

Muringa amanyidwa mu nimu ezenjawulo....

Mu siyansi webirime: Moringa oleifera

Mu lungereza amanyidwa nga drumstick tree.

Bengali: Sajna

Burmese: Dandalonbin

French: Bèn ailé, Benzolive

Gujarati: Suragavo

Hindi & Urdu: Munaga, Sahijna, Segra

Khmer: Daem mrum

Luganda: Muringa

Malay: Kalor

Malayalam: Sigru, Muringa

Marathi: Sujna, Shevga

Oriya: Munigha, Sajina

Sinhalese: Murunga

Spanish: Ben, Morango, Moringa

Tagalog: Mulangai

Tamil: Murungai

Telegu: Munaga, Mulaga

Thai: Marum

Vietnamese: Chùm Ngây

Amanya amalala gasange ku:

www.treesforlife.org/moringa/names

Mwangu okukuza:

- Okuva mu nsigo oba ettabi
- Ne mu ttaka etano
- Teyetaaga ndabirira yamanyi nnyo
- Akozesa amazi matono
- Aleeta ebibala n'ebikoola mu banga lyamyenzi 8 gyoka

(Musimbe akabanga okuva awakaawo kuba ayinza okuleeta obusannyi.)

Mwangu okweyambisa:

- Teeka ebikoola ebibisi oba ebikalu mu kyonna kyogenda okulya
- Ebikoola bikaze (mu kisikirize) era obitereka
- Wakati wa gulamuzi 8 na 24 ez'ensaano za muringa buli lunaku, zisobola okuyamba okulungasa obulamu bwo.

Nga oyagala ebisingawo tukirira:

Trees for Life - Uganda

C/O Agency for Environment and Wetlands (AEW)
Bell Depot H'se, 1st floor suite #3, opp. Kampala
Kolping H'se, Makerere Kavule Bombo Road
website: www.aew-ug.org • email: aew@aew-ug.org
Tel: +256 772 351 736

Bikyusiidwa mu Luganda aba AEW nga Bayambibwaako aba
Trees for Life - International

Beera wanjawulo!

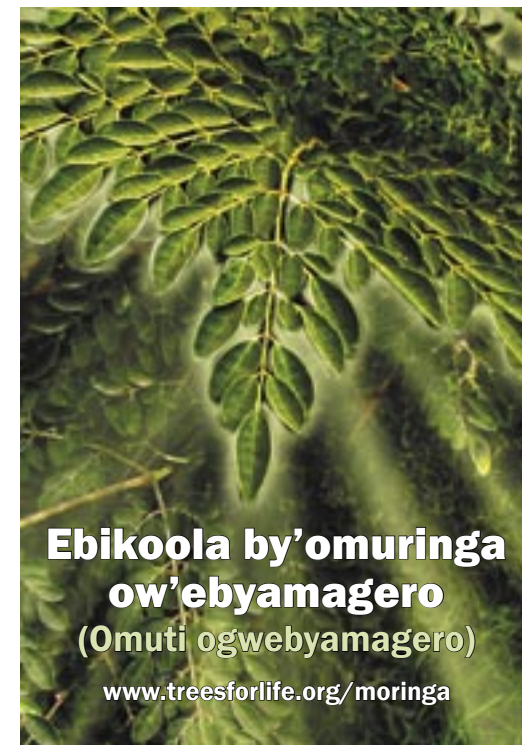
- Simba omuti gwa muringa leero.
- Teeka Muringa mubuli ky'ogenda okulya.
- Gabana okumanya kunno n'abantu abalala abayinza okuyamba okufuulu ensi yaffe ey'obulamu obwegagaza.



www.treesforlife.org

Trees for Life, 3006 W. St. Louis,
Wichita, KS 67203-5129 USA
Phone: (316)945-6929 Fax: (316)945-0909
moringa@treesforlife.org

Trees for Life ewa abantu amanyi nga eraga nti nga tuyita mukuyambagana, tusobola okwejja mu mbeera enyigiriza obulamu bwaffe obwa bulijjo.



**Ebikoola by'omuringa
ow'ebyamagero
(Omuti ogwebyamagero)**

www.treesforlife.org/moringa

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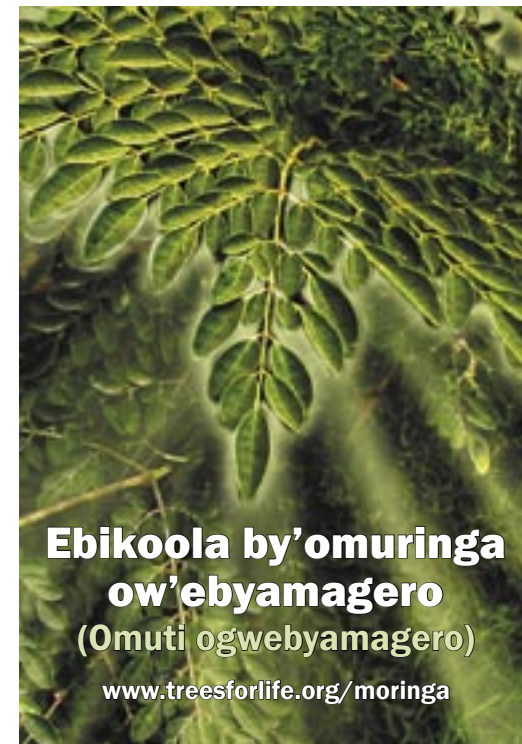
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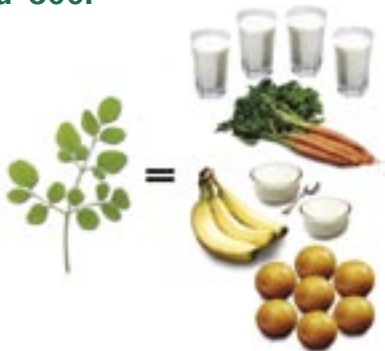
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**Ebikoola by'omuringa
ow'ebyamagero
(Omuti ogwebyamagero)**

