



IBHUKWANA LOLWAZI LESIGULI IZITHAKO ZOKUDLA NEZIVIKELAKUVUNDA

- Izithako/izivimbelakuvunda yizinto ezingamakhemikhali ezengezwa ekudleni.
- Lezi zidlala indima enkulu ekwenzeni ukudla ukuthi kunambitheke kahle, kube nomsoco futhi kuphephe unyaka wonke ukuze kudliwe yimiphakathi yethu yasemadolobheni ekhula ngesivini.
- Ngaphandle kwezithako nezivimbelakuvunda ukudla okuningi okugcwele emashalofini ezitolo ngabe konakala kungakadliwa ngisho nokudliwa.
- Izithako nezivimbelakuvunda kungabekwa ngononina nangokwemisebenzi yazo eziyenzayo.

Izivimbelakuvunda

- Lezi zithako zengeza impilo yokudla ngokuvimbela amabhaktheriya kanye nezikhunta ekutheni zingamoshi ukudla bese-ke izivimbelakuvunda zenze ukuthi ukudla kungaphephi kumabhaktheriya kanye nezikhunta ukuthi zingakudla.
- Lezi zifaka phakathi i-sulphur dioxide, sodium benzoate, nitrates, sorbic acid, uviniga, ushukela, kanye nosawoti. Izivimbelakuvunda zikhona futhi nakweminye imithi.

Izivimbelakugqwala

- Lezi-ke zivimbela izinto ezifana namafutha noteli ukuthi kungagqwali noma kungaboli.
- Ngaphansi kwezimo ezejwayelekile amafutha kanye noteli kuya kugqwale uma kuhlanguka ne-oksijini emkhathini nokucina ngokuthi bese kuba nokunambitheka okubolile nokuba sengathi “kuyabhimba”.

Izixubi kanye neziqinisi

- Lezi zisetshenziswa ekudleni okuxubile, ikakhulukazi amafutha kanye namanzi, ukuvimbela ukuthi kungehlukani. (Kuba yi-Calcium alginate ku-ice cream).

Izinandisi/Izifakibumnandi

- Izinandisi ezengeziwe ekudleni. (Isib. I-MSG ne-aspartame).

Izifakimibala

- Lezi zithako zenza ukuthi ukudla kube nombala othile; izibonelo eziqalile nje yi-sunset yellow kanye ne-tartarazine.

Ama-Nitrates

- Adlala indima yokuba yisithako kwezinye izinhlobo zokudla.
- Abuye futhi asetshenziselwe ukufaka umbala enyameni eyomisiwe.

Izithako ezilwa nokwenza salikhekhe

- Kuvimbela ukudla okuyimpuphu njengoshukela noma usawoti ukuthi kungabi namagulundla/kungabi amagenqeke

Ama-Humectants

- Lezi yizinto ezimunca umhswamuko wamanzi emkhathini kanti zivimbela ukudla ukuthi kungashaywa umoya kuqine besekungaba kusadleka (isib. Igeselina efakwa kwi-royal icing).

Izithako Zomsoco

- Kungenzeka zifake phakathi amavithamini, amaphrotheyini e-soy kanye namaphrotheyini obisi.

NGABE ZIPHEPHILE YINI IZITHAKO NA?

- Iningi lezithako kanye nezivimbelakuvunda kubukeka sengathi ziphephile kubantu abaningi. Amalabholethri emhlabeni jikelele aseke azihlola ngaphambi kokuthi zisetshenziswe ekudleni. Kodwa-ke abantu abefani, kungenzeka kube nabantu “abazwelayo” kwizithako kanye nakwizivikelakuvunda ezahlukenene.
- Kwabanye abantu, lezi zinto kungenzeka zingabaphathi kahle futhi lezo zimo zokungaphatheki kahle kungenzeka zifake phakathi: ukuhlanza, umqubuko esikhunjeni, ukudwebeka, ukuba nzima kokhwekhwe, isifuba esicinene, ikhanda kanye nezinye izimpawu eziningi kuhlenganisa ne-anaphylaxis. Umlando wokudla okudliwe kungenzeka unike udokotela wakheo umqondo othile omqoka mayelana nesithako okuyisona esikwalayo. Kunokuhlolwa kwegazi okukhona kwizinhlobo eziningi zezithako ezejwayelekile.
- Ezinye izinhlobo zokudla zinamakhemikhali emvelo nothola ukuthi kwesinye isikhathi anomthelela kulokhu. Inhlanzi eyaziwa ngokuthi yi-tuna fish esindala kungenzeka ibe ne-histamine esezingeni eliphezulu kakhulu. Kungenzeka futhi uthole ukuthi waliwa yi-histamine eyenzeke ngokwemvelo etholakala kwiwayini hhayi kwi-sulphur dioxide eye yafakwa umuntu ekudleni.

IZIVIMBELAKUVUNDA: Lawa makhemikhali anezinombolo ezingu-E, okungu: E200-299

Ama-sulphites

Ama-sulphites anezinombolo ezithi: E 220-229 kanti afaka phakathi izivikelikucunda ezifana nalezi: Sulphur dioxide, Sodium sulphite, Sodium Bisulphite, Sodium Metabisulphite, Potassium Bisulphite kanye nePotassium Metabisulphite.

