

Ukudla okunempilo kwenhliziyo



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(isiZulu)

Amasu okunomsoco

Ukuphathwa kwe-multidisciplinary of chronic heart failure (CHF) ingenye yezindlela eziphumelela kakhulu zokunakekela ukunciphisa ukulaliswa esibhedlela nokufa¹. Kufanele kugxilwe ngesineke ngendlela ephelele esigulini, ingagxili kuphela ekuhlulekeni kwenhliziyo, kodwa futhi nokuphathwa kwezifo ezifana nomfutho wegazi ophezulu, isifo sikashukela kanye nenhlalakahle yesiguli ethuthukisiwe kanye nokuzilawula, okuholela emiphumeleni engcono¹.

Imfundu yesiguli ibalulekile ekuthuthukiseni ukuzinakekela futhi kufanele iqondiswe futhi isekelwe ebufakazini besayensi noma umbono wochwepheshe.izindlela zemfundu kufanele zihlanganise, ukunikeza ulwazi ngezindlela ezihlukahlukene ukuze lufinyeleleke ezigulini, kucatshanelwa ibanga lemfundo, ukufunda nokubhala ngezempi, isizinda samasiko nolimi¹. iNutrition wezimpilo wendliziyo fundaphepha iyingxenyen yale ndlela ehlanganisa imikhakha eminingi yokuhlinzeka isiguli/iklayenti nge-CHF wonke amathuluzi adingekayo okulawula izifo ngempumelelo.

i-ESC Guidelines (2021) esanda kunyatheliswa inoma "ukudla okunempilo" imfundu yesiguli kanye nezihloko ezigxile ekuzinakekeleni¹;

Isihloko semfundo	Imigomo yesiguli kanye nomhlinzeki wezempilo	Ukuziphatha kochwepheshe kanye namathuluzi okufundisa
Ukudla okunempilo	Isiguli kufanele sazi ukuthi singadla kanjani ukudla okunempilo futhi sikwazi ukuvimbela ukungondleki kanye/noma sigcine isisindo somzimba esinempilo. Isiguli kufanele sigwele	Umhlinzeki wezokunakekelwa kwempilo kufanele axoxe ngokudla kwamanje, indima kasawoti kanye nezinye izakhi-mzimba

	ukudla usawoti omningi (>5g/ngosuku).	ezincane, ukugcina isisindo somzimba esinempilo, kanye nesidingo esingenzeza sokwengenzwa uma kwenzeza ukuntuleka kwe-micronutrient.
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Kusetshenziswa ifomethi yezenhlalo eqanjiwe, "Izincwadi Zezindaba Zokudla Kwenhliziyo Enempilo " zisebenzisa indlela yezindima. Ezisebenzayo ezigulini nabahlinzeki bezempilo ngefomethi yephathi elingisiwe lesidlo sakusihlwa, umhlinzeki wezempilo njengosokhaya enikeza izivakashi/iziguli ukudla okufanele. ukungenelela ukuze bafeze izinhloso zabo zokulawula ukuhluleka kwenhliziyo kanye nethuba lokuqinisa le miyalezo namasu ngezikathhi ezithile.

Ukuhlangabezana neizivakašhi

Usanda kuphuma esibhedlela ngemuva kokuba nezinkinga zokuphefumula ngenxa yomthamo woketshezi oluningi. Kwatholakala ukuthi unesifo senhliziyo ngemva kokuba ukuhlolwa kwegazi kwembule ukwanda kwe-B-type natriuretic peptide (BNP). Nakuba ake asebenza kakhulu, wehlise ijubane ngokuphawulekayo ngemva kokuba ne-angina yesibili kuya ku-hypertension engapheli. Ubenenkinga yokudla okunosawoti omncane kanye nemikhawulo yokudla okuwuketshezi kodwa ubona umehluko omuhle esisindweni sakhe sansuku zonke kanye nendlela izingubo zakhe ezimfanela ngayo. Ubhekene futhi nokuphathwa kokwenyuka kwemithi ekhipha amanzi emzimbeni kanye nesidingo sakhe sezithako ze-potassium ngenxa ye-potassium elahleka ngokusebenzisa i-diuretic.

