Izondlo/Ukutya kwentliziyo okusempilweni

Heart Failure Society of South Africa

info@heffsa.co.za

www.heffsa.org

Winter 2022

(IsiXhosa)

Iqhinga lesondlo

Iindlela ezininzi zokulawula isifo seNtliziyo ekuthiwa yi-Chronic Heart Failure (CHF) ibonakale iyeyona ndlela inempumelelo zokucutha ukuya kwesigulane esibhedlele kwakunye nokufa. Le ndlela yokuphila kufuneka ibeluxanduva lwesigulane ngasinye hayi kuba kukhuselwa isifo sentliziyo qha, kwakunye nezinye izifo ezifana ne-Hypertension, iswekile nokuphuhlisa impilo yomntu ngamnye, loo nto ke isingisela kwiziphumo ezihle.

Ukufundiswa kwesigulane kubaluleke kakhulu, ngoba kuphuhlisa ukuzikhathalela kwaye loo nto iye yajuliswa kakhulu kwezengcali nobuchwepheshe yanikeza ubungqina. Indlela ekufundiswa ngayo kufuneka ithathelwe ingqalelo, ukunikezela kolwazi ngeendlela ezohlukileyo ukuze ulwazi lufikelele kwizigulane, ukuthathela ingqalela izinga lolwazi izigulane ezilifumanayo, ukucaciseleka ngamagama asetyenziswayo kwezempilo, inkcubekho yethu kwakunye nolwimi. Umbutho ekuthiwa yi- "The Nutrition for a Healthy Heart Newsletter" waqulunqa inxenye yendlela ezininzi zokukwazi ulawula indlela izigulane zingakwazi ngayo ukufunda kwaye zicaciseleke malunga nesi sifo siyi-CHF nezinto ezingasetyenziswa ekulweni sona.

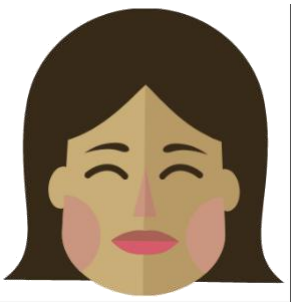
Isibhengezo esisandokukhutshwa ngomnyaka ka-2021 esinikeza imigaqo yeendlela zokutya kwesigulane esi nesi sifo;

Isihloko bekufundwa ngaso	**Umnqweno kukuba isigulane kwakunye noMongi bacaciseleke**	**Impatho zobungcali kwakunye neendlela zokufunda**
Ukutya okusempilweni	Isigulane kufuneka siyazi indlela yokutya okusempilweni ukuze	UMongi/Mongikazi kufuneka abenodliwano-

	sithintele ukungondleki kwaye nokugcina umzimba usempilweni. Isigulane akufuneki sitye ityuwa kakhulu, umlinganiselo mawube pha ku (> 5g/ngemini).	ndlebe nesigulane malunga nokutya ekutyayo, kwakunye nezinye izondlo, ekugcineni umzimba usempilweni, kwakunye nezinye izondlo ukukhawulelana nomzimba ukuba ziye azonela emzimbeni.

Ukwenziwa kwendlela yodliwano ekuthiwa yi-"Nutrition for a Healthy Heart Newsletter", kusebenze ekubeni kukwaziwe ukufikelelwa kwinkxaxheba emayidlalwe ngumguli kwakunye noMongikwinto ezifana namatheko, kwicala lobu-Mongikazi xa ethe yanguye umqulunqi wetheko elo kuyanyanzeleka anike iindwendwe zakhe ukutya okunezakha mzimba kwakunye nesondlo ekukwazini ukulaula esi sifo sentliziyo nasekubeni iqiqe indlela yokutya eluntwini.

Mary D. Volume



Dibana neeNdwendwe

Usanda kukhutshwa esibhedlele emveni kokuba enengxaki nokuphefumla ngenxa yamanzi amaninzi apha kuye emzimbeni. Kuye kwafunyaniswa ukuba unesifo sentliziyo ekubeni kutsalwe amagazi kwafunyanwa isifo ekuthiwa yi B-type natriuretic peptide (BNP).

