

MALAWI

Making
sense of
sugar

ZOONA ZENIZENI ZA SHUGA

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KODI SHUGA NCHIYANI?

Shuga ndi chakudya cha chilengedwe chomwe chimathandizira pa kutsekemera ku zakudya zosiyana siyana ndi zakumwa kuphatikizapo zipatso ndi ndiwo za masamba, zakumwa zochokera ku zipatso, jamu, zakumwa zozizilitsa kukhosi, dizeti ndi zonse zopangidwa kuchokera ku mkaka.

Shuga yemwe amapezeka kwambiri mu zakudya ndi zakumwa ndi;

Glucose ndi Fructose – amapezeka mu zipatso, ndiwo za masamba ndimu uchi.

Sucrose – ndi shuga yemwe amadziwika kuti “table sugar”. Mu shuga ameneyu mumapezeka glucose ndi fructose ndipo amamupanga kuchokera ku mzimbe yomwe maiko ambiri apa dziko lapansi amalima kuphatikizapo kuno kwathu ku Malawi. Palinso shuga beet yemwe amalima maiko aku Ulaya ndi ena apa dziko lapansi. Mwa chilengedwe, Sucrose amapezeka mu zipatso zambiri ndimu ndiwo za masamba.

Lactose – amadziwika kwambiri kuti shuga wa mkaka chifukwa cha kuti amapezeka mu mkaka ndiponso mu zakudya kapena zakumwa zopangidwa ku mkaka.

Maltose – amadziwika kwambiri kuti shuga wa malt chifukwa choti amapezeka mu zakumwa ndimu mowa.

Shuga wa mitundu yosiyana siyanayu amakhala wosiyana kukhuthala kwake m’manja, kamvekedwe mkamwa, katsekemeredwe ndi zina. Koma dziwani kuti palibe kusiyana pakati pa shuga wa chilengedwe yemwe amapezeka mu zakudya ndi zakumwa ndi yemwe timachita kuthira pamene tikukonza chakudyacho kapena chakumwacho.

Thupi silitha kusiyanita pakati pa shuga yemwe makampani amagwiritsa ntchito popanga zinthu komanso yemwe timagwiritsa ntchito m’makomo ndi yemwe amapezeka mwa chilengedwe mu zipatso ndimu ndiwo za masamba. Mwa chitsanzo, sucrose wamu apple amagayidwa mthupi chimodzi modzi ndi shuga omwera tiyi. Koma chomwe chingasiyane ndi momwe thupi lingatengere sucrose ngati chakudya chili cholimba kapena cha madzi. Chitsanzo pa nkhanayi ndi shuga wamu chipatso cha apple kapena ku juwisi wopangidwa kuchokera ku chipatso cha apple.



KODI MUKUDZIWA?

Thupi la munthu limagaya mitundu yonse ya shuga ndi sitalichi ndikusandutsa izi kukhala glucose. Shuga ndi wofunikira kwambiri kwa munthu chifukwa amapatsa mphamvu ndipo glucose ndi wofunika kwambiri mthupi. Ubongo wathu umafuna **130g za glucose** pa tsiku kuti uzigwira bwino ntchito zake.

KODI SHUGA NDIOFUNIKA BWANJI MCHAKUDYA CHOPATSA THANZI?

Shuga ndi wofunika kwambiri chifukwa amapereka mphamvu ndipo glucose ndiye wofunikira kwambiri mthupi. Carbohydrates yemwe ndi shuga (table sugar, ochokera ku zipatso, ndiwo zamasamba, uchi, mkaka ndi zina) ndi sitalichi amagayidwa mthupi kusanduka glucose. Ubongo wathu umafuna 130g za glucose pa tsiku kuti uzigwila ntchito.

KODI MUKUDZIWA?

Shuga (table sugar) ndi ma-shuga ena ali ndi **ma-calories anai pa gram** poyerekeza ndi ma-protein (four calories), mowa (seven calories) pamene fat (nine calories).