www.treesforlife.org/moringa

Waliwo enjogera erudewo agamba nti;
“Ebikoola bya moringa biziya era nebiwonya endwadde eziwerere dala 300.”



Naye okunonyereza okupya kukakasa nti obukoola bwa muringa obulabika ng’obutono, bujjudde ekiriisa ekyenjawulo ekiyamba okugumya emibiri gyaffe era n’okuziyiza endwadde ezenjawulo.

Kyewunyisa ate nga kituufu

Obutoffari obuzimba emibiri gyaffe obumanyiddwa nga ‘proteins’ mu lungereza, bukolebya ate obutoffali obutono ennyo obumanyiddwa nga ‘amino acids’.Kibadde kimanyiddwa nti obutoffali buno obutono ennyo tobufuna oluvannyuma lw’okulya ennyama, amagi, era n’amata. Ekyewunyisa moringa byonna abirina.

2 emirundi ebiri okusinga ekirisa kya puloteyini ekiri mu mata ga Yugati



Ekiriisa eki manyidwa nga vitamini C, kituyamba okunyweeza obwerinzi bwe mibiri gyaffe eri endwadde ezitali zimu era n’okuziyiza endwadde ezitukwata nga ziyitira mu banaffe okugeza nga Senyiga.oba lubyamira. Ebibala nga emicungwa bimanyidwa okuba nga byebirimu ekiriisa kino.Naye Moringa ate ye alimu ekisingawo.

7 emirundi musanvu okusinga ekiriisa kya vitamini C ekiri mu micungwa



Ekiriisa (era omunyo gw’omubiri) ekimanyadwa nga potasiyamu, kiyamba ku bwongo ne kubusimu bw’omubiri. Amatooke gamanyidwa nga ge galimu ekiriisa kino. Naye Muringa agakubya ssubi, nanti agasingira wala.

3 emirundu esatu okusinga ekiriisa kya potasiyamu ekiri mu matooke



Ekiriisa ky’omubiri ekimanyidwa nga Vitamini A, kikola nnyo okuziyiza endwadde z’amaaso, ensusu ne mitima era n’endwadde endala nnyingi. Ekyokulya ekimanyidwa nga kaloti kye kibadde kikyansinze okubeeramu ekiriisa kino. Naye Muringa akubisaamu emirundi egiwera

4 emirundi ena okusinga vitamini A eziri mu kaloti



Omunyo gw’omubiri oguyitibwa kalisiyamu (calcium) gugumya amagumba n’amanyo.Amata galimu kalisiyamu ono mungi dala. Naye Muringa ate ye alimu asingawo.

4 emirundi ena okosinga kalisiyamu ali mu mata



Ebipimo bino bigeragerandwa gulamu ku galumu eyeeyo ebyogedwako wagulu n’ebikoola bya muringa.*



Kiringa kulima kafukunya w’ebiriisa ku mulyango go.



Vitamini A
 Vitamini B1
 Vitamini B2
 Vitamini B3
 Vitamini C
 Kalisiyamu
 Kolomiyamu
 Koppa
 Fayiba
 Ayoni
 Mangenezi
 Mangeneziyamu
 Fosifolasi
 Potasiyamu
 Puloteyini
 Zinki

Ebikoola bya muringa nga bigeragerandwa n’ebiyokulya ebirala ebyabulijo*

Ebiriisa	ebiyokulya ebyabulijo	ebikoola bya muringa ebibisi	ebikoola bya muringa ebikalu
Vitamini A	1.8 mg Mu Kaloti	6.8 mg	18.9 mg
Kalisiyamu	120 mg Mu Mata	440 mg	2003 mg
Potasiyamu	88 mg Mu Matooke	259 mg	1324 mg
Puloteyini	3.1 g Mu Yugati	6.7 g	27.1 g
Vitamini C	30 mg Mu Micungwa	220 mg	17.3 mg

* Bisimbudwa mu kitabo, Ebiriisa eby’omugaso ebiri mu byendya bya buyindi ekyawandiikiibwa C.Gopalana ne banne, era n’okuva mu kitabo “ Omuti ogwekyewunyonyo-Muringa oleifera: ebiriisa eby’obutonde mu bugwa njuba,ekyawandiikiibwa Lowell Fuglie. Ebisingawo bisange: www.treesforlife.org/moringa

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