



IBHUKWANA LOLWAZI LESIGULI UKWALIWA UKOLO

NGABE KUYINI UKWALIWA UKOLO NA?

- Ukwaliwa ukolo kusho isimo lapho khona kuvumba amasosha omzimba ame ngezinyawo uma kuke kwangena iphrotheyini elilodwa noma izinhlayiyana zamaphrotheyini ezihambisana nokolo, kuhlenganisa ne-albumin, i-globulin, i-gliadin kanye ne-glutenin (i-gluten). Amasosha omzimba ayaye ayithathe njengengozi enkulu emzimbeni enye yalawa maphrotheyini asebaliwe bese eqalake amasosha omzimba eviva avukuze kwasani eseduze kwawo uma ebona kungena lawa phrotheyini emzimbeni ngoba edliwe, ethintiwe noma ngezinye izikhathi, ehogeliwe nje kuphela (isifuba somoya kulabo abasebenza emabhikawozi).
- Abantu abaningi abahlaselwa yisimo sokwaliwa ukolo empeleni nje akusikhona ukuthi baliwa ukolo – kodwa iqiniso kusuke kuwukuthi nje kungenzeka ukuthi izimo zabo zempilo ziyehluleka ukubekezelela ukolo noma mhlawumbe banesifo esaziwa ngokuthi yi-coeliac disease. Ukwaliwa wukolo akususwa amasosha omzimba futhi angeke kwakwazi ukuthi kubambeke ngezivivinyo ezejwaleyekile nje (ezifana nokuhlolwa kwegazi noma kwesikhumba). Ukwaliwa ukolo kuthikameza ukugayeka kokudla esiswini; kanti izimpawu zakho ezivamile zifaka phakathi ukungaphatheki kahle uma kugayeka ukudla esiswini, uhudo nokuqunjelwa ngemuva kokudla ukolo omningi.
- Isifo i-coeliac disease wuhlobo oluthile lwesifo lapho khona amasosha omzimba evuka umbhejazane kodwa akusisona isifo esihambisana nokwaliwa yinto ethile; kodwa nje yisimo esithile nje lapho khona ama-gluten (okungamaprotheyini atholakala kukola kanye nakwamanye amasiriyeli) athile elimaza khona isitsha sangaphakathi ezibilini kumuntu kanye nethumbu.
- Le dokhumenti ikhuluma ngokwaliwa ukolo.

NGABE KUJWAYELEKE KANGAKANANI UKWALIWA UKOLO NAY?

- Azikho izibalo eziqondile mayelana nokwanda kokwaliwa ukolo. Ulwazi lwezokwelashwa lukubeka kucace khona ukuthi ukwaliwa ukolo akusiyona nokho into ejwayele ukwenzeka, futhi okunalokho kuze kwedlulwe, isibonelo nje, ukwaliwa izinto ezifana nobisi, amaqanda kanye namanakinati. Okunalokho ukwehluleka ukubekezelela ukolo yikhona okuze kwejwayeleke kangconywana ukusenokwaliwa yiwona ukolo kwangempela.
- Ukwaliwa ukolo kuyenzeka kuhlasele abantu abadala kodwa isikhathi esiningi kuvame ukuthi uma umuntu esemdala kungabe kusakwazi ukumlandela.
- Kuyenzeka kube khona kumaqembu athile abantu, isib. ukwaliwa ukolo yikhona kanye okubambe iqhaza ekutheni abantu ababalelwa kumaphesenti angama-30 bangenwe yisifuba somoya sasemsebenzini emboninini yezokubhaka.

IZIMPAWU ZOKWALIWA UKOLO?

- Izinto ezenzakalayo nezisuke zibonisa ukwaliwa ukolo zivame ukuba yizinto ezingama-IgE-antibody mediated, kanti isikhathi esiningi zivame ukuthi ziqale kusadlule imizuzwana nje noma amahora ambalwa ngemuva kokudla ukolo noma ngemuva kokuwuhogela.
- Kodwa izimpawu ezejwayeleke kakhulu yilezo ezifaka phakathi isikhumba (i-urticaria, i-atopic eczema, i-angioedema), umgudu ofaka phakathi isisu namathumbu (nokuwukwaliwa ukolo kwangaphakathi, amajaqamba esisu, isicanucanu kanye nokuphalaza) kanye nomgudu wokuphefumula (isifuba somoya noma ukwaliwa yi-rhinitis).