Bungwe laza umoyo pa dziko lonse la World Health Organisation¹ (WHO) limalangiza kuti kudya zakudya zosiyana siyana ndiponso kuchepetsa mchere, mitundu yonse yashuga ndi zakudya zokhala ndi saturated fats ndi industrially produced trans-fats (mafuta ochokera ku nyama ndi mafuta ena opangidwa ku mafakitare) zimathandizira munthu kukhala ndi moyo wa thanzi. Bungweli limatinso chakudya chopatsa thanzi chimakhala chomwe chili

ndi zinthu zosiyana siyana kuphatikizapo:

- zokhutitsa monga chimanga, mpunga, tiligu, barley, ndi rye kapena zomwe zimakhala ndi sitalichi monga chinangwa, mbatata ndi chilazi
- zanyemba monga mtedza ndi nyemba
- zipatso ndi zamasamba
- zanyama monga nyama, nsomba, mazira ndi mkaka

A World Health Organisation² amavomerezanso kuti makolo ndi ana achepetse free sugars (shuga yemwe ndi ochita kupangidwa ndipo amaonjezeredwa muzakudya ndi zakumwa komanso shuga yemwe amapezeka mwa chilengedwe monga uchi ndi zina) kuti asamadyedwe kupyola pa 10% pa tsiku. Bungweli limalangiza kuti kuchepetsa mlingowo kufika pa 5% kapena kuti 25 grams yomwe ndimatiyi sipuni asanu ndi imodzi pa tsiku kungathe kupindulira thupi lanu pa umoyo wabwino.

**Free sugars* ndi shuga yemwe amawonjezeredwa pophika zakudya ndi pokonza zakumwa ku fakitore, ndi makhukhi kapena kuwonjezeredwa ndi amene akudya chakudyacho kapena kumwa chakumwacho komanso mashuga onse omwe amapezeka mwachilengedwe monga mu uchi, masyrup, ma Juice komanso zakumwa zosasungunula zomwe azipanga kuchokera ku zipatso.



KUDYA ZOPATSA THANZI: MAGULU AZAKUDYA

Kudya moganizira umoyo nkudya chakudya cha magulu molingana ndi momwe mphamvu zako mthupi ziliri kuti thupi lako likhale ndi zinthu zonse zofunikira. Kusindikiza kachiwiri kwa Sustainable

Nutrition Manual³ komwe a Agriculture Technical Clearing Committee (ATCC) adavomereza kumatambasula kwambiri za magulu asanu ndi limodzi omwe amafunikila ku thanzi la aMalawi.

KUDYA ZOPATSA THANZI: MAGULU AZAKUDYA



KODI SHUGA AMAKHALA NDI MALEBULO KAPENA ZIZINDIKIRO ZANJI?

Mitundu ya shuga yemwe amapezeka kwambiri mu zakudya ndi zakumwa ndi glucose, fructose, sucrose, lactose, ndi maltose. Koma onsewa pamodzi amadziwika kuti shuga ndipo liwuli amaligwiritsa ntchito pa zizindikiro zofuna kudziwitsa kuti shuga amene akupezeka muzakudya ndi uti. Nthawi zina pa zizindikiro pamalembedwa kuti mu chakudyachi muli carbobydrate yemwe ali ndi shuga wa mlingo otere. Makono, zakudya ndi zakumwa zonse zopangidwa mdziko lino la Malawi mwalamulo ziyenera kukhala ndi zizindikiro pa malo wooneka bwino mogwirizana ndi Certification Marks Regulation⁴.

Zizindikiro zimenezi ndi zothangatira munthu wofuna kugula katunduyo kumvetsa bwino za ma calorie ndi michere yofunika mthupi yomwe ili muzakudyazo kapena zakumwazo.

KODI MUKUDZIWA?

Malo oyamba omwe mungathekudziwa kuti muzakudya mwagulazo muli shuga kapena ayi ndipa lebulu pomwe amalembapo zinthu zomwe aikamo pokonza chakudya kapena chakumwa-cho pomwe mchingerezi amati 'Ingredients List'. Zonse zomwe agwiritsa ntchito popanga katunduyo amazichula molingana ndi kuchuluka kwake.

