Dai re majaw nai lap shadu sha na rai yang nai lap hta rawng ai oxalate ni prai mat na matu nai lap hpe atsawm kashin kau nna a kahtet sau sau re ai hka hpung lum hte hkying hkum mi dalam shadu kau, shing nrai hpang jahpawt shadu sha na rai yang shana kaw na tsing tawn da rai shadu sha ai rai yang nai lap hta na gung ni tsai mat nna hkamja lam hte htuk ai lu sha kaja byin lu sai majaw hkamja lam hte htuk ai hku lu sha jai lang chye nna asak galu hkam kaja ai akyu hpe hkam la nga ga law.