Mary D. Volume



Indlela yokondleka

Njengoba unguokhaya onolwazi, oocabangelayo nonakekelayo, ufunu ukusiza futhi usekele uMary D ngokudla okufanele kanye nolwazi lokudla okunempilo ukuze anqobe ezinye zezinselele abebhekene nazo futhi aqinise izinguquko ezinhle azenzile.

Indlela yakho yokudla okunomsoco ka-Mary D, ozokwabelana ngayo futhi uxoxe naye, kufanele ihlanganise namasu alandelayo:

1. Ukulungiselela ukudla kanye nazo zonke izitsha kusukela ekuqaleni, usebenzisa ukudla okusha okuphelele (okungacutshungulwa noma okucutshungulwe kancane). Ngokukhetha ukudla okusha okuphelele, unganquma ukuthi ungakanani usawoti ozowufaka noma omncane kangakanani. inyama egaiwe kanye neminye imikhiqizo yokudla inosawoti omningi kunenyama entsha nemifino emisha.

2. Ukwamukela amafutha anempilo namafutha: Isu eliminandi lokwehlisa amazinga e-sodium. Yeqa amasaladi amaningi angenawo amafutha kanye neminye imikhiqizo efanayo futhi usebenzise amafutha enziwe nge-poly noma e-mono-unsaturated, njengamafutha omnqumo noma e-canola eggokeni lesaladi noma lapho inyama ewoswa kuhhavini, izinhlanzi noma amafutha emifino, kodwa futhi ahlinzeka ngamaprotheni engeziwe, i-fibre. namanye amavithamini namaminerali. futhi uqiniseke ukuthi wengeza ukwatapheya omusha esaladini, njengoba aqukethe i-omega-3 fatty acids, amavithamini namaminerali, ine-fiber encibilikayo futhi ikusiza uzipwe ugcwele phakathi kokudla.

3. Qiniseka ukuthi ulawula ukuthi kufanele kube nini- uzokwehlisela emuva ku-sodium nama-kilojoules! Umthetho omuhle wesithupha wukuthi uma ukudla kuba namandla amaningi, kuba nesodium eningi.

4. Khiqiza kuqala: Gcwalisa uhfafu wepuleti lakho ngezithelo nemifino. Izithelo nemifino kune-sodium ephansi ngokwemvelo, futhi izithelo nemifino eminingi iyimithombo emihle ye-potassium.ukwenza isiqiniseko sokuthi udla izithelo nemifino eningi ngakho konke ukudla kuzothuthukisa i-potassium yakho futhi kushintshe ibhalansi ye-sodium-potassium esivuna wena.

5. Lapho uthenga, qaphela imithombo ye-sodium enevolumu ephezulu. Yazi ukuthi yiziphi izithako nokudla ngakunye okunesodium ephezulu, futhi ukudle kancane .qonda ukuthi yiziphi izigaba zokudla ezifaka i-sodium eningi ekudleni kwethu ngokusetshenziswa okuphindaphindiwe nsuku zonke nangeviki (bheka uhlu). khetha ngokucophelela lapho uthenga ukudla kulezi zigaba kanye/noma udle okuncane kwalezi zinto. funda amalebula emikhiqizweni ngokucophelela futhi ubheke ukudla okungaphansi kuka-300 mg wesodium ngokuphakela ngakunye. kodwa naka ukuphakela osayizi, njengoba ngokuvamile abancane ngokungenangqondo. Umthetho omuhle wesithupha wokufunda ilebula ukubheka okungengaphezu kwemiligremu eyodwa yesodium ngekhlori eliodwa lokudla (bheka uhlu). Futhi qaphela izithako ezifana ne-monosodium glutamate, i-sodium citrate, i-sodium bicarbonate ne-sodium alginate njengoba konke lokhu kunomthelela enanini eliphelele le-sodium ebhalwe ku- Amaqiniso Okunomsoco.



