

Phepo ye botse ya pelo



Heart Failure Society
of South Africa 

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www.heffsa.org

Winter 2022

(Sepedi)

Maano a Phepo

Mehuta-huta ya bolwetši ba pelo yeo esa folego (CHF) ke e 'ngoe ya mmekgwa ye shomishago ka go fitisha ya tlhokomelo ya go fokotsa Dipetlele le lehu. e lokela go tsepamisa maikutlo go molwetši ka mokgwa o akaretšang go molwetši, bolwetši ba sukiri le bophelo bjo bomatlafetšeng balwetsi le go itlhokomela go lebišhang mafellong a mohola.

Mangwalwana ya Phepo bakeng sa Pelo ye Phelang botse di tšeа karolo ka mokgwa ona wa mekgwa ye bontshi ya go fa molwetši / moreki ditshumisho tsa CHF dishomiswa tšohle tše hlokegago bakeng la taolo e atlegileng ea malwetši. Thuto ya molwetši e bohlokoa go matlafatsa go itlhokomela 'gemme e lokela go leba le go itšetlehole ka bonnete ba saense goba maikutlo a ditsebi. mekgwa ya thuto e lokela go tsenyletša, go fana ka tshedimošho ka mekgwa yeo e fapanego go dira gore e fielle go balwetsi, go nnaganwe ka sehlopha sa thuto, tsebo ya bophelo bo botse, setšo le polelo. Phepo bakeng sa Dikoranta tsa Pelo e Phidileng ke karolo ya mokgwa yo wa mekgwa ye mmalwa yago fa balwetši / mofani ka CHF diperekisho tsohle tse hlokegago lebakeng la taolo ye e atlegilego ya malwetši.

ESC ke tshedimosho yeo e gatišitswego lebakeng la (2021) e kgothatsa "go ja ka phepo ye botse" e le e 'ngoe ya dipolelo tsa bohlokwa tsa thuto ya molwetsi le go itlhokomela¹;

Polelo ka thuto	Sephetho sa molwetši le mofani ka tlhokomelo ya bophelo	Boitswaro ba ditsebi le diperekisho tsa thuto
Bophelo Bo Botse ba Dijo	Molwetši o hloka go tseba go ja dijo tsa phepo le go kgona ho thibela kgatello ya phepo ye nepagetšego le/goba go boloka boima ba 'mmele bo phetšego botse o swanetše go tlogela go nwa letsmai le feteletseng (>5g/letšatši).	Mofani wa tlhokomelo ya bophelo o lokela go boledišhana ka dijo tsa gona jwale, karolo ya letsmai le li-micronutrients tse dingwe, go tisheletsa

		boima ba 'mele bo botse, gammogo le tlhokagalo ye ka kgonegago ya tlatšeletso geeba go na le kqatello ya micronutrient.
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Go berekiswa sebolepego sa sechaba sa " Phepo bakeng sa dikoranta tsa Pelo e Phelang " se shomišha mokgwa wa go ba le karolo e berekišwago sebakeng balwetši le mofani oa tlhokomelo ya bophelo ka mokgwa oa mokete ya dijo tsa mantšibua, 'gomme mofani wa tlhokomelo ya bophelo e le moamogedi yoa fanang ka ditlhoko / balwetši ba nang le ts'ebetso ye maleba ya phepo e maleba. Gofihlella sephetho sa bona sa go laola go hlolega ha pelo le sebaka wa go matlafatsa melaetsa le maano a ka dinako tse dingwe.

Kopana le bayeti:

Matsatsi a gofeta o ile a tsoa sepetlele ka mor'a ho ba le mathata a go hema ka lebaka la metsi a mantshi. O ile a humana a e-na le bolwetsi ba pelo ka mor'a gore diteko tsa madi di senale go oketsega ge mehuta ya B-type natriuretic peptide (BNP). Le goja a kile a shomiswa kudu, o fokotšegile kudu ka morago ga tšoaroa ke angina ya bobedi go yeo kgatello ya madi asa foleng. O ntše a sokola ka dijo tse nang le letsmai le lenyane le dithibelo tsa ho noa metsi empa o bona phapang e botse boima ba gage ba letsmai le letšatsi la gore na diaparo tša gagwe ditla mo lekana jwalo. O boets'e o šoma le taolo ya koketso ya meriana ya diuretic le tlhoko ya gagwe.

