

Soma ikirango

Kugira ngo umenye ko mu kinyobwa hongewemo isukari, soma aya magambo ari ku kirango:



Amakuru nyakuri yerekeye imirire
Ingano y'igaburo: 20-oz. Icupa

Umubare kuri buri gaburo

Ibivumbikisho 240

Agaciyo ka buri munsi %*

Igiteranyo cy'ibinure Og 0%

Sodiyumu 75mg 3%

Igiteranyo cy'ibitera imbaraga 65g 24%

Amasukari 65g

Poroteyine Og

Inkomoko idahambaye y'ibinure binyuranye, kolesterole, fibure, vitamini A, vitamini C, kalisiyumu n'ubutare.

*Janisha ry/agaciyo ku munsi (DV) gashingira ku ndyo irimo ibivumbikisho 2.000.

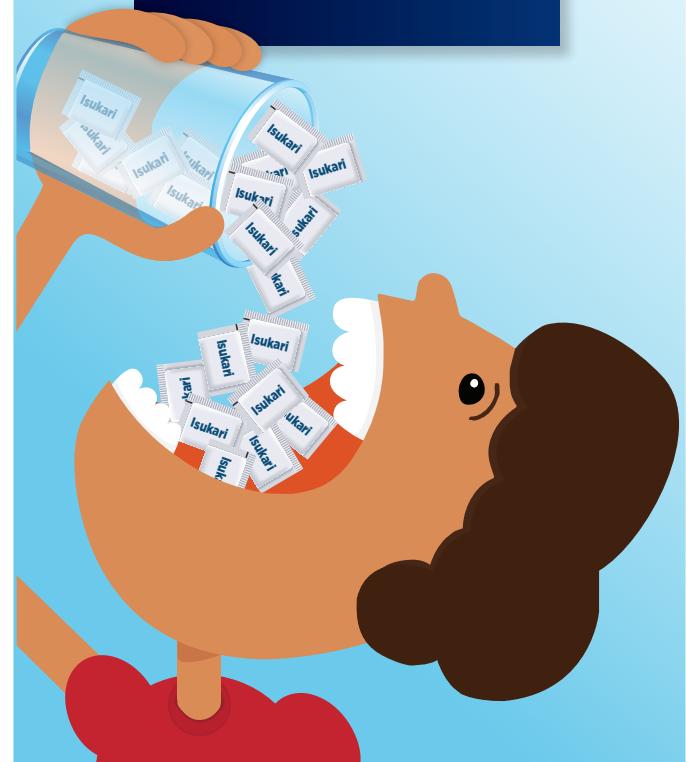
IBIRIGIZE: AMAZIMWUKA, SIRO

Y'IBIGORI IRIMO FIRIGOZE NYINSHI,
IBARA RYA KARAMELI, ASIDE FOSIFORIKE, IBIRUNGO BISANZWE,
KAFEYINE

Ni iyihe mpamu
yatuma **UTUNYWA?**

Ntukwiye
KUNYWA
udupaki tw'
ISUKARI

16



INAMA KU KUNYWA



KU BYO

ONGERA UTEKEREZE
KUNYWA

Hitamo amazi!

Hitamo amazi cyangwa amata
(1% cyangwa ikinyobwa kitarimo ibinure ku bafite hejuru y'imyaka 2)

Kubika ijagi y'amazi akonje n'amazi yo mu icupa muri firigo ku bafite urugendo

Nk'umuti rimwe na rimwe:

- Ongera igishishwa cy'indimu mu mazi wongeramo agace k'imbuto zikiri ntoto cyangwa agace k'ikibirringanya n'umwenya utoshye.
- Konjesha 100% by'umutobe w'imbuto mu gice gikonesha cyane cya firigo, noneho wongere garaso imwe mu kirahuri cy'amazi.
- Ongera igitonyanga cy'umutobe w'imbuto utavangiye mu mazi meza.

Gabanya umubare n'igipimo cy'ibinyobwa birimo isukari—jya uyinywa rimwe na rimwe, igice cy'ikirahuri cyangwa munsi yaho

**Andi makuru
cyangwa inama**

Ku yandi makuru ajyanye n'ibinyobwa bifite uburyohe bw'isukari, inyunganira buzima, inama, amakuru nyakuri n'ibindi, cyangwa gutumiza ibikoresho bya Rethink Your Drink, wasura urubuga rwa Delta Dental rugenewe Leta utuyemo.

