

Fumana **ubisi, amasi** okanye **iyogathi** ntsuku zonke

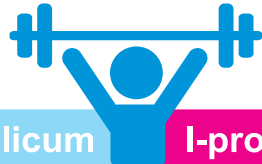


Khetha Imkhiqizo ye Dairy - ukongeza incasa kunye nezakhamzimba

Izakhamzimba zizitena ezidingekayo ukuze ubenomzimba osemplweni nowomeleleyo

Icalcium kunye neprotein zezona zakhamzimba zibalulekileyo ku-dairy.

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



I-Calcium

Icingeka ukomeleza amathambo kunye namazinyo

I-protein

Yakha amathambo omeleleyo kunye nezihlunu

Vele wongeze umkhiqizo wobisi
kwisidlo sakho esilandelayo ukufumana inzuzo ethe xhaxha

Yintoni imkhiqizo yobisi

Ubisi olufresh

Amasi

Ubisi oluhlala ixesha elide

Iyogathi

Itshizi



..... **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 nebusi kuzokwenza uhluthle ixesha elide.



Ukubaluleka kobilisa ubisi

Ukubilisa kusetyenziswa ngendlela ezininzi ekutyeni okwahlukeneyo. Ukubilisa ngendlela eyiyo kunciphisa intsholongwane eziyingozi ezingaba khona ekutyeni kwaye kuqinisekise ukuba ukutya kuselungelweni lokusetyenziswa. Ibsi libiliswa ngendlela ezine ezahlukeneyo. Iphepha eliseqokobheni lebsi liyabonisa ukuba yeyiphi indlela yobilisa esetyenzisiweyo.

Jonga izindlela ezahlukeneyo 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)



Ubisi oluhlaza alulunganga ←



Ubisi oluhlaza alulunganga kwaye kumele lubilise phambi kokuba lusetyenziswe. Ibsi oluhlaza lubisi olusetyenziswa njengokuba luphuma enkomeni. Ibsi elinjalo alikabiliswa kwaye lingaba nentsholongwane ezingaba yingozi enkulu empilweniyomntu.

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

Ukugcina ubisi ekhaya

Lonke ubisi olufreshi kufuneka lugcinwe kwisibandisi (esibanda ngezanga elingaphantsi kuka 5°C). Ubisi oluhlala ixesha elide kufuneka luphathwe okwebisi olufreshi ukubanje ipakethi setivuliwe.

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



dairy™
3-A-DAY NTSUKU ZONKE

Zama ukufumana imikhiqizo yobisi kathathu ngosuku



Ubisi 250ml



Iyogathi 200ml



Amasi 250ml



Umkhankaso We-Consumer Education Project Of Milk SA

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