Ngokucabangela lezi zindlela zokudla okunomsoco, ukudla kuzobandakanya:

Inhlanzí eyosiwe enamakhambí kalamula/Amazambane abilisiwe/abhakwe esikhumbeni/ isaladí yasengadíni entsha ephakwa ne-vinaigrette yasekhaya kanye nophudingí, isaladí yesithelo esisha neyogathí enamafutha aphansi noma amasi kanye nokufafaza kwamantongomane aqoshiwe angenasawotí (bona izindlela zokupheka).



Ungabelana naye ngama-handouts olwazi olwengeziwe ukuze umqondise ukuthi anganciphisa kanjani amasayizi wezingxenye, nokuthi ukufunda kanjani ukudla (bona ama-handouts e-infographic).

[1. Theresa A. McDonagh, Marco Metra, Marianna Adamo, Roy S. Gardner et al. 2021 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure. Eur Heart J 2021 Sept 21; 42(36): 3599-3726.]

Kwenhliziyo

isiZulu



Inhlanzi eyosive enolamula
namakhambi amasha

Izithako:

- 1/2 inkomishi yemifino eqoshiwe
- 4 izibopho zezinhlanzi ozikhethelayo
- 1 isipuni sejusi kalamula
- 1 isipuni sikalamula
- 1 isipuni amafutha yemifino
- usawoti kanye pepper ukunambitha

SEBENZISA IZINGCEZU
ZIKALAMULA OMUSHA

Indlela:

1. Shisa i-grill yakho ibe ukushisa okuphakathi.
2. Paka inhlanzi ngethawula likapelepele, bese ufaka usawoti kanye nopelepele ezinhlangothini zombili .
- 3.Epuletini elikhulu hlanganisa amakhambi, uwoyela, ulamula kalamula .
- 4.Emaceleni bese uyiyeka ime imizuzu eyi-10 .
5. Indawo beka izinhlanzi ku-grill imizuzu engu-4 ngakolunye uhlangothi flip over kanye ne-grill for 4 min ngakolunye uhlangothi.



Isaladi yaengadini entsha



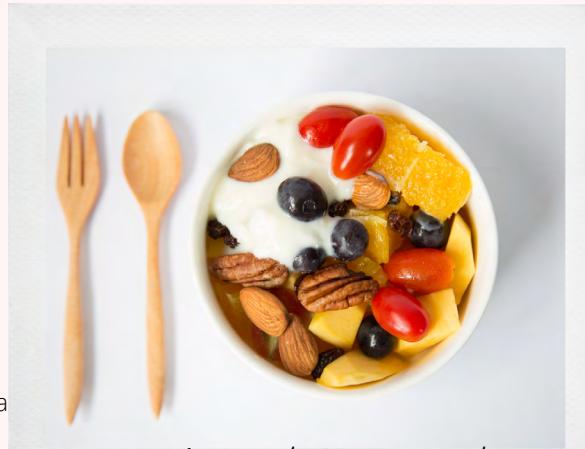
i-vinaigrette eyenziwe ekhaya

Izithako:

- 3/4 kuya ku-1 inkomishi yamafutha yemifino
- 1/4 inkomishi yokunambitha uviniga noma ujusi kalamula
- 1/2 ithisipuni kasawoti
- 1/8 kuya ku-1/4 ithisipuni kapelepele omnyama indlela

Indlela

1. Indawo zonke izithako embizeni enesivalo, xukuza kahle ukuze uhlanganise..
- 2.Ukunambitha futhi ulungise ukunambitha, engeza amafutha amaningi ukuze uthole ukunambitheka okuthambile/ engeza ujusi kalamula ukuze uthole ijusi eyengeziwe.