Nanjengoko bekhe wasemandleni, uye waya esehla kakhulu ekubeni uye kwafunyaniswa isifo ekuthiwa yi-"angina secondary" ekuya kwi-"chronic hypertension". Ubesokola ngamandla nendlela kokutya enetyuwa esezantsi kwakuye nendlela asela ngawo, kodwa ebona umahluko ochulumancisayo ekuhleni kwakhe emzimbeni nokulinganwa yimpahla. Usajongene kwakunye nokulawula indlela yokunyusa indlela yokutya amachiza kwakunye nezondlo ezine-potassium.

Indlela yokutya

Ngokuba unolwazi oluphangaleleyo, ubacingela kwaye ungumqulunqi onenkathalo, ufuna ukunceda uMary D ngokutya okusegazini kwakunye nolwazi lwezondlo ukuze akwazi ukweyisa iingxaki ebejonene nazo ukuzekubekho utshint5sho oluchulumisayo.

Indlela yokutya ozomngena ngayo uMary D, le uzokuyaba kwaye uyixoxe naye kufuneka ihambe kule miqathango:

1. Ukulungisa isidlo uqalele ekuqaleni, usebenzisa ukutya okutsha (ukutya oku kufuneka kungangxengwa): Ngokuketha ukutya okutsha, ungakwazi, ungakwazi ukuyazi ukuba ugalele ityuwa engakanani ekutyeni. Inyama engxengiwe nokunye ukutya okungxengiwe zinetyuwa eninzi zona kunokutya okutsha okungangxengwanga.

2.Ukusanga amafutha nemifuno esempilweni: Ngendlela ephucukileyo yokuthoba ubungakanani betyuwa: Zama ukuziqabada iisosi ezinetyuwa kakhulu usebenzise la mafutha kuthiwa yi-poly okanye mono-unsaturated oils, ezifana namafutha omnquma kunye ne-canola, la mafutha ke uwasebenzisela ukuba abeyisosi okanye xa uzakuqhotsa intlanzi, inyama okanye imifuno. Ungagalela namantongomanekwi-saladi leyo yakho, kungekuba unikezela amafutha asempilweni qha, kodwa ukwanikezela izinto ezifana ne-protein, fibre nezinye i-vitamis ne-minerals. Qiniseka ukuba ukuba ufaka iponyoponyo kwisaladi yakhongoba yona inalamafutha kuthiwa yi-omega 3 fatty acids, vitamins kwakunye ne-minerals, ikwanayo ne-fibre esezingeni eliphezulu kwaye ikwenza uzive uhluthi.

3. Qiniseka ukuba uyawulawula umthamo/ubungakanani bokutya: Uzokalisha i-sodium (ityuwa) kwakunye ne-kilojoules! Umgaqo ke iye ibe ngulo ukuba kukho i-energy eninzi ekutyeni netyuwa ininzi.

4.Velisa kuqala: Gwalisa isiqinatha seziqhamo kwakunye nemifuno esityeni sakho: iziqha nemifuno zona ngokudalwa zinetyuwa (sodium) encinci, iziqhamo nemifuno emininzi zinikeza i-potassium. Qiniseka ukuba utya iziqhamo kwakunye nemifuno kuzo zonke izindlo zakho kukhuluphalisa i-potassium eye itsintshe exesheni ibeyi-sodium potassium ukwazi ukomelela.

5. Xa uthenga, ziqonde izinto eziye zinene-sodium eninzi: Zazi ukuba zeziphi izithako nokutya okune-sodium kakhulu, unciphise ukuzitya. Ziqonde iintlobo zokutya eziye zibene-sodium kakhulu ekutyeni kwakho ngokuba uziphinda uzitya imihla kwakunye neveki yonke. Khetha ngokuqaphelekileyo xa uthenga ukutya kwezi ntlobo kwaye utye kancinci kuzo. Funda imibhalo yezi ntlobo ngononophelo kwaye ukhangele ukutya okune 300 mgg ye-sodium. Kodwa

ke thathela ingqalelo ukuba kufuneka uyitye kangakanani ngoba ziye zijongeke zincinci. Umyalelo ngulo, ukufunda kukukhangela ukuba ayonezwanga nge1 mg yayo leyo i-sodium. Kwaye khangela ukuba akho zithako ezifana ne-monosodiium glutamate, sodium citrate, sodium bicarbonate kwakunye ne-sodium alginate ngoba ezi ziye zongeze kwi-sodium ezinzi ekutyeni.

