



IBHUKWANA LOLWAZI LESIGULI ISIMO SOKWALIWA YI-SOY

ISETHULO

- Ukwaliwa yi-soy kusho ukungaphatheki kahle komuntu lapho edle iphrotheyini elitholakala kubhontshisi i-soybeans.
- Lokhu kungaphatheki kahle kubangelwa amasosha omzimba nokuyiwona asivikelayo ezintweni ezisesabisayo emzimbeni yethu, nokuyizinto ezifana nezifo.
- Ukwaliwa yi-soy kwenzeka lapha uma amasosha omzimba evela ethuka ekhomba amaphrotheyini angesiyona ingozi njengamaphrotheyini ayingozi bese eqala enza izivikelamzimba eziqondene nalelo phrotheyini.
- Odabeni lwe-soy, ukwaliwa ukudla kwenzeka ngenxa yayo impela i-soy eyaye itholakale ekudleni okudliwayo kodwa futhi kwesinye isikhathi kungaba ngisho nayi-soy ehogelwe.

IYINI I-SOY?

- I-soy umthombo wesitshalo esicebe kakhulu ngamaphrotheyini kanti uvela kwi-soybeans.
- I-soybeans ingubhontshisi kanti inani elincane labantu abaliwa yi-soy kuyenzeka futhi uthole ukuthi baliwa ezinye izinhlobo zikabhontshisi ezifana nobhontshisi owejwayelekile kanye namakinati. Iningi lalabo bantu abaliwa yi-soy bayakwazi ukubekezelela ezinye izinhlobo zikabhontshisi (isib. amakinati).

NGABE KUJWAYELEKE KANGAKANANI LOKHU KWALIWA YI-SOY NA?

- Ukuthi umuntu avele aliwe yi-soy nje, khona impela yinto engajwayelekile, kodwa okunalokho kujwayeleke kubantwana hhayi kubantu abadala.
- Ukwaliwa yi-soy yinto umuntu engamhlasela noma ngabe yinini, ngisho nalabo okuyaye kade kusuke kwaziwa ukuthi ababinayo inking, kodwa kungenzeka nje bazithole sebenalesi simo sokwaliwa yi-soy.
- Kanti ukwaliwa yi-soy kuyenzeka kungahambi kodwa, kuhambisane nokwaliwa ubisi lwenkomo, kodwa-ke futhi lokhu isikhathi esiningi kuba yisimo esingasheshe sibonakale (umuntu avele abe nokhwekhwe/utwayi noma izinkinga esiswini/emathunjini), nokuyizindawo lapho sekuya kwatholakala ukuthi khona kuyenzeka ukwaliwa yi-soy kuphilisane kahle nokwaliwa ubisi lwenkomo cishe kwiziguli ezinguhhafu impela nje.
- Lokhu kuphilisana kahle kwezimo ezimbili ezala umuntu akwejwayelekile ukuthi kube khona ezimweni zokwaliwa ukudla okuthile ezisheshe zivele, nokuyaye kutholakale ukuthi ngabantu abalinganiselwa kumaphesenti ali-10 kuphela abaliwa ubisi lwenkomo ababuye baliwe yi-soy.

IZIMO ZOKWELASHWA KOKWALIWA YI-SOY

- Kuyenzeka ukwaliwa yi-soy kube yisimo “esisheshayo” (kuvele engakapheli amahora amabili, kodwa isikhathi esiningi nje isuke ingakapheli ngisho nemizuzu engama-30) kwesinye isikhathi kuyenzeka-ke “kubambezeleke.”