- Ukungaphathwa kahle ukolo okufana ne-IgE-mediated reactions kungenzeka kubangele izifo ezifana ne-urticaria, i-angioedema noma ukubambeka ngqi komoya okuhlobene nokuvocavoca umzimba. Amanye amasiriyeli ane-gluten (i-rye, i-oats kanye nobhali) kungenzeka nawo abangele lezi zimpawu ngenxa yezisusa ezivumbuka ngenxa yokunye okusetshenziwe.
- Izimo ezingajwayelekile, zokwaliwa ukolo zingafaka phakathi lezo ezenzeka ngemuva kwesikhathi eside (nezisuku zingekho IgE-mediated) kanti zehlukene, zinezimpawu zasesiswini (ukuhuda, ukuqumba, amajaqamba) noma ukulunywa okuzishaya salutwayi isikhathi esingaba amahora noma izinsuku impela nje ngemuva kokudla ukolo.

NGABE KUTHOLAKALA KANJANI UKUTHI UMUNTU WALIWA UKOLO NA?

- Kuba lula ukubona uma umuntu njalo ehlala enesimo esifanayo esenzeka kuye ngemuva kokudla ukudla okunokolo noma edla ukolo ngezinsuku ezahlukene.
- Isikhathi esiningi kuba nzima khona ukukwazi ukuthola ukuthi umuntu waliwa ukolo ngoba ukolo isikhathi esiningi uwukudla okudliwa njalo futhi isikhathi esiningi uthola ukuthi ukolo uhlale njalo uyesithako “esifihlekile” ekudleni kwethu.
- Ukukwazi ukuhlonzwa noma ukutholakala ukuthi umuntu waliwa ukolo kufaka phakathi ukuhlolwa ngokwemithi (kubhekwe umlando wokwelashwa komuntu, umlando womndeni, umlando wokudla) kwesekelwe nayizivivinyo ezifanele ezivela emalabholetiri (njengesivivinyo sokuhlaba ngento ecijile esikhumbeni kanye nokuhlolwa kwegazi ukuze kubhekwe i-IgE ethile ecacile).
- Khumbula ukuthi ukutholwa ukuthi umuntu waliwa ukolo ngenxa yemiphumela yegazi kuphela akwanele ukuthi sekungathiwa kutholakele konke ngoba kuyenzeka izivivinyo zegazi zizodwana zinhlanhlathwe, zingashayi khona.
- Abantu abaningi abavame ukwaliwa yizinhlayiyana zotshani, bavame ukuthi nabo uma bethathwa igazi kuvele kuphume ukuthi baliwa ukolo ngenxa yokuthi lezi zimo zicishe zakhelane ngandlela thize. Lokhu kungasho ukuthi laba bantu baliwa ukolo, kodwa akunalutho olubi olwenzekayo kubona ngalokho.
- Izivivinyo zokwaliwa ukolo kufanele ukuthi zenziwe uchwepheshe obheka umlando wokuhlolwa khoba kanye nemiphumela yokuhlolwa.
- Namhlanje sekwaba khona izivivinyo zegazi eziqonde ngqo nezibheka izakhiwo (amaqhuzwana) amaphrotheyini okolo nokungenzeka ukuthi zimataniswe nokwaliwa ukolo kwangempela, isibonelo nje isakhiwo esaziwa ngokuthi yi-omega-5 gliadin.
- Kwezinye izimo lapho khona ukwaliwa ukolo kungacacile kahle, kungaze kudingeke ukuthi umuntu afake ukudla ngomlomo, bese umuntu enikezwa amaqhuzwana amancane athile kakolo ngenhloso yokumelusa kubhekwe isimo sakhe ukuthi lowo kolo anikwe wona umenzanjani.
- Kwizimo zokwaliwa ukolo ezingama-non-IgE mediated (isimo esithatha isikhathi eside ukuvela), kuye kuze kubonakale ukuthi umuntu waliwa ukolo ngemuva kokuthi izimpawu ziye ngokuya zakhula ngemuva kokuba ukolo usukhishiwe ekudleni lowo muntu akudlayo kanye nokwanda kakhulu kwezimpawu uma lowo muntu ebuye enikezwa futhi ukolo kuthiwa akawudle (isivivinyo esiyinselelo yokukhipha ukolo).