Ukuqwalasela iindlela zokuttya, isidlo sonakufuneka sibandakanye:

Intlanzi e-griliweyo kwakunye nemifuno ne-lamuni/amazambane amancinci abilisiweyo/ibhakwe nolusu lwayo/isaladi eyenzwe ngemifuno emitsha esuka egadini igalelwe i-vinaigrette eyenzwe ekhaya. I-Dessrt yona, kufuneka iziqhamo ezitsha ne-yoghurt enamafutha amancinci okanye amasi ugalele ngaphezulu amantongomane angenatyuwa. (jonga kwirisiphi).

Ungabelana nabannye ngolwazi nokuba fufuneka umntu atye ummthamo ongakanani.

[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.]

Indlela yokwenza ukutya kwentliziyo okusempilweni EyeCanzibe

Winter 2022

IsiXhosa

Izithako:

- ½ ikomityi yemifuno
- 4 yepisi zentlanzi ozikhethele zona
- 1 icephe lejusi yeLamuni
- 1 icephe leLamuni
- 1 icephe laMafutha emifuno
- Ityuwa kwakunye nePepa

ILUNGELE UKUTYIWA NGABANTU ABA-4

Indlela yokwenza:

1.Yenza isistovu (grill) sakho shushu usibeke phakathi.
2.Faka intlanzi yakho ngamaphepha, ufafaze ityuwa kumacala omabini kwakunye nePepa.
3.Kwizitya esikhulu esivulekileyo, xuba imifuno leyo kwakunye namafutha neLamuni.
4.Qaba intlanzi leyo kumacala omabini ngalo mxube uyilinde imizuzu eyi-10.
5.Beka intlazi esitovini (grill) kwaye uyihlalise imizuzu eyi-4 uphinde uguqule wenze eminye imizuzu eyi-4

Izithako:

Amagaqa amabini eTamati isikwe
Igaqa elinye lePepa, ungasebenzisa ehluhlaza, ebomvu okanye elubhelu enqunqiweyo
2 yezitokhwe zeSilari, zinqunqwe
1 yeTyhukhamba, isikwe
Igaqa elinye leTswele, isikwe

Indlela yokwenza:

Galela yonke imifuno esityeni esikhulu sengqoko.
Uphakele abantu uhambisa kwakunye ne-vinaigrette ukwenzela incasa.

Izithako:

- 3/4-1 yamafutha emifuno
- 1/4 ye-vinika okanye ijusi ye-lamuni
- 1/2 yetispuni yetyuwa
- 1/8 - 1/4 yetispuni ye-pepa emnyama

Indlela yokwenza:

1Galela zonke izithako kwijoko enesiciko, wagqiba uyihlukusisise.
2. Yingcamle ukuze uzokuva incase, galela amafutha kwakhona ukuze idibane okanye ijusi ye-lamuni ukwenzela incasa.

Izithako:

