



## ZOO MUS TXOG THAUM TWG & COV LABEL

<p><b>MUAG UA NTEJ (SELL BY)</b></p>	<ul style="list-style-type: none"> <li>Lub hnuv tim uas nyob ntawm qhov uas “muag ua ntej” uas muab lo rau ntawm ib pob khoom yog rau cov <b>khw uas muag thiab cov tuam txhab uas tsim cov khoom.</b></li> <li>Hnuv tim ntawd qhia cov khw uas muag thiab cov tuam txhab uas tsim cov khoom ntawd tias yuav tsum muag poob ua ntej hnuv tim ntawd los sis tsis txhob muab muag tom qab hnuv tim ntawd lawm.             <ul style="list-style-type: none"> <li>Yuav tsum ua li no thiaj li hloov tau cov khoom ntawm cov txee hauv lub khw mus rau hauv cov txee hauv tsev.</li> </ul> </li> <li>Qhov no tsis yog txhais tias cov khoom no tsis zoo noj lawm. Ntau zaus, cov khoom tseem zoo noj 1/3 ntxiv tom qab hnuv uas yuav tsum “muag ua ntej”.</li> </ul>
<p><b>QAB TSHAJ UA NTEJ (BEST BY)</b></p>	<ul style="list-style-type: none"> <li>Qhov no tsuas hais tias tseem zoo noj.             <ul style="list-style-type: none"> <li>Kom puab tias tseem qab tshaj los sis cov khoom tseem zoo</li> </ul> </li> <li>Qhia cov neeg uas yuav khoom noj kom puab tias yuav tsum muab noj kom tas ua ntej hnuv twg.</li> <li>Yog tias noj tom qab hnuv uas “qab tshaj ua ntej” no tsis yog txhais tias yuav ua rau koj mob, tiam sis tej zaum cov khoom yuav tsis zoo npaud lawm los sis yuav tsis qab npaud lawm.</li> <li>Tej co khoom noj, xws li yogurt, tseem zoo noj tom qab li 1-2 lub lim tiam hnuv uas “qab tshaj ua ntej”. Tiam sis, cov khoom noj xws li tej nqaij, nqaij qaib thiab qe, ces yuav tsum <b>tsis txhob</b> noj tom qab hnuv tim no.</li> <li>Cov khoom noj uas tsis tas muab tso rau hauv taub yees, daim label “qab tshaj ua ntej” no qhia cov neeg uas yuav khoom tias yam khoom ntawd yuav tsis zoo los sis tsis qab li qub lawm thaum txog hnuv ntawd, tiam sis yog noj los yuav tsis ua li cas rau koj.</li> </ul>
<p><b>SIV UA NTEJ (USE BY)</b></p>	<ul style="list-style-type: none"> <li>Yuav tsum saib qhov no tseem ceeb tiag tiag es yuav tsum <b>tsis txhob</b> noj tom qab hnuv tim no.</li> <li>Ntau zaus yog hais txog cov nqaij, nqaij qaib, mis nyuj, thiab qe.</li> <li>Txawm li ntawd los, muab tau cov khoom no tso rau hauv lub taub yees kom khov ua ntej tas kas nuv thiab kom thiaj tseem zoo noj.</li> <li>Tseem ceeb tias yus saib seb cov khoom no puas xiam, xws li tsw phem, tuaj pwm, tsis zoo li qub, thiab seb lub thawv puas piam los sis su li cas.</li> </ul>

\* “Muag Ua Ntej” thiab “Qab Tshaj Ua Ntej” qhia tias tseem zoo, tiam sis “Siv Ua Ntej” qhia seb puas tseem zoo noj.