Ama-sulphite abanga ukuhlupha kwamaphaphu futhi kungenzeka adale nesifuba somoya. Abantu abaningi futhi bakhalaza nangokulunywa ngemuva kwemiphimbo yabo. Lokho kuvame ukwenzeka kwizinto ezingamanzi eziphuzwawyo ezifana nokholdrinki kanye nojusi bezithelo, kodwa futhi nakumawayini kanye nakobhiya. Ayaye avuvuzelwe ekudleni ikakhulukazi kwizithelo ukugwema ukuthi ukudla kungashintshi kungabe kusaba nambala futhi kungabi nsundu.

I-Sulphur dioxide isetshenziselw ukugcina inyama eyomisiwe, ivorsi elomisiwe, izithelo ezomisiwe kanye nakwamanye ama-sauce. Lapho umuntu eyifaka i-sulphur kungenzeka ibangele ukuluma esikhunjeni.

Ama-benzoates

Ama-benzoates anezinombolo ezibhalwe kanje: E 210-219 kanti afaka phakathi: i-Sodium Benzoate, i-Monosodium benzoate kanye ne-potassium benzoate.

Ama-benzoates anezintwana ezilwa namagciwane kanye nezikhunta ukuvimbela ukonakala kokudla. Lezi zithako zifakwa emithini ethile kanye nasemikhiqizweni yokudla efana nokholdrinki, njengokholdrinki abangenawo ushukela kanti zikhona ngokwemvelo ezintweni ezifana nezithelo ezingamapruni, isinamoni, itiye kanye nezithelo ezisagqumugqumu. Lezi zithako kungenzeka zibangele izifo ezifana ne-urticaria, i-bronchospasm noma i-angioedema.

IZINANDISI: Lawa makhemikhali anezinombolo ezimi kanje: E600-699

I-Monosodium Glutamate

Ukudla ukudla okunalesi sithako kungabangela ukucinana okukhulu kulabo abaphathwa yisifuba somoya. Lokhu kungenzeka kwenzeke ngokushesha noma ngemuva kwamahora ayi-6 kuya kwayi-12. Isimo esaziwa ngokuthi yi- “Chinese Restaurant Syndrome” nokuyilapho khona umuntu ephathwa yikhandu kanye nokushisa okusasilungulela ngemuva kwentamo, kube yisifuba esicinene, isicanucanu, ukujuluka kanye nokuzwela sengathi kunokuluma ebusweni. Ukunsonsotha nezinsungulo okwaziwa ngokuthi ama- “pins and needles” noma ukugwaza okubuhlungu kungenzeka kuzwakale emalungeni noma ebusweni nasekhanda. Kwenzeka cishe emizuzwini engama-20 ngemuva kokuba ukudla okune-MSG sekudliwe futhi kugadla kakhulu esiswini esingenalutho. I-MSG ijwayele ukutholakala kumaphakethe amasobho, kuma-2 minute noodles kanye nasekudleni okuningi okusheshe kuvuthwe.

IZINTO EZIFAKA IMIBALA EKUDLENI:

Lezi zinhlobo zamakhemikhali zinezinamba ezingo-E100-199

Izinto ezifaka umbala ekudleni kuyenzeka kube yizinto zemvelo noma ezenziwe. Into efaka umbala ekudleni edume kakhulu yi-tartrazine (E 102). I-tartrazine iyi-azodye, kanti uma ike yahlengana namanye ama-azodye ziyaye zithathane mahlanze emzimbeni womuntu. I-tartrazine itholakala ezintweni ezifana nojusi bezithelo, kokholdrinki, kumaswidi, kumadezethi, kuma-toppings, kumasayiraphu, koteli, kuma-sauces kanye nakwizinongo zokudla ezithile.

I-ASPARTAME: E 951

Lena yintwana emhlophe nje esampuphu kodwa futhi engenalo iphunga, cishe-ke yona inobumnadi obuphindwe ka-200 ngaphezu kukashukela. EYurophu lesi sithako sigunyaziwe ukuthi sisetshenziswe njengesithako ezintweni ezidliwayo ezifana nokholdrinki. Amadezethi, amaswidi, imikhiqizo yasederi, amashingamu, futhi ibekwe nje nasetafuleni ukuthi abazodla bayisebenzise ekudleni kwabo. Le ntwana efaka ubushukela kokudliwayo kodwa enamakhalori amancane kuyenzeka kwezinye izikhathi ivele iqubule isimo sokwaliwa ukudla esaziwa ngokuthi yi-urticaria.

UKUSIHLONZA/UKUSILAWULA

- Ngaphandle kokusetshenziswa kwezivivinyo zamagazi, kungenzeka isiguli sicele ukuthi sigcine idayari yokudla bese sikurekhoda phansi konke ukudla esikudlile, isikhathi esikudle ngaso kanye nokuthi siqubuke nini lesi simo sokwaliwa ukudla kuso. Ekugcineni kungadingeka ukuthi kwenziwe inselelo yokudla noma kusetshenziswa isithipha (i-placebo) sokudla esiwubumpumpethe obuphindeke kabili lapho isiguli sona singabe singazi ukuthi lokho akusikhona ukudla kwangempela yisithipha nje ukuze kukwazeke ukucupha kanye nokubamba lesi simo.
- Funda amalebula okudla ngokucophelela bese ugwema konke ukudla okunezithako ezithile.
- Uma izimpawu obhekene nazo zibeka impilo yakho engcupheni kungadingeka ukuthi uhlale uphethe i-adrenaline auto-injector nawe njalo nje.

Ukuze ufunde kabanzi ngokuye, vakasheka ku:

http://en.wikipedia.org/wiki/E_number

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