- Uma ukwaliwa yi-soy kushesha, kuyaye kuziveze ngezimpawu ezifana nokuhlanza, uhudo, amajaqamba esiswini noma ukushitsha kwesikhumba (ukuluma, ububomvu, imivimbo (“imiqubuko”) noma ukuvuvukala).
- Ngezinye izikhathi kuyenzeka kube yisimo esibi impela nje sokwaliwa yi-soy nesiingaze sidale ukuthi kuzwakale imisindo ethile uma umuntu ephefumula, noma kwesinye isikhathi umuntu aze ashayeke phansi avele athule du. Kanti-ke leso simo saziwa ngokuthi yi-*anaphylaxis*.
- Izimo ezingasheshe ziziveze zokwaliwa yi-soy kungenzeka zibonakale ngokuthi umntwana ophilile nje ongenalutho athele igazi.
- Okunye ukuziveza okungejwayelekile kokwaliwa yi-soy ukuvele nje umuntu kungayeke ngedlela efanele endlini encane noma omunye ahlanze kanti-ke lokhu kwaziwa ngokuthi yi-Food Protein Induced Enterocolitis Syndrome (FPIES).
- Isimo sokwaliwa yi-soy ngesinye isikhathi kuyenzeka siziveze njengokugqagqamuka kwesikhumba nalapho sivele sibe bomvu kube sengathi sinamaqhuquva.

NGABE SIHLONZWA KANJANI ISIMO SOKWALIWA YI-SOY NA?

- Ithuluzi elibaluleke kakhulu ekuhlonzeni isimo sokwaliwa yi-soy ukubheka umlando wokuphatheka komuntu uma kade edle iphrotheyini le-soy.
- Zimbili izinhlobo zezivivinyo ezingenziwa ukuhlola ukwaliwa yi-soy okusheshe kuziveze. Kuba ukuchumbusa umunwe nokuyisivivinyo esilula nje esingenziwa emtholampilo oqondene nezimo zokwaliwa ukudla. Kodwa-ke isiguli kusuke kudingeka ukuthi siyeke imithi ethile singayisebenzisi ngaphambi kokuba siyohlolwa kanti imiphumela itholakala ngemuva kwemizuzu eyi-15. Ukuhlolwa kwesibili kubizwa ngokuthi yi-ImmunoCAP® kanti-ke khona kufaka phakathi ukudonswa kwegazi esigulini.
- Yize imiphumela yalokhu kuhlolwa kuyimihlahlandlela yokuthi ngabe lowo muntu unesimo sokwaliwa yi-soy yini, kodwa ayikuvezi ukuthi ngabe leso simo siyiba yisimo esikahle nje yini noma siyoba yisimo esinzima kakhulu na. Kubalulekile-ke futhi ukwazi ukuthi akusibona bonke abantu okuye kuthi uma behlolwa kutholakale ukuthi banesimo sokwaliwa yi-soy okusuke ngempela baliwa yi-soy.
- Ezimweni lapho kungenasiqiniseko khona, udokotela oqondene nezimo zokwaliwa okudliwayo kungenzeka ancome ukuthi kubhekwe ukudla akudlayo. Lokhu kufaka phakathi ukuthi umuntu onalesi simo aqale anikwe amanenjana amancane esoya bese ekhuliswa-ke kuze kube yisoa eningi nje kwindawo kodwa lapho umuntu ekwazi ukulawulwa khona.
- Izimo zokwaliwa yi-soy ezingasheshe ziziveze kunzima kakhulu kodotela ukuzihlonza ngoba akukho zivivinyo zasemalabholetiri ezikwazi ukwelekelela ekuhlonzeni lezi zimo. Uma kusolwa ukuthi kunesimo sokwaliwa yi-soy esithatha isikhathi eside ukuze siziveze, lapho-ke udokotela wakho obhekana nalezi zimo uyoncoma ukuthi udle ukudla okungenayo i-soy kuqala isikhathi esithile bese kuthi ngokuhamba kwesikhathi bese ebuye ethi phinda futhi udle ukudla okune-soy ukuze kubonakale ukuthi inkinga ngabe ikuphi. Lokhu-ke kodwa kwenziwa kangcono ngudokotela ongungoti futhi okuqeqeshelwe ukubhekana nezimo zokwaliwa ukudla.

UKWELASHWA KWESIMO SOKWALIWA YI-SOY

- Lezo ziguli ezinesimo sokwaliwa yi-soy esisheshe sivele kanye nalezo ezinesimo sokwaliwa yi-soy esinzima kakhulu kanye nesimo esingasheshe sivele kufanele zivele zingabinayo i-soy ekudleni kwazo bese kuba nokunye ukudla nje ezingakudla lezo ziguli ukuqinisekisa ukuthi isiguli sithola uhlelo lokudla okunempilo.

