



INCWADANA YOLWAZI EYENZELWE ABAGULI IZINONGI NEZILONDOLOZI ZOKUTYA

- Izinongi/izilondolozi zizinto eziziikhemikhali ezithi zifakwe ekutyeni.
- Zinendima ebalulekileyo ekugcineni ukutya kunencasa, kunesondlo yaye kwanele ukondla abemi beedolophu zethu ezikhulayo unyaka wonke.
- Xa bekungenakufakwa zinongi nezilondolozi inxalenye eninzi yokutya okukwiishelufu zeevenkile bekuza konakala kungekathengwa.
- Izinongi nezilondolozi zinokubekwa ngokwamaqela ahlukileyo ngokwemisebenzi yazo.

Izilondolozi

- Zenza ukuba ukutya kugcinakale ixesha elide ngokuthintela iintsholongwane nomngundo ukuba kungakonakalisi ze zikwenze kungakhuseleki ukuya oko kutya.
- Phakathi kwazo singabala *sulphur dioxide*, *sodium benzoate*, *initrate*, *isorbic acid*, iviniga, iswekile, netyuwa. Namanye amayeza anazo izilondolozi.

li-anti-oxidant

- Ezi zithintela amafutha nee-oyile zingonakali.
- Kwiimeko eziqhelekileyo amafutha nee-oyile zithi zonakale xa zidibana ne-oksijini esemoyeni, nto leyo ibangela zinuke kakubi.

Izinongi zokudibanisa nokuqinisa

- Ezi zisetyenziswa kwizityo ezixutyiweyo, ngokukodwa ii-oyile namanzi, ukuze kuthintelwe ukuba zingahlukani. (Kwi-ayiskhrim kufakwa *calcium alginate*).

Izinongi zokwandisa incasa

- Izinongi zokwandisa incasa ezinguzenzele ekutyeni. (Umz. iMSG ne-*aspartame*).

Izinongi zokufaka umbala

- Ezi zenza ukutya kube nemibala eqaqambileyo; imizekelo emibini yi *unset yellow* nethartrazini.

initrate

- Zisebenza njengesilondolozi kwezinye izityo.
- Kanjalo zisetyenziswa ukufaka umbala enyameni enkonkxiweyo.

Izinto zokuthintela ukuqina

- Zithintela izinto ezityiwayo ezingumgubo ezifana ne-*icing sugar* okanye ityuwa ukuba zingabi zizigaqa.

lihumectant

- Izinto ezifunxa umphunga emoyeni yaye zithintela ukutya kungomi ze kuqine yaye kungabi nancasa. (umz. igliserini egalelwe kwiroyal icing).

Izinto Zokwandisa Ssondlo

- Ezi zingaquka iivithamini, iiminerali, iiprothini zesoya, neeprothini zobisi.

INGABA IZINONGI ZIKHUSELEKILE?

- Uninzi lweziningi nezilondolozi zibonakala zikhuselekile ebantwini abaninzi. lilebhu ehlabathini lonke zenze uhlolo kwezi zinto ngaphambi kokuba zisetyenziswe ezintweni ezityiwayo. Kodwa ke, abantu kungenzeka “bangalungelwa” zizingi nezilondolozi ezahlukileyo.
- Kwabanye abantu, ezi zint zisenokubangela iintshukumo ezimbi ezidalwa kukungalungelani yaye zisenokuquka: ukugabha, irhashalala, izigxala, ukunwenwa kwerhashalala, ukuminxana kwesifuba, iintloko ezibuhlungu nezinye iimpawu ezininzi, kuquka i-anaphylaxis. Imbali yezinto ezityiwayo neempawu inganceda ugqirha aqonde kakuhle isinongi esibangela intshukumo edalwa kukungalungelani. Kukho iindlela zokuhlola igazi ezinokwenziwa ukuze kubonwe uninzi lweziningi ezixhaphakileyo.
- Ezinye izinto ezityiwayo zineekhemikhali zemvelo ezisenokuvelisa ezi mpawu. Uhlobo lwentlanzi oluyituna engekho ntsha lusenokuba nezinga eliphezulu lehistamine. Kungenzeka uvelwe ziintshukumo ezidalwa kukungalungelani neehistamine ezikhula ngemvelo kwiwayini kungekhona kwisulphur dioxide enguzenzele ogalelweyo.

IZILONDOLOZI: Ezi khemikhali zineenombolo ezingu-E200-299

liSulphite

liSulphite zineenombolo ezingu-E 220-229 yaye ziquka iSulphur dioxide, iSodium sulphite, iSodium Bisulphite, iSodium Metabisulphite, iPotassium Bisulphite nePotassium Metabisulphite.