isaladi lesithelo negogathi
namantongomane

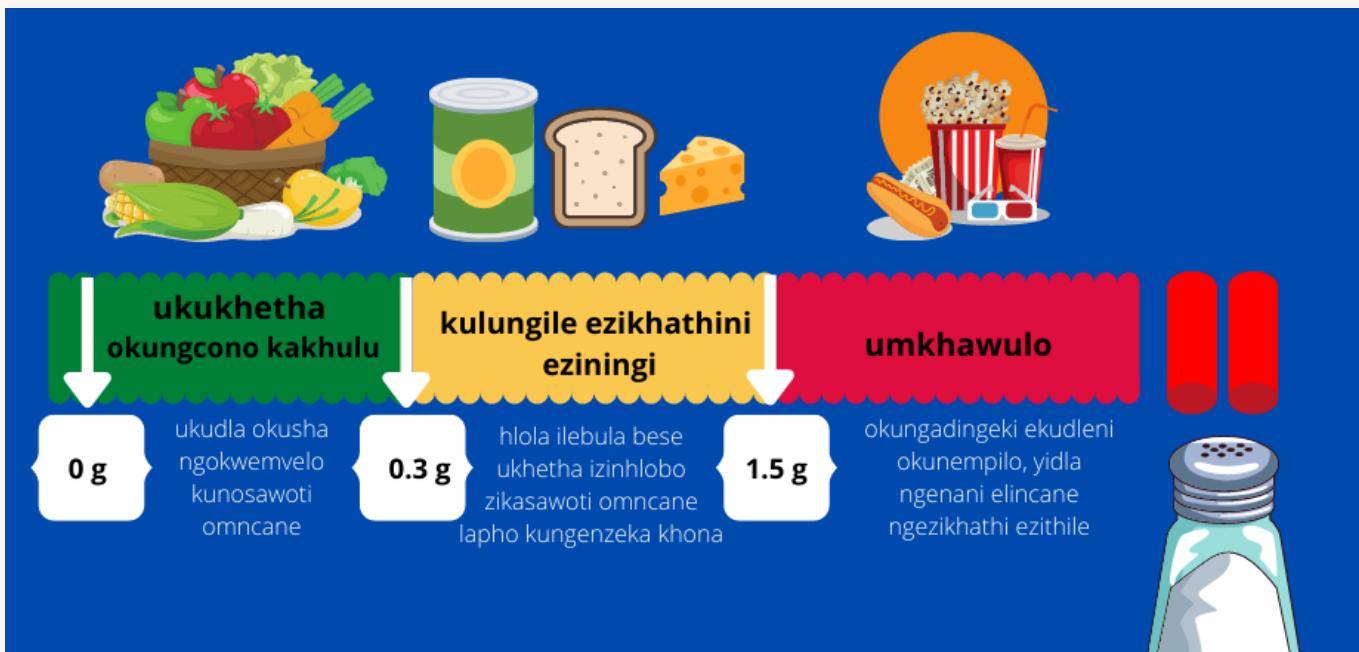
Izithako:
Izithelo zonyaka ezihlukahlukene eziqotshiwe
Iyogathi engenalutho enamafutha aphansi
Amantongomane ahlukahlukene azikhethele, unsalted

Indlela:

