

Eby'okuliisa embizzi zisobole okukula amangu

Embizzi nsolo ezikula amangu era ziwa amagoba mangi eri abalunzi mu kaseera katono nnyo bwe ziba airabiriddwa nga ziriisibbwa mu ngeri entuufu.

Okwongerezaako, embizzi zirya ebika bingi eby'emmere okukula obulungi n'okugejja. Noolwekyo kya mugaso okuliisa embizzi ku bipimo ebirimu ekirungo ekireeta amaanyi, n'ekya vitamini. Era yongereza ku mmere gy'owa embizzi nga oziwa omuddo, ebikoola n'ebimuli.

Endiisa

Bulijjo embizzi ziwe kasooli, ono abeera awoomerera, akekereza era alimu ekirungo ekiwa ensolo amaanyi.

Okwongerezaako, embizzi giwe emmere ey'obuwekeengeri gye kiri nti emmere eyo erimu ekirungo kingi ekizimba omubiri, wabula, emmere ey'obuweke erina kuziweebwa mu bipimo ebitonotono okwewala omugejjo.

Okwongerezaako era, embizzi ziwe emmere nnyingiko ey'empeke engeri kino gye kiyamba embizzi okukuba mangu ebika by'emmere endala mu lubuto.

Bulijjo mu mmere y'embizzi teekamu eddagala eritta obuwuka obuleeta endwadde wamu ne vitamini zikule mangu ate osobole n'okukendeeza ku mmere gye zirya.

N'ekisembayo, embizzi ziwe ebibala n'enva endiirwa wamu n'amazzi amayonjo okusobozesa okufuula emmere ebirungo ebyetaagisa, okukuba amangu emmere wamu n'okukula amangu.

Emmere y'embizzi

Emmere obubizzi kwe butandikira. Emmere ekika kino erimu ekirungo ekizimba omubiri era ebiseera ebisinga egabibwa mu ngeri ya buweke nga obubizzi buvudde ku mabeere.

Emmere ey'embizzi ezikula z'ezo enkulu, eno eweebwa embizzi okutuusa lwe zifuna obuzito obusembayo obwetaagisa.

Emmere y'embizzi eziri eggwako, eno eweebwa mbizzi eziri eggwako n'ennume mu kiseera mwe ziwakira n'okuwakisa. erimu ebiriisa bingi wamu ne vviamiini.

Emmere ey'embizzi eziyonsa, eno erimu ebiriisa bingi, eweebwa mbizzi nkazi nga zimaze okuzaala.