

# Duhugurane: Ibinyabutabire bikoreshwa hirindwa Isukari n'Umunyu, bishobora guteza ingorane kubirenza

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*Hari Ibinyabutabire byifashishwa ku mafunguro cyangwa ibinyobwa biryohera 'artificial sweeteners', bikoreshwa hagamijwe kwirinda isukari isanzwe, nabyo ngo si byiza kuko bigira ingaruka.*

Mu buryo bwa tekiniki ngo si yo, kuko hari uburyo itegurwa ikaza ari umwimerere, idashobora guteza ibibazo.

Hari abakoresha Ubuki mu mwanya w'Isukari iyi dusanzwe tuzi kandi nabwo buri mu bintu byigiramo za 'Calories' nyinshi.

Hari kandi isukari ya Coconut na 'Agave Nectar', ibyo byombi byakoreshwa nk'ibisimbuzwa isukari n'ubwo bikiri bishya ku isoko, kandi bikaba bitari byiza ku bantu babafite Diyabete kubera ko byigiramo isukari nyinshi.

Iyo bigurishwa ku masoko, ibyo binyabutabire 'chemical substances' bikoreshwa mu gutuma amafunguro n'ibinyobwa biryohera, aho gukoresha isukari isanzwe, bivugwa ko ari byo byiza ku buzima kurusha isukari, ariko nabyo bibamo amoko atandukanye yaba ayiganjemo ibitera imbaraga bikeya cyangwa ayifitemo ibitera imbaranga byinshi .

Hari urutonde runini rw'ibyo bikoreshwa mu mwanya w'isukari (Artificial sweeteners), harimo Acesulfame K, Aspartame, Saccharin, Sorbitol, Sucralose, Stevia, Xylitol n'ibindi.

**Ni izihe ngaruka byagira ku buzima bwa muntu?**

Ibyo bisimbuzwa isukari byose nk'uko byanditswe hejuru,

bifatwa nk'ibitagira ingaruka ku babikoresha, iyo bikoreshejwe mu rugero ruringaniye.

Ibyo bisimbuzwa isukari byose byemejwe n'Umuryango w'Ubumwe bw'ibihugu by'u Burayi (EU), nk'ibidatera ikibazo ku babikoresha, ariko hakomeza hasohoka ubushakashatsi butandukanye kandi buvuguruzanya, ku ngaruka zo kubikoresha igihe kirekire, bikavugwa ko hakenewe gukomeza gukorwa ubushakashatsi buruseho.

"Aspartame" ni Kimwe muri ibyo bisimbuzwa isukari ngo kikaba gikunze gukoreshwa cyane hirya no hino ku Isi, ariko ngo kikaba ari nacyo giteye amakenga cyane, ku buryo inzobere mu buziranenge bw'ibiribwa mu Bwongereza, basabye ko Leta y'igihugu cyabo yagica cyangwa se kigatunganywa neza bitandukanye n'uko cyari gisanzwe.

Dore bimwe mu bibazo bishobora guterwa no gukoresha artificial sweeteners, nk'uko bisobanurwa n'inzobere, mu nkuru dukesha urubuga [www. virginpure.com](http://www.virginpure.com).

Muri izo ngaruka hashobora kuzamo ibibazo by'igogora, kwiyongera kw'isukari mu maraso, ibyago biri hejuru byo kurwara za Kanseri, kugira umuvuduko w'amaraso ukabije n'ibindi.

Ikindi kandi, ibyo bisimbuzwa isukari, ngo bishobora kugira ingaruka zo kugabanya imikorere myiza y'ubudahangarwa bw'umubiri, ku bantu bamwe na bamwe.

Muri ibyo bisimbuzwa isukari ngo harimo ibigira ingaruka zo gutuma imiseburo imwe n'imwe yo mu mubiri w'umuntu ikora nabi.

Kugira ngo umuntu amenye ko ikinyobwa cyangwa se ikiribwa agiye kugura kirimo izo 'Artificial Sweeteners' zishobora kugira ingaruka mbi ku buzima, aba ashobora kureba ku dupapuro dushyirwa inyuma ku bintu bipfunyikwamo ibicuruzwa 'Etiquette', akareba ibyo bavuga biri mu kintu agiye kugura.