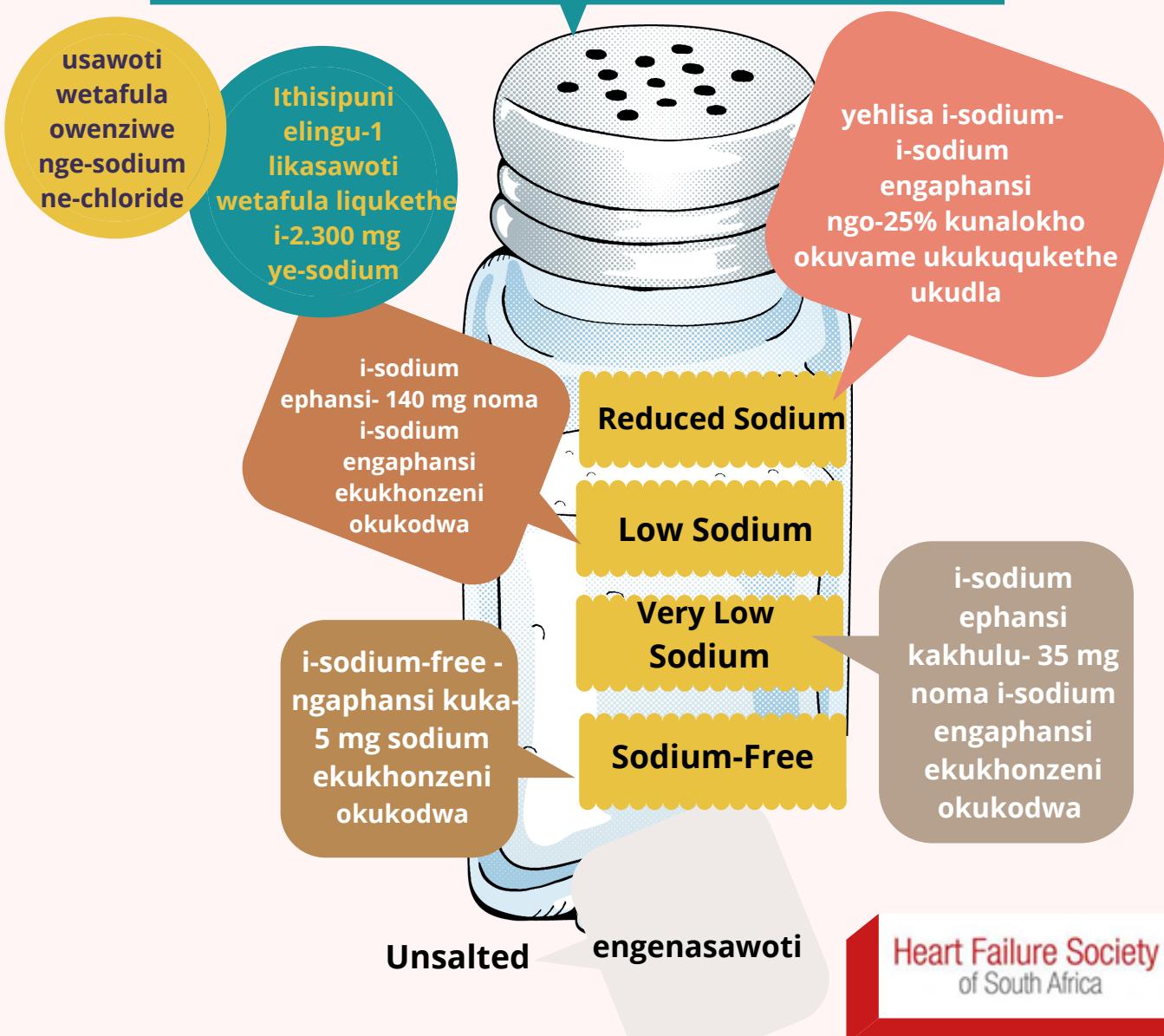
Hlanganisa izithelo ndawonye (engeza ukukhama kwejusi kalamula omusha ukuze ugweme ukubola kwesithelo).
Phezulu nge yogurt namantongomane, bese ukhonza.

How much salt is too much salt? (values per 100g)

(isiZulu)



Isho ukuthini imishwana esemalebula okudla ngempela?