- Iphrotheyini le-soy likhona ekudleni okuningi kakhulu esikudla nsuku zonke kanti isikhathi esini livame ukuthi “lifihlakale” ezinhlotsheni ezithile zokudla. Ngokwemithetho yokufakwa kwamalebula ezintweni lapha eNingizimu Afrika, lezo zinhlobo zokudla ezine-soy kufanele zibhalwe kucace ukuthi zine-soy phakathi. Ngeshwa-ke kodwa akusizona zonke izinkampani ezihambisanayo nale mithetho yokufakwa kwamalebula ezintweni ezidliwayo. Abazali babantwana kudingeka ukuthi bawafunde wonke amalebula bese belukhiphela ngaphandle lolu luhlu lwamagama olubhalwe lapha ngezansi.
- Udokotela obheka izimo zokwaliwa ukudla kufanele athathe isinqumo ngalezo zinto okungenzeka zibe umthelela wesimo sokuphatheka kabi kakhulu kulezi ziguli okungenzeka ukuba zaliwa yi-soy bese esho ethatha isinqumo futhi sokuthi ngabe kufanele yini ukuthi anqume ukuba lezo ziguli zisebenzise i-adrenaline auto-injector pen na. Lezo ziguli ezinesimo esibi kakhulu sokwaliwa yi-soy kufanele zibe nohlelo lokubhekela isimo sazo esingesihe, nokuba yibhanjana elisasiphandla elaziwa ngokuthi yi-Medic Alert bracelet futhi kufanele zihlale ziphethe i-drenaline auto injector ngazo zonke izikhathi.
- Abazali kumele baqiniseke ukuthi bayazi ukuthi waliwa yini umntwana wabo, futhi kufanele ukuba basuke sebenikiwe ikhophi yohlelo lwesimo esiphuthumayo kanye nanoma yimuphi umuthi okusuke kufanele ukuthi bawusebenzise.

NGABE KUYENZEKA YINI UKUTHI UMUNTU ONESIMO SOKWALIWA YI-SOY SIMYEKE UMA ESEKHULILE?

- Kuyenzeka ukuthi umuntu onesimo sokwaliwa yi-soy simyeke uma esekhulile. Udokotela oqondene nezimo zokwaliwa yi-soy uyosilandeleda lesi simo sokwaliwa ukudla njalo ngonyaka ngokuthi aqhumbuse umunwe noma kwenziwa ukuhlolwa kwegazi.
- Uma zozimbili lezo zivivinyo zibonisa ukuthi kungenzeka ukuba isimo sokwaliwa ukudla sesimyekile lowo ebesimphethe ngoba usemdala, lapho-ke wena (noma umntwana wakho) kungenzeka ahanjiswe esibhedlela emini njengenselelo ye-soy, ukuze akwazi ukweluswa kubhekwe ukuthi ngabe sisengavumbuka yini lesi simo sokwaliwa okudliwayo na.
- Inselelo ye-soy kusho inqubo lapho khona amanani athile amaphrotheyini e-soy eyonikwa isiguli ukuze kuthathwe isinqumo sokuthi ngabe leso siguli siyakwazi yini ukubekezelela lelo linani le-soy esilidlile na, ukuze kubonakale ukuthi lowo muntu ngabe akasaliwa yini yi-soy na.

IMITHOMBO YOKWALIWA YI-SOY / YINI OKUFANELE UYIBHEKE KUMALEBULA

- I-bean curd
- I-carob
- I-emulsifier
- I-lecithin
- Imiso
- I-monosodium glutamate (MSG)
- Iseluli samaphrotheyini
- Isoya, ubhontshisi oyi-soy, i-soyabeans
- Iphrotheyini le-soy, i-soy isolate, i-soy concentrate
- Ufulawa we-soy, ifayibha ye-soy, i-soy albumin, uwoyela we-soy
- Ubisi lwe-soy

- Amakinati e-soy, ama-soy sprouts
- I-soy sauce, i-shoyu sauce
- I-stabiliser
- Isitashi
- Itofu
- Iphrotheyini yemifino emahhadlahhadla (TVP)
- Isishubisi
- Vegetable gum
- Isobho lemifino
- Isitashi semifino