

Yidla ubisi, amasi noma iyogathi zonke izinsuku



Khetha imikhiqizo yobisi - ukwengeza ukunambitheka nezakhamzimba

Izakhamzimba ziyizitini zokwakha ezisekudleni, ezidingekayo ukuze umuntu abe nempilo nomzimba onamandla.

I-Calcium namaphrotheni ngezinye zezakhamzimba ezibaluleke ngokwedlulele emikhizweni yobisi.

Ukufaka ubisi, amasi noma iyogathi ekudleni kwenza ukudla kwakho kube nempilo. Imikhiqizo yobisi ayigcini ngokuthuthukisa ukunambitheka kokudla kwakho, kuphinde kukuhlizeke ngezakhamzimba, ngaleyondlela kusize ekwakheni umzimba onamandla nophita kahle.



I-Calcium	Amaphrotheni
iyadingeka ukuze yakhe amathambo namazinyo aqinile	akha amathambo aqinile nezicubu zomzimba ezinamandla zokweseka umzimba

Vele ufake umkhiqizo wobisi ekudleni kwakho okulandelayo uthole inzuzo ethe xaxa



Iyini imikhiqizo yobisi?

 UBISI..... Uma upheka iphalishi, nciphisa amanzi ngohhafu, uthole ubisi.	
 AMASI..... Thela ubisi noma amasi ophuthwini lwakho, epapeni, noma kwisiryiyeli.	
 IYOGATHI..... Iyogathi ingukudla okumnandi kokwehlisa, ongakufaka esikhafuthinini	
 UBISI..... Ukudla isinkwa nobisi kuzokusuthisa isikhathi esithe xaxa.	

kokwelapha ubisi ngokulubilisa

Ukwelapha ngokushisisa kusetshenziswa ezinhlotsheni eziningi ezechukene zokudla. Ukwelaphagendlela elungile yokushisisa kunciphisa kulawule amagciwane ayingozi okungenzeka abe sekudleni, kuginisekise ukuthi lokokudla kuphephile, sekungasetshenziswa. Ubisi lushisiswa ngezindlela ezine ezechukene. Ileyibuli esesitsheni esiphethe lolobisi luzokukhombisa ukuthi kusetshenziswe luphi uhlobo lokwelapha ngokushisisa.

**Uboqaphela lezizinhlobo ezechukene zokwe-
lapha ngokushisisa esigujini esiphatha ubisi:**

I-Pasteurisation

I-Ultra Pasteurisation

I-Ultra High Temperature

(Kungenzeka lubizwe i-UHT Milk

noma i-UHT Long Life Milk)

I-Sterilisation

(lungabizwa nange-Long Life Milk)



Ukugcina

ubisi ekhaya

Lonke ubisi olufreshi kufanele lugcinwe efrijini (ebanda ngezinga elingaphansi kuka 5°C). Ubisi oluhlala isikhathi eside kufanele luphathiswe okobisi olufreshi uma nje iphakethe selivuliwe.

Kubalulekile ukusebenza ngenhlanzeko nangokuphepha uma ulondoloza ubisi lwakho. Uma ubeka ubisi lwakho, sebenzisa amabhakede nezitsha ezizewe zahlanzekisisa (ngamanzi abilayo zase zomiswa ngomoya).



Ubisi oluluhlaza aluphephile



Ubisi oluluhlaza aluphephile, kufanele lubiliswe ngaphambi kokusetshenziswa. Ubisi oluluhlaza ubisi olusetshenziswa luqeda nje ukuphuma enkomeni. Lolobisi alukelashwa ngokulubilisa, ngakho kungenzeka ukuthi lusenamagciwane angaba yingozi enkulu empilweni yomuntu.

Eningizimu Afrika kungukwephula umthetho ukudayisa ubisi oluluhlaza, ngaphandle-ke uma selugunyazwe yizikhulu zezempilo.

dairy™
**3-A-DAY NSUKU
ZONKE**

Zama ukuthola kathathu ngosuku imikhiqizo yobisi.



Ubisi 250ml



Amasi 250ml



Iyogathi 200ml



Umkhankaso we-Consumer Education Project of Milk SA

Ukuthola olunye ulwazi, sivakashela ku www.rediscoverdairy.co.za

noma uthumele i e-mail ku ucingo: • info@rediscoverdairy.co.za • (012) 991 4164