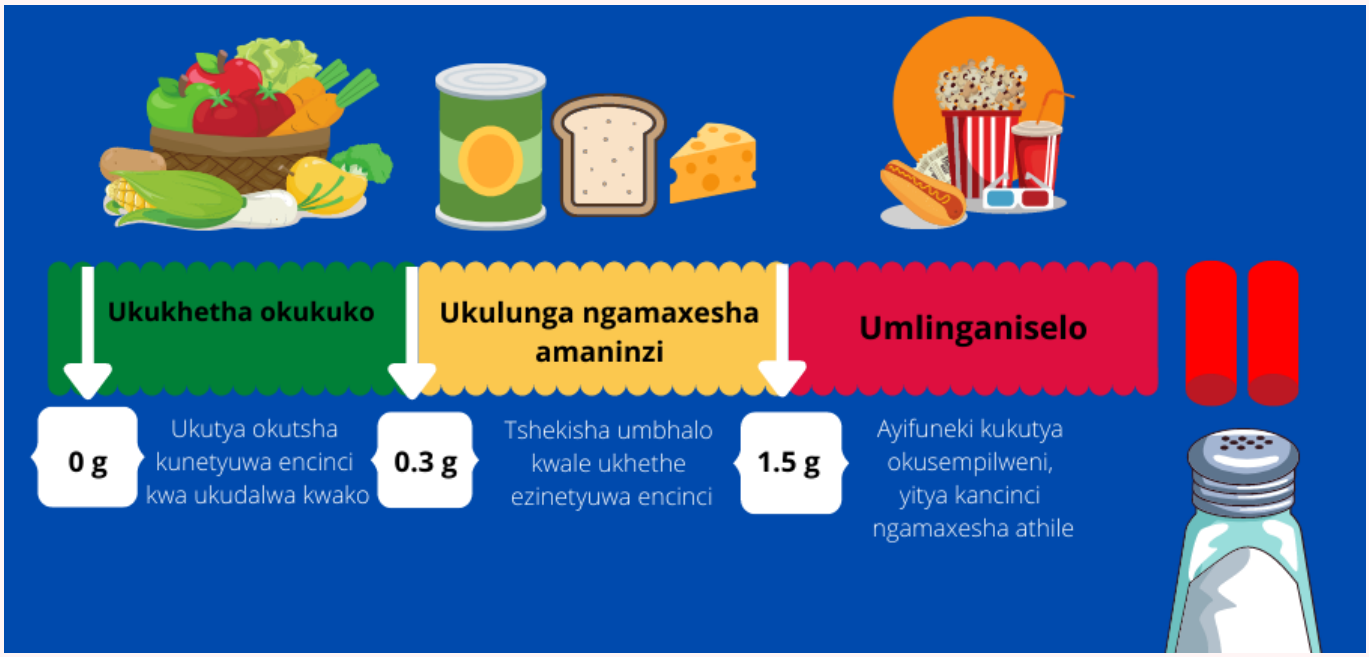
Iindidi zeziqhamo, inqunqwe
I-Yogathi enamafutha asezantsi
Amantongomane azindidi, angabinatyuwa

Indlela yokwenza:

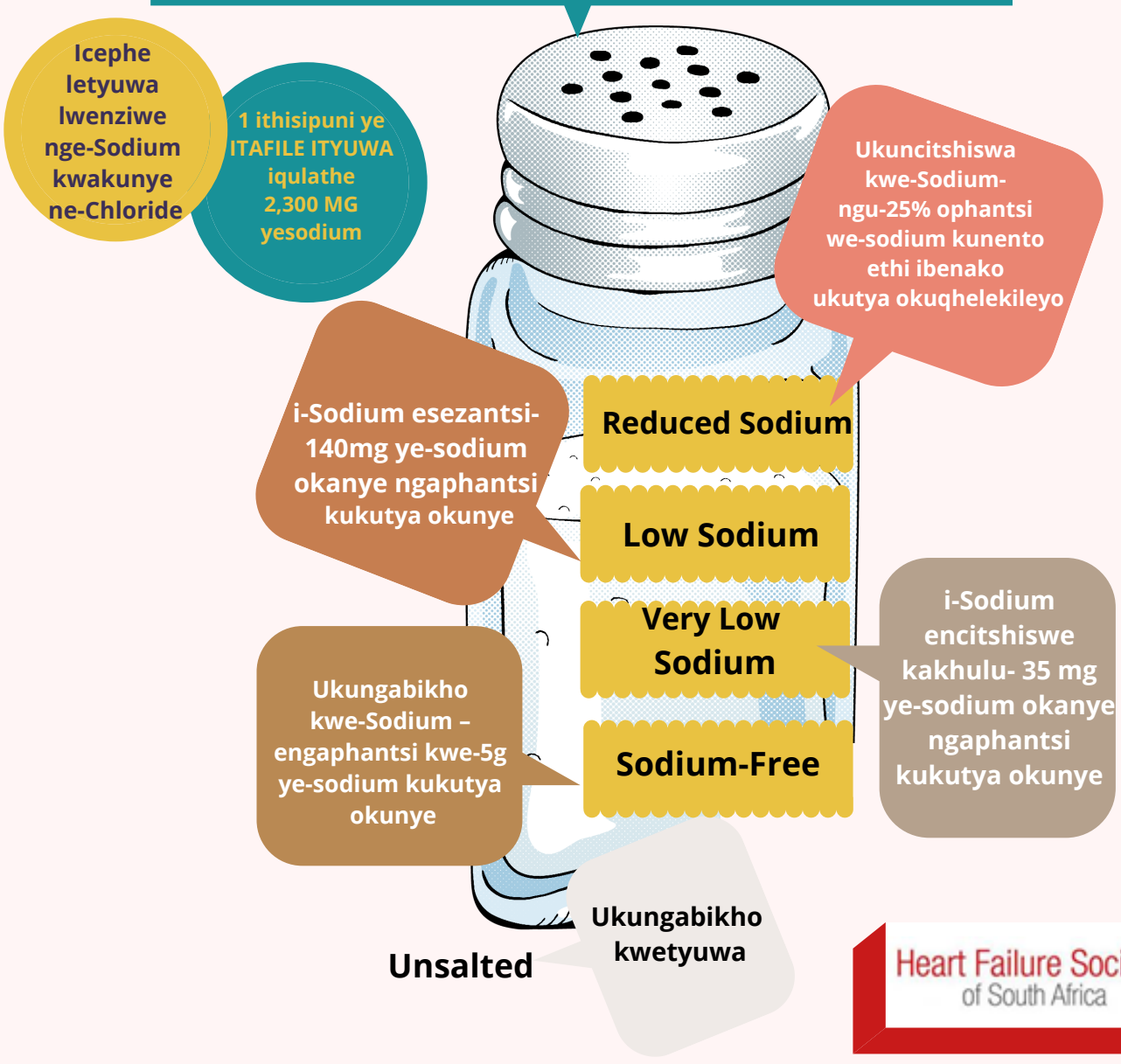
Dibanisa iziqhamo ndawoni nye (ugalele ijusi yeLamuni ukukhusela iziqhamo zingajiki mbala zibe mdaka)
Galela i-yogathi ngaphezulu kwakunye namantongomane, unike abantu