LEBULO YONENA ZOMWE AIKAMO POKONZA CHAKUDYACHO

INGREDIENTS:
MAIZE, SOYA, SUGAR,
MILK, SALT, FLAVOUR,
VITAMINS & MINERALS

Phalali ndilopangidwa kuchokera ku:
 Chimanga, Soya, Shuga, Mkaka, Mchere,
 Zokometsera, ma Vitamini ndi Michere yofunika
 m'thupi yosiyana-siyana

LEBULO YONENA ZAMICHERE YOPATSA THANZI YOMWE IKUPEZKA MUCHAKUDYACHO

NUTRITION FACTS

Serving Size 2 Tbsp. (32g)*
 Serving Per Container (8)

Amount Per Serving
Calories 190 Calories from Fat 140

Daily Value*

Total Fat 16g	25%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	0%
Total Carbohydrates 7g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 7g	7%
Vitamin A	0%
Calcium	0%
Vitamin E	10%
Vitamin C	0%
Iron	4%
Niacin	20%

ZIKHULUPILIRO ZOLAKWIKWA PASHUGA

Pali zikhulupiliro zosiyana siyana zokhudza shuga koma nkusiyanita bwanji pakati pa zabodza ndi zoono? Pano tili ndi zina mwazikhulupiliro zodziwika bwino kuti zikuthandizeni.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga alibe mbali ina iliyonse ku chakudya

Shuga ndi wofunika kwambiri chifukwa amapatsa mphamvu malinga nkuti ali ndi glucose yemwe ndi wofunikira kwambiri mthupi la munthu. Mwa chitsanzo, ubongo wathu umafuna 130 grams za glucose pa tsiku kuti uzigwira ntchito zake bwino. Glucose mutha kumpeza mchakudya china chili chonse kuphatikizapo mu zipatso, ndiwo za masamba komanso mu uchi.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga ali ndi ma calorie ambiri poyerekeza ndi zakudya ndi zakumwa zina

Ma calorie ndi mlingo chabe wa kuchuluka kapena kuchepa kwa mphamvu mu zakudya ndi zakumwa.

Tikamadya kapena kumwa tikupereka mphamvu ku thupi lathu. Zakudya zosiyana komanso zakumwa zosiyana zimaperereka mphamvu mosiyananso mthupi. Izi zitha kupezeka pa malebulo a zakudya ndi zakumwa komanso pamene amalembapo zamichere ndi zina zopatsa thanzi zopezeka mu zakudyazo.

Shuga ali ndi ma calorie anai pa gram imodzi yomwe ndi chimodzimodzi ndi protein pamene

mowa uli ndi macalorie seven ndipo mu mafuta mafuta (fat) muli ma calorie nine.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga ndi calorie yopanda kanthu

"Calorie yopanda kanthu" ndi zomwe ena amanena pa zakudya ndi zakumwa zomwe zimapatsa mphamvu mthupi popanda michere ina yofunika mthupi. Koma popeza ma calorie amapatsa mphamvu, palibe calorie yopanda kanthu chifukwa calorie iliyonse ndi yopatsa mphamvu mthupi. Palibe calorie yopanda kanthu - Calorie ndi calorie basi.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga wina ndi wabwino kwa inu kusiyana ndi wina

Thupi limagaya shuga (sucrose) mofanana posatengera kuti shugayo ndi wa mtundu wanji. Koma momwe sucrose amalowelera mthupi kumasiyana ngati akuchokera ku chakudya cholimba kapena cha madzi. Mwachitsanzo, kulowelera kwa sucrose wamu chipatso cha apple kumasiyana ndikwa kumwa juwisi wa apple.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga amabisika mu zakudya ndi zakumwa

Poona pa malebulo, shuga yemwe amapezeka kwambiri mu zakudya ndi zakumwa ndi glucose, fructose, sucrose, lactose ndi maltose.

Shuga yenseyu amadziwika kuti "sugars" ndipo dzinali amaligwiritsa ntchito pachikuto

pomwe amalembapo zomwe zikupezeka muchakudyacholo “carbohydrate – ndipo mlingo wa shuga” mu carbohydrate ndi otere.

Lero, zakudya ndi zakumwa zonse zopangidwa mdziko muno zimafunika kukhala ndi malebulo. Izi zili chomwechi malinga ndi lamulo la Certification Mark Regulation⁴. Malebulo amenewa atha kukuthandizani kumvetsa bwino za kuchuluka kapena kuchepa kwa michere yopatsa nthanzi (ma nutrients) ndima calorie mchakudya kapena chakumwa chomwe mukugulacho.