Ukufunda amalebula okudla

(isiZulu)

Ukwazi ukufunda amalebula okudla kubaluleke kakhulu ekwenzeni ukukhetha okunempilo lapho ukhetha ukudla

Uhlu Iwezithako

- Izithako zikleliswe ngokulandelana kwekhwalithi ephezulu kakhulu kuye komthamo ophansi kakhulu.
- Ukudla okunoshukela omningi, usawoti noma amafutha ngokuvamile kuzoba nalokhu ohlwini njengesinye sezithako ezintathu zokuqala .
- Ukudla okungagayiwe kuvame ukuba nzima ukuphimisa amagama ngisho nezinombolo ezingaziwa (okuvame ukuba yizigqila) ohlwini Iwezithako.

Nanka amagama ajwayelekile okufanele uwabheke:

Ushukela: i-sucrose, i-glucose, i-fructose, i-dextrose, isiraphu, ushukela umoba, ukugxila kwejusi yezithelo, uju, i-maltodextrin, i-maltose.

Usawoti : i-sodium, i-monosodium glutamate (MSG), i-sodium bicarbonate (i-baking soda), noma yini 'ene-sodium', izithuthukisi ukunambitheka, isoso yesoya, i-brine.

Amafutha: amafutha, amafutha emifino, amafutha esundu, amafutha e-hydrogenated, ukhukhunathi, ukhilimu, ukufinyenza, ibhotela, ibhotela kakhokho.

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	Calories from fat 10
Calories 250	% Daily Value*
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 3g	
Protein 16%	
Vitamin A 1% • Vitamin C 3%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Ithebula lolwazi lokudla okunempilo

- Bheka ithebula lemininingwane Yezokudla ukuze uthole ukuthi ungakanani ushukela, usawoti noma amafutha ekudleni
- Sebenzisa lawa maphuzu anqunyiwe alandelayo lapho ufunu ukudla okunamafutha aphansi, ushukela nesodium (usawoti) kanye nefayibha eningi.

Nge-100g yokudla noma isiphuzo (hhayi ngokuphakelwa)

Ushukela ophelele : <5g nge 100g ukudla
< 2.5g nge 100g phuza

Amafutha asuthisiwe: <2.5g nge 100g ukudla

i-sodium ephelele : <120 mg nge 100g ukudla

i-fiber yokudla : < 3g nge 100g ukudla

Qaphela: ushukela ophansi, amafutha ancishisiwe noma ezinye izimangalo zezempi loezinjalo. funda lonke ulwazi lomsoco bese uqhathanisa namanani anikezwe ngenhla. ngezinye izikhathi amafutha athathelwa indawo ushukela noma okuphambene nalokho (futhi awaphilile), noma angase abe nosawoti omningi.



Khumbula: Ukudla okuthosiwe osekulungele ukudliwa kanye nokudla okusheshayo kungaba nama-trans-fats amanangi, angenampilo

Khumbula: ukudla okusha okuphelele okungadingi amalebula okudla kungcono empilweni.



HeFSSA

Heart Failure Society of South Africa

Iyasiza kakhulu ekukhonzeni osayizi

isiZulu2022

Funda ukusebenzisa isandla sakho ukulinganisa osayizi bokuphakelayo bese uqhathanisa nengxenye yokudla oyidlayo.



Ubisi: hlose ukuthola ukudla oku-3 kobisi usuku ngalunye. Nakhu ukuthi ukudla kubukeka kanjani.

Ubisi noma iziphuzo zesoya eziqinile

1izinkomishi = 1 kuqala



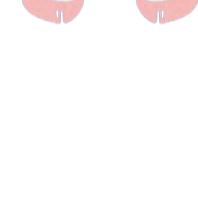
Iyogathi

3/4 izinkomishi = 1 kuqala



Ushizi

30 g = 2 izithupha



Ukudla okunamaprotheni: hlose ukuthola ukuphakelwa kwamaprotheni ama-2 kuya ku-3 usuku ngalunye. nakhu ukuthi ukudla kubukeka kanjani.

