

AMAKURU KU KUBIKA NEZA YAWURUTE

Abakora Yawurute (Yoghurt)
Abakwirakwiza Yawurute (Bose)
Abadandaza Yawurute (Bose)

Impamvu: Gusaba kubahiriza amabwiriza yo kubika neza yawurute.

Yawurute ikorwa mu mata igatunganywa hifashishijwe ubushyuhe n'imvuzo zirimo mikorobe nziza ku buzima zitwa (*Streptococcus thermophilus*) na (*Lactobacillus delbrueckii* subsp. *Bulgaricus*). Mu gihe cyo kuvura, izi mikorobe nziza ku muntu zituma amata yatetswe ahinduka yawurute; Kandi uku gutekwa kw'amata gutuma hatabaho gukura kwa mikorobe zangiza ubuzima bw'umuntu.

Amabwiriza y'ikigo cy'Igihugu gishinzwe kugenzura ibiribwa n'imiti mu Rwanda (Rwanda FDA) yo gusaba no kwandikisha ibiribwa byahinduriwe umwimerere afite numero DIS/GDL/008, mu gika cyayo cya 3 ingingo ya 3 agaragaza ko yawurute n'ibindi bicuruzwa bikorwa mu mata biri mu kiciro cy'ibishobora guteza ibibazo ku buzima bw'abantu bityo bikaba bigomba kwitabwaho mu kugenzura ubuziranenge bwabyo kuva ku ruganda rubikora kugera ku muguzi wanyuma. Yawurute zigizwe n'intungamubiri zinyuranye harimo n'ibyubaka umubiri (proteins) kandi zibamo amoko menshi n'ibyiciro bitandukanye hashingiwe ku byifashishijwe mu kuzikora. Muri rusange, yawurute zimara igihe gito kandi zibikwa muri firigo ku kigero cy'ubukonje cyiri hagati ya 2°C na 8°C.

Amabwiriza y'ubuziranenge yo gukora yawurute ateguka inganda kugaragaza neza ku birango(labels) amabwiriza yo kuzibika neza kuberako ari ingenzi cyane mu kubungabunga ubuziranenge bwazo. Kutubahiriza ayo mabwiriza bituma habaho gukura kwa zimwe muri mikorobe mbi ku buzima bw'umuntu ndetse n'ubwiza bwa yawurute bukagabanuka harimo nko gutakaza uburyohe (gusharira), guhinduka kw'impumuro, ibara n'umwimerere. Ibyo byose bigashimangira uburyo ari ingenzi ko abakwirakwiza n'abadandaza yawurute bagomba kubahiriza amabwiriza yo kuzibika neza.

Hashingiwe ku byavuye mu bugenzuzi bwa Rwanda FDA bumaze iminsi bukorwa, hashingiwe kandi ku bibazo by'abaguzi byakiriwe mu bihe bitandukanye byagaragaye ko abacuruzi babika nabi yawurute, Rwanda FDA ikaba isaba ibi bikurikira:

1) Abakwirakwiza n'abadandaza yawurute bose:

1) Abakwirakwiza n'abadandaza yawurute bose:

- Yawurute zose zigomba gutwarwa no kubikwa hakurikijwe amabwiriza agaragara ku birango.
- Yawurute zigomba kubikwa muri firigo ku gipimo cy'ubushyuhe kiri hagati ya 2°C - 8°C.

2) Abaguzi bose barasabwa:

- Kugenzura amabwiriza yo kubika yawurute kandi zikabikwa muri firigo ku gipimo cy'ubukonje kiri hagati ya 2°C - 8°C nyuma yo kuzigura.
- Kugenzura niba itariki yawurute izarangiriraho itararengeje igihe mbere yo kuyigura no kuyikoresha.

Icyitonderwa: Ukeneye ubundi busobanuro, yahamagara kuri 0789 193 529 cyangwa akohereza ubutumwa kuri info@rwandafda.gov.rw.

Tubashimiye ubufatanye bwanyu.



Dr. Emile BIENVENU
Umuyobozi mukuru



Ishakiro (references)

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