Malebulo a zakudya m'maiko ambiri panopa sanena za shuga woonjezera. (Mwa chitsanzo, shuga yemwe aonjezera popanga chakudya ndi chakumwa). Nkovuta kusiyantsa pakati pa shuga wa chilengedwe ndi woonjezera ku malo oyezera zinthu (laboratory) popeza shuga yenseyu ndiofanana.

Komabe, maiko ena akufufuza/akuunika momwe angaonkhetsere mlingo wa shuga woonjezera ndikumauika pa malebulo. Mwachitsanzo, dziko la United States layamba kuonetsa za shuga woonjezera pa malebulo apa zakudya zokonzera ndiponso pa zakumwa. Bungwe loona za zakudya ndi mankhwala mdziko la United States la US Food and Drug Administration (FDA) likupitiriza kulumikizana ndi wopanga katundu kuti azitsatira mlingo wowomerezeka watsopano wa shuga woonjezera mu zakudya ndimu zakumwa. Kuwerengetsa Kwa shuga woonjezera kumachitika molingana ndi ndondomeko zomwe mwatsata pokonza/ popanga zakudya kapena zakumwa.

CHIKHULUPILIRO
CHOLAKWIKWA

Shuga amayambitsa kukulupala kapena kuti kunenepa komanso matenda a shuga

Pakadali pano akadaulo pa sayansi alibe umboni pa nkhanayi. Panopa, umboni umati sizoono kuti shuga payekha amayambitsa matenda kuphatikizapo kunenepa kwambiri ndi matenda a shuga. Matenda amenewa amatha kudza chifukwa cha zinthu zambiri kuphatikizapo ku mtundu, kukula thupi komanso kusachita masewera olimbitsa thupi⁵.

Koma monga maprotein, sitalichi, mafuta (fat) ndi mowa zimaperaka mphamvu (ma calorie) nthupi shuganso naye amaperaka ma calories ndipo ngati tidya zakudya zopereka mphamvu (ma calories) zambiri kupyola mlingo omwe thupi lingagwiritse ntchito zimapangitsa munthu kunenepa. Zotsatira zakunenepa ndikukula thupi mopyola muyeso zomwe zimachititsa kuti munthu adwale nthenda yashuga. (Type 2 diabetes).

Kuti mudziwe zambiri za mlingo woyenelera kudya kuti mupeze mphamvu komanso mlingo wa zakudya za magulu zomwe zili ndi michere yopatsa nthanzi welangani bukhu lomwe adasindikiza kachiwiri lomwe likudziwika kuti Sustainable Nutrition Manual³ lomwe a Agriculture Technology Clearing Committee (ATCC) adavomereza. Bukhuli likufotokoza za magulu asanu ndi limodzi omwe ndi wofunika pa chakudya. Magulu asanu ndi limodzi amenewa amagwira ntchito limodzi pokwanilitsa zinthu zitatatu zofunikira kwambiri m'matupi athu zomwe nkupeleka mphamvu, kuteteza thupi ku matenda ndiponso kukuza.

Dziwani kuti umboni wa akatswiri a sayansi omwe uli mu lipoti lomwe adatulutsa a UK Scientific Advisory Committee pa kadyedwe (SACN)⁶ ukuti palibe mgwirizano wachindunji pakati pa shuga yemwe anthu amadya ndi matenda a shuga. Koma akatswiriwo akuganiza kuti nkutheka kuti matendawa atha kuyamba kwa munthu yemwe amamwa mowilikiza zakumwa zotsekemera.

CHIKHULUPILIRO
CHOLAKWIKA

Shuga amawoletsa mano anu

Zakudya ndi zakumwa zonse zomwe ziri ndi carbohydrate monga mabisiketi, makeke, zakumwa zozizilitsa kukhosi komanso buledi, ma crackers, nthochi ndima cereals omwe kawiri kawiri amadyedwa pa nthawi ya mfuluso zimakolezera kuwola kwa mano.

Ma carbohydrates ena kuphatikizapo shuga amagayidwa ndi ma bacteria mkamwa nkupanga asidi yemwe amafewetsa kwambiri kunjira kwa mano. Tsukani mano anu ndi mankhwala a fluoride kawiri pa tsiku ndipo kudya komanso kumwa zotsekemera pa nthawi yakudya yokha ndi zinthu zothandiza pa chitetezo cha mano anu. Dziwani kuti kudya pafupi pafupi komanso mlingo wa zakudya zomwe mukudya ndi zomwe zingathe kukolezera kuwola kapena kuteteza mano anu.