Inyama nenkuhlu

90 g = intende nesandla



Inhlanzi

90 g = intende nesandla



Ibhitela lamantongomane

2 tbsp = 2 izithupha



Amantongomane nembewu

1/4 izinkomishi = isandla esigoqiwe



Imidumba

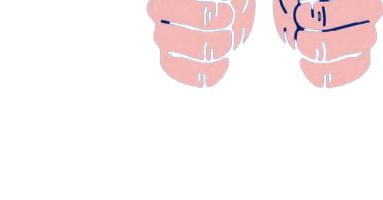
1/2 izinkomishi= 1 kuqala



Uwoyela: ungachithi ngaphezu kuka-2 wezipuni noma 6- 7 tsp wamafutha ngosuku. khetha umthombo wamafutha anempilo angagcwalisiwe njengamafutha, amantongomane, namafutha kakotapheya. nakhu ukuthi kubukeka kanjani izipuni kanye nethisipuni.

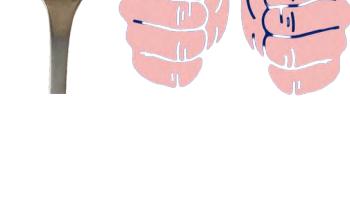
Imajarini noma ibhotela

1 ithisipuni = 1 ithiphu lesithupha lesi-
1 isipuni esingu-1 = isithupha esi-1



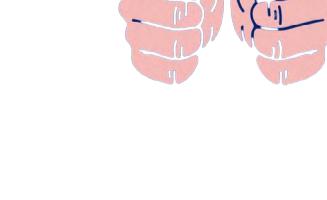
Amafutha

1 ithisipuni = 1 ithiphu lesithupha lesi-
1 isipuni esingu-1 = isithupha esi-1



Imayonnaise

1 ithisipuni = 1 ithiphu lesithupha lesi-
1 isipuni esingu-1 = isithupha esi-1



Iyasiza kakhulu ekukhonzeni osayizi

isiZulu 2022

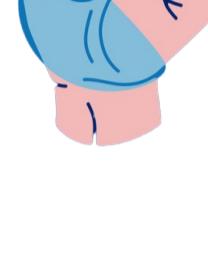
**Funda ukusebenzisa isandla sakho ukulinganisa osayizi bokuphakelayo
bese uqhathanisa nengxenye yokudla oyidlayo.**



Imifino nezithelo: hlose ukudla izithelo ezi-3-4 kanye nemifino emi-5 ngosuku. Nakhu ukuthi ukudla kubukeka kanjani.

Imifino emisha noma eqandisiwe

1/2 izinkomishi = 1/2 kuqala



Imifino enamahlamvu

1 izinkomishi = 1 kuqala



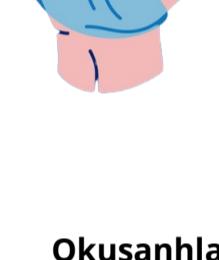
Izithelo zonke

1 izithelo = 1 kuqala



Izithelo ezisemathinini ezintsha noma eziqandisiwe

1/2 izinkomishi = 1/2 kuqala



Izithelo ezomisiwe

1/4 izinkomishi =
isandla esigoqiwe



100% ijeri yezithelo

1/2 izinkomishi = 1/2 kuqala



Okusanhlamvu: ihlose ukudla okusanhlamvu okungu-5-6 ngosuku.
Khetha okusanhlamvu okungenani okungama-50% wesikhathi!
Nakhu ukuthi ukudla kubukeka kanjani

Isinkwa

1 sika = ubukhulu besandla



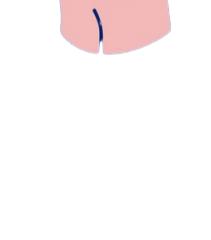
Umqulu wesinkwa

1/2 small = ubukhulu besandla



Irayisi

1/2 izinkomishi = 1/2 kuqala



Ipasta

1/2 izinkomishi = 1/2 kuqala



Okusanhlamvu okubandayo

1 izinkomishi = 1 kuqala