Kuba ingakanani xa ityuwa ininzi? (ubungakanani nge-100g enye)

(isiXhosa)



Imibhalo esekutyeni ithetha ukuthini?



Heart Failure Society of South Africa

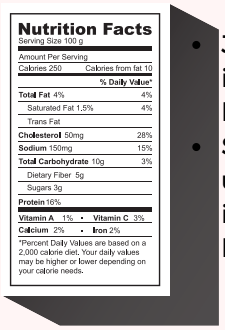
Ifundwa njani imibhalo ekutyeni

(isiXhosa)

Ukwazi ukufunda imibhalo esekutyeni kubaluleke kakhulu ekwenzeni izinqumo zokutya ngokusempilweni xa ukhetha ukutya.

Ukudweliswa kwezithako

- Izithako zidweliswa ukuqala kwenkulu uyotsho kwencinci.
- Ukutya okuneswekile eninzi, ityuwa okanye amafutha ixesha elininzi ludwelisa enye kwezi zintathu izithako
- Ukutya okucoliweyo kubanabo ubunzima ekubizeni amagama kwakunye namanani angaqhelekanga (ixesha elininzi zizinto ezongeziweyo) kukudweliswa kwezithako



Itafile yolwazi lokutya

- Jonga itafile yolwazi lotya ukuze ufumane ukuba iswekile, ityuwa kwakunye namafutha angakanani kokokutya.
- Sebenzisa ezi ndlela zilandelayo zingamanqaku xa ukhangela ukutya okunamafutha amancinci, iswekile iphelele kwakunye ne-sodium (ityuwa) kwaye ibene-Fibre ephezulu.

Nanga anagama aqhelekileyo onokuwakhangela:

Iswekile: I-sucrose, glucose, fructose, dextrose, syrup, iswekile ekwi-cane, ijusi yeziqhamo ecoliweyo, ubusi, maltodextrin, maltose.

Ityuwa: i-sodium, monosodium glutamate (MSG), sodium bicarbonate, (baking soda), nantoni na ene-sodium, isandiso-ncasa, isosi ye-soy kwakunye ne-brine

Amafutha: Amafutha, amafutha emifuno, amafutha e-palm, hydrogenated fat, coconut, cream, ibhotolo encitshisiweyo, cocoa butter

Ukutya okanye isiselo esiyi-100g (hayi umntu omnye)

Iswekile iphelele: < 5g ngo100g ekutyeni
< 2.5g ngo100ml esiselweni

Amafutha acoliweyo: < 2.5g ngo100g ekutyeni

i-Sodium ephelleyo:< 120 mg ngo100g ekutyeni

Fibre ekutyeni: < 3g ngo100g ekutyeni

Qaphela: iswekile esezantsi, amafutha ancitshisiweyo okanye ezinye izinto ezinganomthelela empilweni. Funda lonke ulwazi ngokutya uthelekise nezi zinto ozinikiweyo ngaphezulu. Ngamanye amaxesha amafutha aye afakelwe ngeswekile okanye ngenye indlela (nayo ayondlela isempilweni, okanye ingenza ukuba ityuwa ibephezulu.