Dziwani kuti a World Dental Federation (DFI) amati kuonongeka kwa mano kumakula ngati munthu akudya kwambiri za shuga monga masnack ndi zakumwa zoziziritsa kukhosi kuposa kanai pa tsiku kapena masipuni a tiyi khumi ndi awiri a shuga pa tsiku. A bungwelo amati nkofunika kuphunzitsanso za shuga yemwe amapezeka mwachilengedwe mu uchi, juwisi ndimu silapu kuti naye amatha kukolezera kuwola kwa mano⁷.

CHIKHULUPILIRO
CHOLAKWIKA

Shuga satheka kumusiya ukayamba kumudya

Kafukufuku wa sayansi wa posachedwapa sagwirizana ndi maganizo woti shuga (kapena

chakudya china chiri chonse) sichitheka kusiya ukachiyamba kudya⁸. Ndi zoonza kuti zakudya ndi zakumwa zina zimasangalatsa kumwa kapena kudya koma nkofunika kusiyanyitsa pakusangalatsidwa ndi chakudya kapena chakumwa ndi zizolowezi zovuta kusiya popanda thandizo la aza chipatala.



PAZAKUDZIWA ZA MAKING SENSE OF SUGAR

Cholinga cha Making Sense of Sugar nkuti anthu azipanga ziganizo zoyenera posankha zakudya zomwe akufuna kuti adye.

Potengera pa sayansi komanso pa zoono zenizeni, kampeniya ikuphunzitsa za shuga mosavuta, mwachidule ndiponso momveka bwino. Kampeniya ikuthangatiranso kumvetsa bwino za zikhulupiliro zolakwika pankhani ya shuga.

Pa webusaiti ya www.makingsenseofsugar.com/mw mwa zina pali kufotokozera paza mitundu yosiyana siyana ya shuga komanso uphungu wa momwe mungakwanilitsire kuzindikira shuga pa malebulo omwe ali pa zakudya ndi zakumwa komanso malangizo amadyedwe athanzi ndiponso kukhala wotaka taka (kuchita masewera olimbitsa thupi).

Illovo Sugar Africa yomwe ili ndi 76% ya masheya mu Illovo Sugar (Malawi) pcl ndi

kampani yaikulu yopanga shuga muno mu Africa ndipo ikupezeka m'maiko asanu ndi limodzi kumwera muno mu Africa. Illovo Sugar Africa ndi nthambi ina ya kampani ya AB Sugar Group yomwe eni ake ndi a Associated British Foods (ABF).

Omwe akonza kampeni ya Making Sense of Sugar komanso kuthandizira pa chuma ndi a kampani ya AB Sugar yomwe ndi imodzi mwa makampani akulu akulu kwambiri wopanga shuga pa dziko lonse. Kampeniya ikugwira ntchito zake m'maiko khumi ndipo idalemba ntchito anthu 32,000 kuphatikizapo aku Illovo Sugar Africa.

Kuti mudziwe zambiri paza Making Sense of Sugar, tsekulani www.makingsenseofsugar.com/mw kapena titsatileni pa Twitter @senseofsugar.

Kuti mudziwe zambiri za Illovo Sugar Africa tsekulani www.illovosugarafica.com



MARIFERENSI

Kodi shuga ndiofunika bwanji mchakudya chopatsa thanzi?

1. World Health Organization
<https://www.who.int/behealthy/healthy-diet>
2. World Health Organization
<https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

Kudya zopatsa thanzi: Magulu azakudya

3. Never Ending Food
<http://www.neverendingfood.org/Sustainable-Nutrition-Manual/>

Kodi shuga amakhala ndi malebulo kapena zizindikiro zanjji?

4. Certification Marks Regulations
<http://mbsmw.org/2017/10/17/ms-192001/>

Zikhulupiliro zolakwika pashuga

5. World Health Organization
<https://www.who.int/news-room/fact-sheets/detail/diabetes>
6. Scientific Advisory Committee on Nutrition (SACN) (2015)
<https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>
7. The World Dental Federation (DFI)
<https://www.fdiworlddental.org/oral-health/risk-factors>
8. NeuroFAST (2013);
<https://neurofast.gu.se/consensus>





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