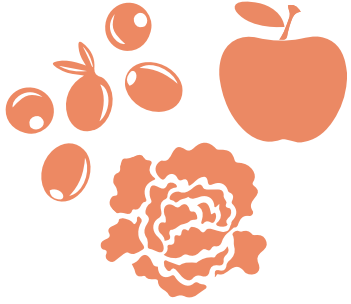
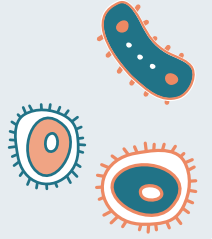


MAJKUROOBU NDỤ A NA-ERITE NA NRI: ỌRỤ N'AHỤIKE MMADỤ



Ruo ọtụtụ puku afọ, mmadụ riri mkpụrụ osisi na akwụkwọ nri na ndụ nakwa nri gbakara agbaka bụ ọtụtụ ụzọ e si enweta maịkuroobu ndụ a na-erite na nri n'uju. Taa, a na-akwado nri anyị n'ụzọ na-ewepụ maọbụ na-egbu ọtụtụ maịkuroobu ndị a. Ọ ga-abụ na ọtụtụ ọjia adighi efe efe juputara n'oge ugbua bụ maka otu anyị si belata inwe maịkuroobu ndụ na nri anyị?

Olee ihe anyị ma banyere uru dị n'iri maịkuroobu ndụ?

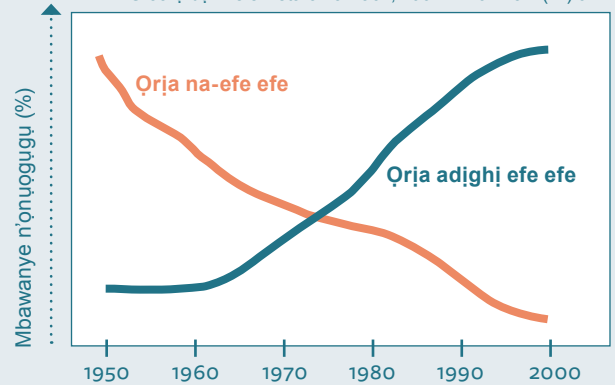
- Nri gbakara agbaka ka e chere na-akwalite ahụike mgbirijafo
- Nri gbakara agbaka na-akwalite ahụike mkpụrụ obi nakwa usoro mgbari nri
- Purobayotijikisi, bụ maịkuroobu ndụ dij n'ụdị dij iche iche, ga-akwalitenwu ụzọ e si atule ọnọdụ ahụike
- Ọtụtụ ihe ka e kwesiri jụta:
 - Maịkuroobu ndụ ole ka anyị ga-eri maka inweta uru ahụike?
 - O nwere maịkuroobu ka ndị ọzọ mma maka ahụike anyị?
 - Kedu ụdị uru ahụike dij iche iche anyị ga-atụ anya irite?



Nri gbakara agbaka bụ nke mmadụ ririla ihe kariri puku afọ iri na anọ (14,000 years)

Ka mmetụta mmadụ na maịkuroobu belatara, ọjia na-efe efe belatara. Mana, ọjia adighi efe efe dika ọjia metụtara ihe na-aluso ọjia ọgụ na ọjia metụtara mgbari nri biaziri buru ihe a na-ahukari.

Graafu bụ nke e wetara na Bach, 2002. NEJM: 347(12):911.



Maịkuroobu ole ka anyị ga-eri?

NHANES bụ usoro ngwa nchọcha (data) ozuru obodo nke nwere nkwa maka nri ndi Amerika na-eri. Nnyocha e ji ngwa nchọcha a mee na nso nso a gosiri:

- Ihe dika otu onye n'ime ndi okenye atọ na-eri naani nri nwere ntakiri maịkuroobu ndụ
- Erimeri gunyere ndi nwere maịkuroobu ndụ n'ogo di n'okere (104-107 CFU/g) maobu n'ogo di elu (>107 CFU/g) ma a tulekorita ha na maịkuroobu ndụ di n'ogo di ala nyere aka n'ibelata ọbara mgbalielu na otu ukwu ha n'ibu.
- Olee nri ga-enye onye riri ya maịkuroobu ndụ n'ogo di elu? I nwere ike rie n'otu ugboro yugootu di graamu nari abuo (200g), mkpuru osisi di graamu iri asaa na ise (75g), na akwukwo nri e sichi esi di graamu otu nari na iri abuo na ise (125g).



Ọ di mma iri maịkuroobu ndụ?

- Ọtutu maịkuroobu na-aba uru maobu na-agafe nnọọ n'ahu onye riri ya na-emeghi ihe obula
- Ufodu na-ebute nri mmebi
- Mana maịkuroobu ufodu nwere ike ibute nnukwu ọjia - dika *Salmonella* maobu *Kampilobakta* - e kwesiri isoro ha
- Buru n'uche na iri nri ufodu e sichi nke oma maobu e sichi esi - dika mmiri ara ehi, azu, anu - nwere ike ibutere ahụike odachi



Olee nri ndi di mma e si enweta maịkuroobu ndụ (LDM)?

- Akwukwo nri e sichi esi na mkpuru osisi (a bachaghi abacha) na mmiri ara ehi gbakara agbaka na akwukwo nri (a gwoghi agwo ka o gbakarachara) bu nri nwere LDM. Omumaatu gunyere yugootu, kim chi, chiiz oheru na nke ochie, akwukwo nri letuus, na brokoli e sichi esi, seleri, agwa akpoghi nku, apulu, beri.
- Purobayotijikisi e riri eri bu LDM, o bu ezie na LDM nwere ike o bughi purobayotijikisi
- O bu maịkuroobu ndu ka e ji eme nri gbakara agbaka, mana usoro ufodu e si eme ya nwere ike gbuo maobu wepu maịkuroobu ndu ndi ahu
- Hu nkuzi eserese ISAPP gbasara nri gbakara agbaka isappscience.org/for-consumers/infographics/

Nghota banyere nri e si enweta maịkuroobu ndu (LDM)

- LDM abughi iwu na a ga-akowatacha agwa ya maobu choputa aha ya mana o nwere ike di na nri e sichi esi maobu nri gbakara agbaka
- LDM abughi iwu na o ga-enwe ole a turu aka a ga-eri ya, mana a turu anya na a ga-eri ya n'onuogugu di ubara iji mee ka o kwalite ezi onodu ahuke
- LDM abughi iwu na o ga-enwe ihe akaebe sayensi kwuputara na o nwere onodu ahuke o na-akwalite kpomkwem