Khumbula: ukutya okuqholiweyo okulungele ukutyiwa nokutya okukhawulezileyo kunganamafutha amanzinzi, loo nto ikwenza kungabikho sempilweni

Khumbula: ukutya okupheleleyo okutsha okungafuni imibhalo yokutya ziyilungele impilo yakho.

Adapted from NNW 2019, www.nutritionweek.co.za

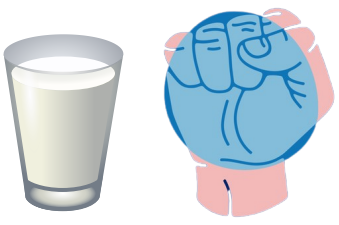
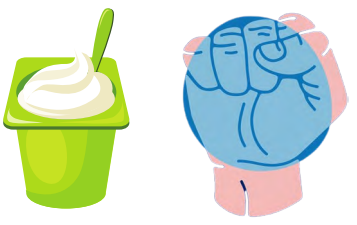
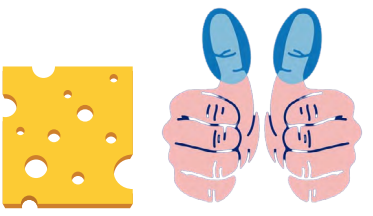
Heart Failure Society of South Africa

Iindlela zokuphaka ukutya usebenzisa izandla

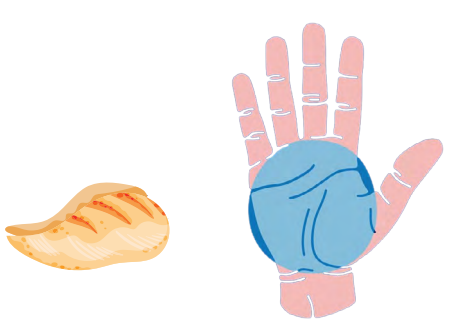
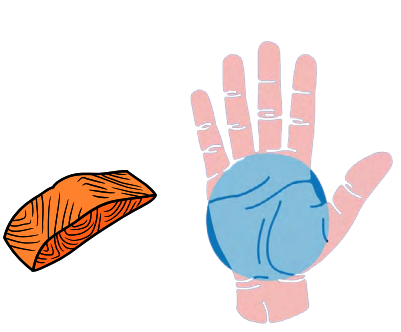
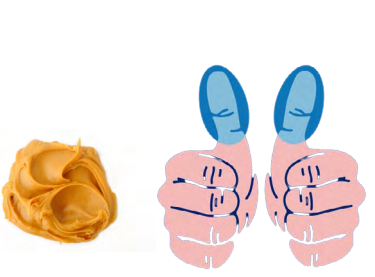
IsiXhosa 2022

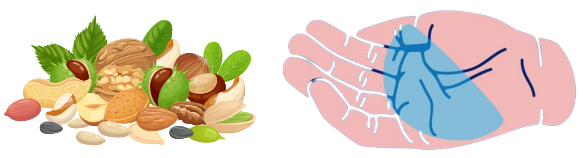
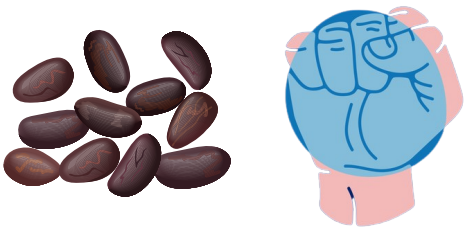
Funda ukusebenzisa izandla ekuqikeleleni indlelaophaka ngayo uthelekisa nomthamo owutyayo.