- Delta Dental yo muri Michigan www.deltadentalmi.com/rethinkyourdrink
- Delta Dental yo muri Ohio www.deltadentaloh.com/rethinkyourdrink
- Delta Dental yo muri Indiana www.deltadentalin.com/rethinkyourdrink

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Ntitubikabirize!

Genzura Ingano y'igaburo*

Ni gute Isukari y'inyongera
iba nyinshi bikabije?

Ibinyobwa birimo isukari ni ibinyobwa biba byarongewemo isukari

- Ibi binyobwa bikubiyemo popu, umutobe/ibinyobwa bikomoka ku mbuto, icyayi/ikawa irimo isukari, amazi aryohereye, amata ya shokola, ibinyobwa byongera imbaraga n'ibikoreshwa muri siporo.
- Umutobe cyangwa ikinyobwa gikozwe mu mbuto cya cl 20 kiba kirimo isukari ingana n'utuyiko 15-18—bingana na shokola eshatu!

Ibinyobwa birimo isukari byangiza amenyo yawe

- Kunywa popu bijya gukuba kabiri ibyago byo gutobora amenya mu bana. Ikindi, isukari yo mu binyobwa igaburira bagiteri zibyara aside yibasira ikanangiriza umweru w'amenyo.

Ibinyobwa birimo isukari byongera ibyago byo kugira umubyibaho ukabije

- Kunywa igice cy'ikirahuri (oz 8) cy'ibinyobwa birimo isukari buri munsi mu gihe cy'umwaka bingana n'ibivumbikisho 55.000 cyangwa amapawundi 15 ku mwaka.
- Kunywa popu ingana oz 12 buri munsi byongerera umwana ibyago byo kugira umubyibaho ukabije kugeza kuri 60%.

Ibinyobwa birimo isukari byongera ibyago byo kurwara diyabete yo mu bwoko bwa 2

- abantu banywa itasi imwe cyangwa abiri ya popu ku munsi bari kuri 26% byo kurwara diyabete yo mu bwoko bwa 2.

Gabanya umutobe- URYE imbuto zawe !

Usibye kuba ubamo intungamubiri nyinshi
n'isukari karemano (itongerwamo) gusa,
umutobe w'imbuto 100% ubamo isukari
n'ibivumbikisho byinshi nk'ibiba muri popu.



Oz 20 za Fanta Citron

Utuyiko 19
(77g)

ibivumbikisho 290



Cola ingana na oz 20

Utuyiko 16
(65g)

ibivumbikisho 240



Oz 8.3 z'ikinyobwa
cyongera imbaraga

Utuyiko 7
(27g)

ibivumbikisho 110



Oz 6 z'umutobe wo mu
gikarito

Utuyiko 5
(20g)

ibivumbikisho 80



Oz 20 z'ikinyobwa cya
siporo

Utuyiko 8
(34g)

ibivumbikisho 130



Oz 6.75 z'umutobe wa
pome

Utuyiko 6
(24g)

ibivumbikisho 101



Oz 14 z'amata arimo
shokora

Utuyiko 11
(45g)

ibivumbikisho 281



Amazi
Akayiko 0
(0g)

ibivumbikisho 0



Amagarama ane y'isukari ingana
n'akayiko kamwe!

* Imbare yateranyijwe ni ikigereranyo. Soma ikirango ubone amakuru nyakuri yerekeye imirire, kubera ko uburyo bikozwe n'ingano yabyo bishobora guhinduka.

Dore ibipimo tutagomba kurenza ku munsi:



Impinja
n'ibitambambuga
Akayiko 0
(0g)



Abana bato
n'inuke
Utuyiko 3-4
(12-16g)



Abana bari hafi
kugira imyaka
icumi n'ingimbi
n'abangavu
Utuyiko 5-8
(20-32g)



Abagore bakuru
Utuyiko 6
(24g)



Abagabo
bakuru
Utuyiko 9
(36g)

Joyitonderwa: Iyi mibare yose ni imirongo ngenderwaho, ishingiye ku bigereranyo kandi ntigendeye ku byo buri muntu akenera mu buzima. Usabwe kwitaba muganga wawe kugira ngo aguhe amabwiriza y'uburyo kunywa isukari yashiyizwe mu binyobwa bishobora kukwangiza, by'umwihariko igihe wowe cyangwa mu bagize umuryango wawe hari uburwayi mwaba musanganwe.