

GESAMENTLIKE VERKLARING DEUR AGRI SA EN GRAAN SA JOINT STATEMENT BY AGRI SA AND GRAIN SA

GRANE LEWER GRENLOSE HEILSAAMHEID GRAINS PROVIDE THE ULTIMATE WHOLESOMENESS

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“Deur dekades heen en steeds in vandag se tegnologies ontwikkelde wêreld, bly mielies ’n stapelvoedsel vir miljoene Suid-Afrikaners asook inwoners van die res van Afrika. Hierdie “*wondergewas*” kan in menigte vorms ingeneem word, insluitend; meliemeel(wat as basis dien vir mieliepap, en moontlik die gewildste vorm is), stampmielies, mieliegruis, mielerys en selfs melie-olie. Grane en oliesade vorm ’n integrale deel van enige gebalanseerde dieet en bevat komplekse koolhidrate, verskeie vitamienes en minerale vir ‘n gesonde liggaam”, sê Kobus Laubscher, Hoofbestuurder van Graan SA.

Gekookte, of afgekoelde mieliepap word beskou as ’n lae-GI voedsel wat stadig in die liggaam opgeneem word en veroorsaak dat bloedsuikervlakke redelik konstant bly. Die gevolg is dat energievlakke vir langer periodes hoog bly en dus ’n waardevolle energiebron vir sportsterre soos die Bafana Bafana is. Selfs rugby Springbok-helde soos die du Plessis-broers en die “*Beast*” het erken dat hulle mieliepap geëet het om hul spiere te bou.

“Suid-Afrika produseer jaarliks ’n gemiddeld van 6 miljoen ton witmielies (wat vir bogenoemde voedsels gebruik word) en is ’n netto-uitvoerder van die gewas aangesien Suid-Afrikaanse witmielies van uitstaande gehalte is. Sodoende dra die Suid-Afrikaanse mielieprodusent by tot voedselsekuriteit in die lande wat Suid-Afrikaanse mielies invoer en ’n duidelike bewys lewer van die grenslose heilsaamheid van die Suid-Afrikaanse mielie”, sê Johannes Möller, President van Agri SA.

Mielies word nie net gebruik vir voedsel nie maar is in belangrike inset in die voedselketting, onder andere vir vleis-, melk- en pluimvee-produksie. Mielies word ook gebruik in die vervaardiging van tandepasta, gaskoeldrank en kledingstowwe.

“Oliesade is ’n gewilde gewas in Suid-Afrika. Hoë-oliensuur en sonneblomolie is veral ’n gewilde gunsteling aangesien dit mono-onversadigde vette bevat wat die kans op hartverwante siektes beperk deur verlaagde cholestrol. Hierdie olies word deur die hartstigting van Suid-Afrika ondersteun”, sê Laubscher.

Volgraanbrood en -pastas(gemaak van koring) is ’n goeie bron van dieëitvesel asook magnesium en vitamienes wat die risiko van tipe 2 diabetes verlaag.

Sojabone bestaan uit ongeveer 40% proteïene en speel moontlik ’n rol in die voorkoming van hart- en bloedvatsiektes aangesien dit ’n cholesterol-verlagende effek uitoefen.

Suid-Afrika produseer hoë-kwaliteit sorghum, grondbone en gars wat sal sorg dat elke sportster en ondersteuner se maag vol en se keel nat bly.

Dit is duidelik dat sporthelde en hul ondersteuners grane benodig om 'n gesonde en gebalanseerde leefstyl te handhaaf.

Graan SA en Agri SA wens alle spelers en ondersteuners 'n wonderlike wêreldbeker toe en staan bankvas agter Bafana-Bafana.

Navrae

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“Over decades and also within today’s technologically advanced world, maize remains a staple food for millions of South Africans as well as people in the rest of Africa. This “miracle crop” can be consumed in many forms, for example as maize meal (which serves as the basis for mealie-pap and possibly the most popular form), samp, mealie-grits, mealie-rice and even mealie-oil. Grains and oilseeds form an integral part of any balanced diet and contain complex carbon hydrates and various vitamins and minerals for a healthy body,” says Kobus Laubscher, General Manager of Grain SA.

Cooked or cooled mealie-pap is regarded as a low GI food which is absorbed slowly by the body and causes blood sugar levels to remain relatively consistent. The result is that energy levels remain high for longer periods and pap is therefore a valuable source of energy for sport stars such as the Bafana Bafana. Even Springbok rugby heroes such as the Du Plessis brothers and the “Beast” have admitted that they eat mealie-pap to build muscle.

“South Africa annually produces an average of six million tons of white maize (which is used for the above-mentioned foods) and is a net exporter of the crop as South Africa produces white maize of top quality. In the process, the South African maize producer contributes to food security in those countries that import South African maize, which serves as clear evidence of the wholesomeness of South African maize,” says Agri SA president Johannes Möller.

Maize is not only used for food but also forms an important input within the food chain, among others for meat, milk and poultry production. Maize is also used in the manufacture of tooth paste, sodas and cloth.

“Oilseeds are popular crops in South Africa, and high oleic acid and sunflower oil are particular favourites because they contain mono-unsaturated fats that limit the chances of heart-related diseases through reduced cholesterol levels. These oils are recommended by the Heart Foundation of South Africa,” says Laubscher.

Full-grain bread and pasta (made from wheat) serve as a good source of dietary fibre as well as magnesium and vitamins which could reduce the risk of type 2 diabetes.

Soya beans consist of approximately 40% proteins and possibly play a role in the prevention of heart and blood-vessel diseases as it reduces cholesterol.

South Africa produces high-quality sorghum, groundnuts and barley which will assure every sport star and supporter of a full belly and a moist throat.

It is clear that sporting heroes and their supporters need grains to maintain a healthy and balanced lifestyle.

Grain SA and Agri SA wish all players and their supporters a successful World Cup and are fully behind the Bafana Bafana.

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