

KUGIRA ISANGANYAMUBIRI BITA” VITAMIN D” ZIDAKWIYE VITAMIN D DEFICIENCY

Kubere iki dukeneye insanganyamubiri bita “Vitamin D”?

Turanakenera insanganyamubiri bita “Vitamin D” kugira umubiri wacu ushobore gukoresha ico bita “calcium “ Kalisiyumu mu fungurwa. Kalisiyumu irafasha mu:

- Gukomeza n’ukugira neza amagufa ,amenyo n’imitsi
- Kwirinda amagufa adakomeye (yoroshe kandi adakomeye) mu bana
- Kwirinda ko umuntu yo vnika amagufa muzabukuru.

Vitamin D bayikura he?

- Nyinshi mu Vitamin D dukeneye mu mubiri zikorera m’urukoba rw’umubiri uronka umuco w’izuba ukwiye.
- Mu fungurwa tuhansanga Vitamin D nke nko mu mazi y’amafi (akarorero., amafi bita “tuna, salmon, mackerel, sardines”) mu magi, maragarine, mu mamavuta,no mu mata.
- Biragoye kuronka Vitamin D mu fungurwa gusa; umuco w’izuba urakenrwa kenshi.

N’indi ashobora gukenera Vitamin D?

- Abana kubera ko amagufa agikura
- Abantu bafise urukoba rwije
- Abantu bataronse akazuba kenshi
- Abantu bifuka igice kini c’umubiri wabo
- Abantu bafise amagara make n’abageze mu zabukuru
- Abantu bafise indwara nkizo mu mara

Bayipima gute?

- Igipimo c’amaraso kizomenyeshya ko ufise vitamin D zidakwiye.
- Muganga wawe azorungika abana badafise Vitamin D zikwiye k’umuganga yabigenewe kugira apime ingene amagufa yabo akura.

Iyo ndwara yo kihira Vitamin D zidakwiye bayivura gute?

- Muganga wawe azokwandikira ibini vya Vitamin D , kenshi zikenera gufatwa iminsi yose igihe c’amezi menshi.
- Muri Australiya, kuja ku kazuba hagati y’iminuta 5 na15 kenshi mu ndwi bizoguha umuco ukwiye wogukora Vitamin D. Abantu bafise urukoba rwirabura bakenera hagati y’iminuta 15 kuri 45 ku zuba.
- Mwibuke kwama mukoresha amavuta akingira izuba koriturira muri kuzuba mucu hagati ya satanu yo mu gitondo na sa cenda yo ku mutaga. Mwirinde iminsi yosi kw’izuba ryo baturira.
- Mwibuke kwama mufuta imfungurwa zifise ivyangombwa vyose, harimwo ifungurwa zirimwo ico bita “calcium”. Mu mfungurwa zirimwo “calcium”(zikomeza amagufa) hari ibifungurwa ziva ku mata (nk’amata yo nyene, foromaji, amavuta, ikivuguto), soya, imboga (nka spinaca & nico bita “broccoli”), amagi atetse, imicungwa n’ivyamwa vvumye bita” apricots”

Inyigisho zindi mushobora kuzisanga ahakwirikira