Zibangela ingxaki emiphungeni yaye zingavusa nesifuba. Abantu abaninzi bakhala nangokutshotshozela komqala ngasemva. Ezi khemikhali zixhaphake kakhulu kulwelo lweziselo ezibandayo nencindi yeziqhamo exutywayo, kodwa ziyafumaneka nakwiwayini nebhiya. Ziyatshizwa nakwizinto ezityiwayo ngokukodwa iziqhamo, ukuze kuthintelwe ukuphuma kombala nokuba mdaka. ISulphur dioxide isetyenziswa ukulondoloza inyama enongwe ngomsi nenkonkxiweyo, iwors eqwayitiweyo, iziqhamo eziqwayitiweyo, iipickle, nezinye iisuphu. Xa kulungiselelwa into eza kutyiwa, isibabile (*sulphur*) singabangela ingxaki yolusu.

liBenzoate

liBenzoate zineenombolo ezingu-E 210-219 yaye ziquka iSodium Benzoate, iMonosodium benzoate nepotassium benzoate.

liBenzoate zinezinto zokubulala iintsholongwane nokuthintela ukungunda ukuze kukhuselwe ukutya kungonakali. Le michiza iyafakwa kwiimveliso zamayeza nezokutya ezifana neziselo ezibandayo ezingenaswekile yaye zibakho ngemvelo kwiiplam ezomisiweyo, isinamoni, iti namaqunube. Zingabangela izigxala, iintlungu esifubeni okanye i-*angioedema*.

IZINTO ZOKWANDISA INCASA: Ezi khemikhali zineenombolo ezingu-E600-699

Imonosodium Glutamate

Ukutya izinto ezifakwe esi sinongi kungabangela ukuminxana kwesifuba kubaguli abanesifuba. Oku kungenzeka ngoko nangoko okanye kwiinyure ezi-6 ukuya kwezili-12 kamva. Imeko ebizwa ngokuba yi-“Chinese Restaurant Syndrome” yokuphathwa yintloko nokutshotshozela entanyeni ngasemva, ukuminxana kwesifuba, ubucaphucaphu, ukubila nokuva ngathi kukho uxinzelelo ebusweni. Kungenzeka uve ngathi uhlatywa “ngoonotaka neenaliti” emalungwini okanye ebusweni nasentloko. Kwenzeka malunga nemizuzu engama-20 emva kokutya ukutya okuneMSG yaye kwenzeka kakhulu ukuba ubulambile. Le MSG ifumaneka kakhulu kwiipakethe zeesuphu, iipakethe ze-2 minute noodles crisp noninzi lokutya okuthengwa sekulungile.

IZINTO ZOKUJIKI UMBALA: Ezi khemikhali zineenombolo ezingu-E100-199

Izinto zokujika umbala kungenzeka ibe zezemvelo okanye ezenziweyo. Esona sinongi saziwa kakhulu sombala yitartrazine (E 102). Itartrazine yi-azodye, yaye ivelisa iintshukumo ezifanayo nazo zonke ezinye ii-azodye. Itartrazine ifumaneka kwiincindi zeziqhamo, iziselo ezibandayo, iiswiti, izimuncumuncu ezityiwa emva kokutya, izinto ezigalelwa ngaphezulu ekutyeni, iisiraphu, amafutha okupheka, imihluzi neepickle.

I-ASPARTAME: E 951

Ngumgubo omhlophe, ongenavumba, onencasa ngokuphindwe malunga nama-200 kuneswekile. EYurophu, kugunyazisiwe ukusetyenziswa kwayo njengesinoki sokutya esifakwa kwizinto ezinjengeziselo, izimuncumuncu ezityiwa emva kokutya, iiswiti, imveliso zobisi, iitshungama, kunye nento yokwenza incasa ebekwa etafileni. Esi sinongi sencasa esineekhalori ezisezantsi ngamathuba athile singakukhupha izigxala.

UXILONGO/ULAWULO

- Ngaphandle kokwenziwa kohlolo lwegazi, umguli usenokucelwa ukuba agcine idayari yokutya ze arekhodishe konke ukutya akutyileyo, ixesha akutye ngalo nokuba intshukumo edalwa kukungalungelani ivele nini na. Ekugqibeleni kunokuba yimfuneko ukusebenzisa ucelo-mngeni lokutya okanye usinga-nkqubo yocelo-mngeni lokutya ukuze kuqondakale ingxaki.
- Funda ngocoselelo iileyibhile ezisekutyeni ze uphephe zonke izinto ezityiwayo ekungenzeka zinesilondolozo okanye isinongi.
- Ukuba iimpawu onazo zibeka engozini ubomi bakho kusengafuneka uhlale uphethe isitofu se-adrenalini.

Ukuze ufunde olunye ulwazi, yiya ku-: http://en.wikipedia.org/wiki/E_number

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