Icunyunyu c'ubwoko D be na Nkomeza amagufa tubisanga mu mata. Amata yo muri Amerika yoba afise akandi kanovera katari co kimwe n'akanovera k'amata y'iwanyu. Udashaka kunywa amata, hari ubundi buryo bwinshi bwo kuronka nkomeza amagufa yawe ikenewe k'umunsi.

- Ikivuguto canke ikivuguto gikanye
- iforumaje
- ibarafu isosa
- umusururu usosa ukozwe n'amagi, amata n'ifu y'ibigore
- amata acanzwe anyiganzwa imbere yo kuyanywa

Ukeneye kuronka Amakuru menshi ja kuri:

http://www.health.state.mn.us/divs/idepc/refugee/index.html

http://www.cdc.gov/nccdphp/dnpa/nutrition/

• • •

Aka gatabo kanditswe n'imfashanyo y'amakuru be n'uburyo bituruka muri:

Akazi ka Leta kajejwe Amagara k'Intara ya Auckland (Auckland Regional Public Health Service)

Urunani Moonee Valley Melbourne Rutabara mu vyo ubuvuzi bw'intango (Moonee Valley Melbourne Primary Care Partnership)

Igisata c'Amagara co muri Minnesota (Minnesota Department of Health)

Ishure Kaminuza ryo muri Michigan ryigisha ivyo Amagara (University of Michigan Health System)

Infashanyo y'amahera yo kwandika aka gatabo yatanzwe n'Igisata c'Ibiro vy'Akazi be n'Amagara y'Abantu bifasha Impunzi muvyo kw'Imukira mu mahanga.

U.S. Committee for Refugees and Immigrants
2231 Crystal Drive, Suite 350
Arlington, VA 22202-3711
Telefone: 703 • 310 • 1130
Fax: 703 • 769 • 4241
www.refugees.org

Igituma Icunyunyu c'ubwoko D be na Nkomeza amagufa ari vya nkenerwa

The Importance of Vitamin D and Calcium

(Kirundi)

U.S. COMMITTEE FOR REFUGEES AND IMMIGRANTS
USCRI

www.refugees.org

Protecting Refugees, Serving Immigrants, Upholding Freedom since 1911

KUBAHO NEZA

ICUNYUNYU C'UBWOKO D COBA ARI IGIKI?

Icunyunyu c'ubwoko D gifise akamaro ko gukomeza amagufa, amenyo, ben'imitsi. Uburyo bwiza bwo kuronka Icunyunyu c'ubwoko D ni ugufungura ifi canke gufata amavuta y'ifi, ugisanga kandi no mu mata be no mu magi. Abantu nka benshi baronka Icunyunyu cabo c'ubwoko D mu kwitega umuco w'izuba imisi yose. Utaronse umuco w'izuba ukwiye be n'infungurwa zifise Icunyunyu c'ubwoko D, vyoshoboka ko amagufa yawe atagira amagara meza.

UKUBURA ICUNYUNYU C'UBWOKO D NI IKI?

Ukubura Icunyunyu c'ubwoko D ni igihe utaronka Icunyunyu c'ubwoko D mu mubiri wawe. Ivyo bishika mugihe utitega cane umuco w'izuba canke udafungura imfungurwa nyishi zifise Icunyunyu c'ubwoko D. Kubura Icunyunyu c'ubwoko D rero vyotuma urwara be no gutera indwara zihambaye cane nk'indwara zorosha amagufa no kuyagonda zitwa "Rickets, Osteomalacia, Osteoporosis" be n'ububabare mu bw'iyunge bw'amagufa.

"Rickets" ni indwara yorosha amagufa be no kubura inguvu ivyo navyo bigaca bitera amagufa kutagororoka neza be no kuvunika. Ibi bikaba bikunda kuba cane mu bana.

"Osteomalacia" ni ubwoko bwa "Rickets" mu bakuze, bituma amagufa yoroha akabura n'inguvu.

"Osteoporosis" ni indwara usanga amagufa yoroshe cane kandi bishoboka ko yovunika umwanya wose.

NINDE AGERAMIWE NO KUBURA ICUNYUNYU C'UBWOKO D?

- Abantu baba mu bice bifise umuco muke w'izuba,
- abagore (cane cane abafuka imibiri yabo yose)
- abantu bakunda kuguma mu nzu,
- abantu bafise urushato rwirabura
- abasaza.

NO KWIRINDA GUTE KUTABURA ICUNYUNYU C'UBWOKO D?

Mu bihugu bifise amasaha mensi y'imbeho be n'amasaha make y'umuco k'umurango, birakenewe gufungura indya zifise Icunyunyu c'ubwoko D nyinshi. Ibi bikaba bikenewe mbere cane ku bantu bafise urushato rwirabura cane. Mu gihe urushato rwawe rwirabura cane, biba bikomeye kugira umubiri wawe uronke Icunyunyu c'ubwoko D kiva k'umuco w'izuba.

Fungura indya zifise Icunyunyu c'ubwoko D nka"

- amavuta y'igitigu kibisi c'inonzi canke isangara,
- ifi,
- amata
- amavuta y'ibinure "margarine", amavuta aremereye asigwa k'umukate (ubureband) "beurre", iforumaje
- amagi.

Ni vyiza gusohoka. Nkuko vyoba bigoye kuba hanze hari imbeho be no umwijima, hari ubundi buryo bwinshi bwo kuronka Icunyunyu cawe c'ubwoko D. Hakaba hariho uburyo bwo gufata imiti yongera Icunyunyu c'ubwoko D.

VYOBA BIKENEWE KO NFATA IMITI YONGERA IVYUNYUNYU?

Imiti yongera Icunyunyu c'ubwoko D n'uburyo bwiza bwo gukwiza igipimo cawe c' Icunyunyu c'ubwoko D. Gufungura indya zifise Icunyunyu c'ubwoko D be no kunywa amata hari igihe bitotanga Icunyunyu c'ubwoko D gikenewe k'umunsi. Imiti yongera Icunyunyu c'ubwoko D igurwa cane mu mazu badandarizamwo imiti, indya, be n'infungurwa z'amagara meza. Kugira wirinde kubura Icunyunyu c'ubwoko D, abakuze bategerezwa gufata hagati ya 400 na 800 y'igitigiri cemewe mu gifuno gifuno "unités internationales" (IU) k'umusi, be n'abana bategerezwa gufata 400 IU k'umusi.

ICUNYUNYU C'UBWOKO D BE NA NKOMEZA AMAGUFA

Icunyunyu c'ubwoko D be na Nkomeza amagufa bikorera vyose hamwe mw'ukubaka amagufa akomeye. Nkomeza amagufa ifasha umutima wawe be n'imitsi kugira bikore neza kandi harigihe bifasha mu kugukingira n'ivumbuka ry'umurindi w'amaraso. Nkomeza amagufa ifasha kandi mu gukomantaza amagufa n'amenyo be no kugukingira indwara z'amagufa.