Imveliso yobisi: Zama ukutya into epha kwi3-yeemveliso zobisi rhoqo ngemihla. Nazi iindlela zokutya:

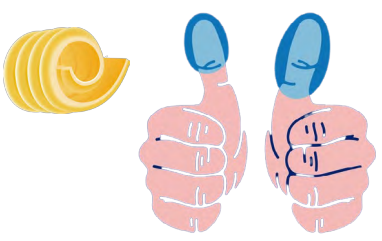
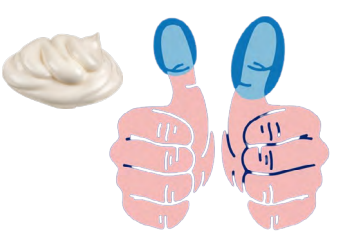
Ubisi okanye isoya	iYogathi	Isonka samasi
eqinisiweyo ngomkhenkce 1 ikomityi = 1 yenqindi	¾ yekomityi = 1 yenqindi	30 g = 2 yoobhontsi
		

Ukutya okuneProtheni: Zama ukutyaumlinganiselo opha kwi2-3kokutya okune-protheni rhoqo ngemini, ngqalaekutyeni ukutya okufananenyama yeNkukhu, ukutyakwaseLwandle, neembotyi. Nazi iindlela zokutya

Inyama ebomvukwakunye nenyama yeNkukhu	Intlanzi	IPinathi-batha
90 g = umphakathi wesandla	90 g = umphakathi wesandla	2 yeetispuni = 2 yobhontsi
		

Amantongomane kwakunye neMbewu	Imidumba
¼ yeKomityi = ubukhulu besandla	½ yeKomityi = 1 yenqindi
	

Amafutha: Zama ukutya amafuthaangabi ngaphezulu ku6-7 yeetispuni rhoqo ngosuku. Ketha amafutha angangxengwanga asempilweni, afumaneka kuMnquma, amantongomane kwakunye nePonyoponyo.

Ibhotolo	Amafutha	Mayonezi
1 itispuni= 1 incam kabhontsi 1 icephe = 1 kabontsi	1 itispuni= 1 incam kabhontsi 1 icephe = 1 kabontsi	1 itispuni= 1 incam kabhontsi 1 icephe = 1 kabontsi
		

Iindlela zokuphaka ukutya usebenzisa izandla

isiXhosa 2022

Funda ukusebenzisa izandla ekuqikeleleni indlelaophaka ngayo uthelekisa nomthamo owutyayo.

Imifuno kwakunyeneziqhamo: Zama ukutya umlingamiselo opha kwi3-4 yeziqhamo kwakunye ne5 yemifunoisuku ngalunye.
Nazi iindlela zokutya:

Izifuno ezitsha okanye eziqiniswe ngomkhenkce

½ yeKomityi = ½ yenqindi

Izifuno zegqabi

1 yeKomityi =1 yenqindi

Isiqhamo esipheleleyo

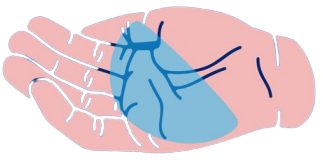
1 isiqhamo = 1 yenqindi

Iziqhamo ezitsha okanye eziqiniswe ngomkhenkce zifakwe enkonkxeni

½ yeKomityi = ½ yenqindi

Isiqhamo esomisiweyo

¼ yeKomityi =
isandla esigcweleyo



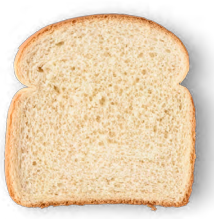
100% ijusi yeziqhamo

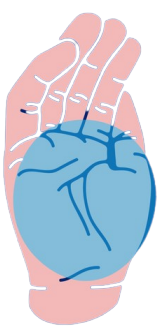
½ yekomityi = ½ yenqindi

Ingqolowa: Zama ukutya into epha ku5-6yemgqolowa rhoqo ngemihla. Khetha ingqolowaipheleleyo, ubuncinci obuphaku50% ngexesha! Nazi iindlela zokutya:

Isonka

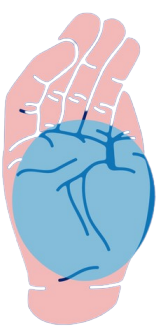
1 isilayi = ubukhulu besandla





Isonka seroli

½ ubuncinci = ubukhulu besandla

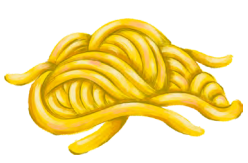


iRayisi

½ yekomityi = ½ yenqindi

iPasta

½ yekomityi = ½ yenqindi



iSiriyeli ebandayo

1 yekotyi = 1 yenqindi

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