

## IBIRIBWA BITANGIZA AMENYO

Imbuto

Imboga

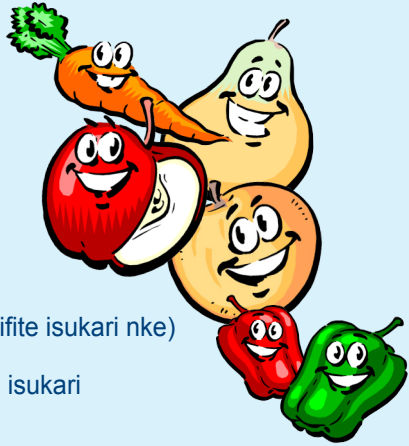
Yawurute

Amata

Salade

Ibinyampeke (bifite isukari nke)

Shikareti itagira isukari  
irimo 'Xylitol'



## IBIRIBWA UGOMBA KURYA MU RUGERO

Umutsima w'ifu y'ingano  
gusa

Amafiriti y'ibirayi

Ibisuguti birimo umunyu

Amavuta y'ubunyobwa

Umutobe (ugizwe n'umutobe 100%)

Imigati n'ibisuguti byumye

Amata arimo shokora



## INAMA KU BIJYANYE NO GUHAHA

Shaka ibiribwa birimo XYLITOL. 'Xylitol' ni uburyohe kamere bukoreshwa muri shikareti no muri bombo budashobora gutuma amenyo abora. Inaboneka mu maduka y'ibiribwa bikungahaye ku ntungamubiri.

## Ibiribwa bituma amenyo aba mazima



# Ibiribwa bikungahaye

# Ibiribwa n'ibituma amenyo abora

# Uburyo bwo kwirinda ko amenyo abora

Waba uri mukuru cyangwa uri umwana, menya ko ubuzima bwiza bwo mu kanwa kawe buturuka ku ndyo ikungahaye ku ntungamubiri!

Ni izihe vitamini zagufasha kugira isuku yo mu kanwa?

- ◇ **Vitamini D** iboneka mu biribwa birimo amata kandi ituma amenyo n'amagufa bikomera.
- ◇ **Vitamini B** iboneka mu migati no mu binyampeke birimo n'ubutare kandi ituma ishinya zirushaho kumera neza.
- ◇ **Vitamini C** iboneka mu mbuto kandi ituma ishinya zirushaho kumera neza.



Bombo zikomeye, bombo ziyunyuzwa cyangwa ibiribwa bifata mu menyo nka bombo za shokora cyangwa bombo zirigatwa, ziguma mu kanywa igihe kirekire kandi zikongera ibyago byo kubora kw'amenyo.



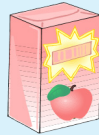
Kurya ibiribwa ibirimo isukari mu masaha yo gufata ifunguro ni byo byiza kuruta kubirya mu masaha atari ay'amafunguro.

Kunywa ibinyobwa birimo isukari, ni ukuvuga bigizwe n'imitobe 100%, na byo byongera ibyago byo kubora kw'amenyo bityo ugomba kubigabanya.

## Umutobe ugomba kuba ungana iki?



Ku mpinja zifite muni y'amezi 6: Nta mutobe. Impinja zirengeje amezi 6 zigomba kunywa garama 113 gusa ku muni.



Umwaka 1 kugeza kuri 6: Garama 113 kugeza ku 170 ku muni, ARIKO ntabe ari cyo umwana yirirwira



Ku bana bakuze, ingimbi n'abangavu: hagati ya garama 226 na 340 cyangwa bakanywa incuro 2 ku muni

Byaba byiza banyweye imitobe ikoze mu mbuto gusa.

*Inama zatanze n'Akanama k'impuguke zita ku buzima bw'abana muri Amerika.*

Gabanya ibinyobwa na bombo birimo isukari urya ku muni, cyane cyane mu masaha atari ayo gufata ifunguro.

Rya maze urenzeho icyo kunywa wicaye ahantu hamwe urangize aho kunywa no gufata amafunguro ya hato na hato. Irinde gufata amafunguro yoroheje kenshi.



Nywa amazi mu masaha atari ayo gufata ifunguro aho kunywa ibinyobwa birimo isukari.



Oza amenyo yawe ukoresheje uburoso bw'amenyo n'umuti w'amenyo urimo 'fluoride' byibura kabiri ku muni.

Soza gufata amafunguro yawe urenzaho ibiribwa bitapfuna kandi bikungahaye ku ntungamubiri nk'ibisate bya pome cyangwa karoti kugira ngo byoze amenyo yawe.

Wibuke ko ubutaha nufata ifunguro roroheje, uhitamo ikiribwa kitarimo isukari n'ibinure byinshi. Amenyo yawe n'umubiri wawe bizagushimira!



Nywa amazi ya robine niba amazi y'aho utuye cyangwa amazi y'iriba ryawe bwite arimo 'fluoride'.

Amenyo atangira kubora bitewe n'umwanda wayihomyeho. Uwo akaba ari wa mwanda wihoma ku menyo yawe igihe urangije kurya.

Umwanda wihoma ku menyo ushobora kutuviramo indwara z'ishinya kubera ko uyibangamira maze igatangira gutukura ndetse ikanabyimba.

Buri gihe iyo uriye cyangwa unyweye ibintu birimo isukari, mikorobe ziba mu mwanda wihoma ku menyo zikora aside yibasira agakingiro k'inyuma ku ryinyo maze ikakangiza.

Abantu bashobora kwanduzanya izo mikorobe ziba mu mwanda wihoma ku menyo binyuze mu gusangira ku bikombe bimwe, gukoresha ibikoreho byo kurisha bimwe no gukoresha uburoso bw'amenyo bumwe.