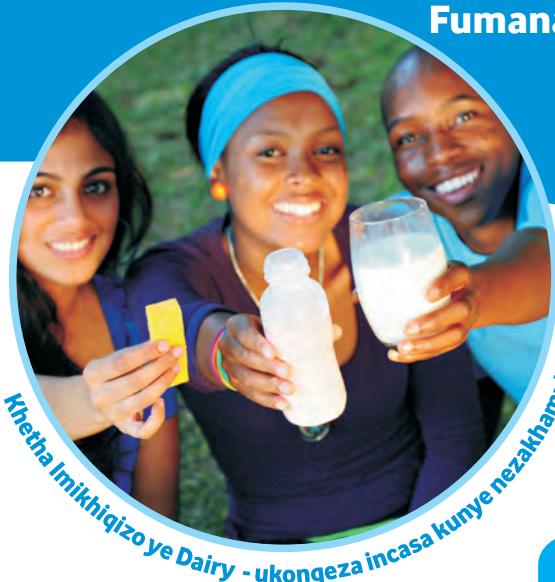


# Fumana ubisi, amasi okanye iyogathi ntsuku zonke



*Khetha imkhiqizo ye Dairy - ukongeza incasa kune nezakhazimba*

Izakhazimba zizitena ezdingekayo ukuze  
ubenomzimba osempilweni nowomeleleyo

Icalcium kune neprotein zezona  
zakhazimba zibalulekileyo ku-dairy.

Ukongeza ubisi, amasi okanye iyogathi ekutyeni  
kwakho kwenza ukutya kwakho kube sempilweni.  
Imikhiqizo yobisi ayizo phucula nje indlela oku  
nambitheka ngayo ukutya kwakho, kodwa  
ikunika izakhazimba ezibalulelikayo  
ezikunceda ukwakha umzimba owomeleleyo  
nosempilweni.



## I-Calicum

Idingeka  
ukomeleza  
amathambo kune  
namazinyo

## I-protein

Yakha  
amatambo  
omeleleyo kune  
nezhilunu

## Vele wongeze umkhiqizio wobisi

kwisidlo sakho esilandelayo  
ukufumana inzuzo ethe xhaxha

## Yintoni imkhiqizo yobisi



### ..... UBISI .....

Xa wenza isidudu,  
phungula ihafu  
yamanzi ugalele  
ubisi.



### ..... AMASI .....

Yongeza ubisi  
okanye amasi  
kumphokoqo  
wakho, isidudu  
okanye isiriyeli.



### ..... IYOGATHI .....

Iyogathi kokona  
kutya okumnandi  
ongakufaka  
esikhafutineni  
sakho.



### ..... UBISI .....

Ukutya isonka  
nebisi kuzokwenza  
uhlutue ixesha  
elide.



# Ukubaluleka kobilisa ubisi



## Ubisi oluhlaza alulunganga ←



Ubisi oluhlaza alulunganga kwaye kumele lubiliswe phambi kokuba lusetyenziswe. Ibatisi oluhlaza lubisi olusetyenziswa njengokuba lumphuma enkomeni. Ibatisi elinjalo alikabiliswa kwaye lingaba nentsholongwane ezingaba yingozi enkulu empilweniyomntu.

Emzansi afrika akukho semthethweni ukuthengisa ubisi oluhlaza ngaphandle kokuba kuvume abasemthethweni bezempilo.

**dairy**<sup>TM</sup>  
**3-A-DAY** NTSUKU ZONKE

Zama ukufumana imikhiqizo yobisi kathathu ngosuku



Ubisi 250ml



Amasi 250ml



Iyogathi 200ml



Umkhankaso We-Consumer Education Project Of Milk SA

Ukufumana olyune ulwazi, ndwendwela ku [www.rediscovedairy.co.za](http://www.rediscovedairy.co.za),  
okanye uthumelé i e-mail ku • [info@rediscovedairy.co.za](mailto:info@rediscovedairy.co.za) • (012) 991 4164

XHOSA

Ukubilisa kusetyenziswa ngendlela ezininzi ekutyeni okwahlukeneyo. Ukubilisa ngendlela eyiyo kunciphisa intsholongwane eziyingozi ezingaba khona ekutyeni kwaye kuqinisekise ukuba ukutya kuselungelweni lokusetyenziswa. Ibisi libiliswa ngendlela ezine ezaahlukeneyo. Iphepha eliseqokobheni lebisi liyabonisa ukuba yeypih indlela yobilisa esetyenzisiweyo.

Jonga izindlela ezaahlukeneyo zobilisa eqokobheni lobisi:

I-Pasteurisation

I-Ultra Pasteurisation

I-Ultra High Temperature

(Kungenzeka lubizwe i-UHT Milk okanye

i-UHT Long Life Milk)

I-Sterilisation

(lungabizwa nange-Long Life Milk)

## Ukugcina ubisi ekhaya



Lonke ubisi olufreshi kufuneka lugcinwe kwisibandisi (esibanda ngezinga elingaphantsi kuka 5°C). Ubisi oluhlala ixesa elide kufuneka lumphathwe okwebisi olufreshi ukubanje ipakethi selivuliwe.

Kubalulekile ukusebenza ngokococekileyo nangokuphephileyo xa ugcina ubisi lwakho. Xa ugcina ubisi lakho, sebenzisa amapheyile nezitya ezicocisekileyo (ngamanzi abilileyo zaze zomiswa ngomoya).