NGABE KWELASHWA KANJANI-KE UKWALIWA UKOLO NA?

- Ukugwema ukolo kanye nokudla okunokolo yisinyathelo sokuqala ekwelashweni kwesimo sokwaliwa ukolo.
- Ngenxa yokuthi ukolo ungukudla okudliwa njalo, ukudla ukudla okungenawo sanhlobo ukolo kuyinto enzima kakhulu kwisiguli noma emndenini waso ukuthi bangakwazi ukuqhubeka nayo ngokungaphezi.
- Abantwana abadla okudla okungenakolo bagcina benezinto ezincane kakhulu abazidlayo.

- Ukwelashelwa ukwaliwa ukolo kufanele kuqashwe ngeso lokhozi ngumuntu oqeqeshelwe ukulawula ukudla ukudla okuthile, okuyi-dietician, kanti-ke yona iyaye lowo muntu onalesi simo imhlinzeke ngokudla okumele akudle okungenawo ukolo kodwa futhi okusuke kufanele ukuthi kube wukudla okuhlelekile ngokwempilo kane nomsoco.
- Lezi ziguli ezaliwa ukolo kodwa ezizwelayo futhi kwi-gluten (noma i-gliadin) kufanele ziwagweme amanye amasiriyeli ane-gluten afana ne-oats, i-rye kanye nebhali.
- Iziguli ezaliwa ukolo kufanele uma zithenga ukudla zibheke lokho okunamalebula abhalwe ukuthi “wheat free” zingabheki nje ukudla okubhalwe ukuthi “gluten free” kuphela (ngoba phela i-gluten lena ingelinye lamaphrotheyini amaningi kakolo)

NGABE YIKHONA KUPHI UKUDLA OKUNOKOLO NA?

- Ukolo uysisithako esikhulu ekudleni okuningi kakhulu okufana nalokho okulandelayo:
- Izinkwa, i-chapattis kanye nezinkwa ze-naan breads, amasiriyeli ebhulakufesi, amabhisikidi, ama-crackers, ama-crumpets, amasikoni, ama-pancakes, ama-wafers, amakhekhe, ipizza, ipasta, amapastries kanye nama-yorkshire puddings.
- Ukolo lo ubuye futhi utholakale ekudleni okuningi esikuthola sekulungisiwe okufana namasobho, amasosi, izipayisi, iziphuzo ezivutshelwe, izinyama ezilungisiwe kanye nasekudleni okuhlale kulungule ukudliwa.

Ithebula 1. Ilebula yezithako ezibonisa ukuba khona kwamaphrotheyini okolo

- Izimvuthuluka zesinkwa
- I-rusk
- Ubhlani noma ubhlani kakolo
- Okukhishwe kwisiriyeli
- I-couscous
- Ukolo oyi-bulgar
- Ukudla okuyi-cracker
- Ufulawa ocetshisiwe, ufulawa noma ufulawa ongenziwe waba mhlophe
- I-gluten
- Ufulawa one-gluten ephezulu, ufulawa onamaphrotheyini amaningi
- Ukolo isemolina wheat
- I-spelt
- I-kamut
- I-triticale
- I-gluten ebalulekile
- Ubhlani kakolo, i-germ kakolo, i-gluten kakolo, imvubelo kakolo, isitashi sikakolo
- Ukolo we-durum
- Ufulawa onokolo kuphela

Ithebula 2: Ilebula yezithako okungenzeka ibonise ukuba khona kwamaphrotheyini okolo

- I-gelatinized starch
- I-hydrolyzed vegetable protein
- Ukudla kwesitashi okulungisiwe, isitashi esilungisiwe
- Ufulawa wemvelo
- I-soy sauce
- Isitashi
- I-gum yemifino, isitashi semifino

Ithebula 3: Ezinye izinto ezingasetshenziswa esikhundleni sikakolo:

- Izinhlamvu zerayisi/ama-flakes/ufulawa
- Ufulawa wamazambane
- I-sago
- Ama-flakes noma ufulawa we-buckwheat
- I-corn, i-cornflour, ummbila, i-polenta
- Ama-millet grains/ama-flakes/ufulawa
- I-quinoa
- Ama-soy flakes noma ufulawa

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