Mary D. Volume



Mokgwa wa Phepo

Kage ole moammoamogedi yo analego le tsebo, ya nahanelang le yo atsotellago, o nyaka go thusa le go thušha Mary D ka dijo tše nepagetseng le thušho-leseding e nepagetšego go hlola mathata a mang ago esale a lebanego le ona le ho tiisa diphetoho tse botse tseo a di dirilego.

Mokgwa oa gao oa phepo bakeng la Mary D, oo u tla arolelana le eena le go boledišhana le yena, o swanetše go kenyelletša maano a latelago:

1. Ho lokišhetša dijo le dijwana tšohle go tloga mathomong, go šhomiswa dijo tse forešhe (tše sa hlwekišwago goba tše sa šhomiswago leganyane). Ka go kgetha dijo tše forešhe, o ka dira sephetho sa gore na o ka oketsa letswai le lenyane gakae. nama e apeilwego le diswantsho tše eleng tsa dijo di na le letwai le lentšhi go feta nama e forešhe le merogo e meswa

2. Ho amogela makhura a futhumetseng le oli: Leano le monate la go theola maemo a sodium. Tlogela diaparo tsa mehutahuta tša salate tše disanago mafura le dihlagiso tše dileng tse tšoanang le tse dileng, 'gomme o shomishe oli ea poly- goba mono-unsaturated, jwalo ka oli ea mohloaare e apereng salate goba nama, tlapi goba meroho e gadikilwego ka ontong. Goba go oketša monate go salate, ga di fane feela ka makhura a phetseng botse, eupša gape di fana ka protheine e oketšegilwego, fiber le divithamine le diminerale tse ding. Dira bonneta ba gore o oketsa avocado ntswa go salate, kaga e na le omega-3 fatty acids, divithamini le dliminerale. mme etsa bonneta ba hore o kenya avocado e ncha salateng, e na le fiber e ntshi e qhibilihang 'me e u thusa gore o ekwe o khotše ga o ntse u ja.

3. Etsa bonneta ba ho laola boholo ba likarolo – o tla fokotša sodium le kilojoules! Molao o mobotse ke gare ga dijo di le matla, di na le sodium e ntshi.

4. Hlagisa pele: Tlatsa hafo ya poleiti ya gao ka ditholoana le merogo. Litholoana le meroho ka tlhaho li na le sodium e fokolang, 'me litholoana le mmerogoye mentšhi ke mehlodi ye molemo ya potassium. Go dira bonneta ba gore o ja ditholoana le merogo e mentšhi ka dijo tsohle go tla matlafatsa potassium ya gago le go fetola botsitso ba sodium-potasiamo molemong ya gago.

5. Ga u reka, ela hloko mehlodi e mentšhi ya sodium. Tseba gore na ke metsoako efe le dijo tsa motho ka mong tse nang le sodium e ngata, 'me o dije ka mekgwa o fokolang. utloisia gore na ke dihlopha dife tsa dijo tse tsentshago sodium e ntšhi go dijo tša rona ka go šhomisha khafetsa letswai le letšatši le beke le beke (lebelela lethathamo) .kgetha ka hloko ha o reka dijo tsa dihlopha tše le / goba o je tse fokolang tsa dintho tše. bala dileibole tša dihlahisoa ka hloko 'me u lebelele dijo tse nang le sodium e ka fase go 300 mg ha o sebeletsa. empa yela hloko go šhomisha boholo, kaha hangata dinyane go sa utloahaleng. Molao o mobotse wa go bala dileibole ke go nyaka ho se fete milligram e le tee ya sodium k'haloring e le tee ya dijo (lebelela lethathamo). Gape o be le lesedi lebakeng la metsoako e kang, monosodium glutamate, sodium citrate, sodium bicarbonate le sodium alginate. Kage tseo kamoka di tsentšha letsogo go palo yohle ea sodium e hlahlamiswetswego go dintlha tša Phepo.



Gego naganwa ka Maano a Phepo, dijo di tla lemogwa:

Díhlapi tše digadikillwego ka ditshelamerogo tse diswa le leswiri/
Dítapola tsa lesea diapeilwe ka meetsi/dí apeilwego ka onto ka letlalo/
Salate ye botse ya kagae ye fanwang ka vinaigrette ye dirilwego gae le dijo tse
tsefang, salate e botse ya dithoro ye nang le yokate e se nang makhura a fokolang
kapa maas le gofafatsa dinate tse se nang letsawai tse kgautsweng (**lebelela**
diresipi).



O ka arolelana le yena dipampitšana tsa tlhaloso-lesedi go mo tataišha mabapi le go fokotsa bogolo ba dikarolo le go bala dileibole tša dijo (sheba dipampitšana tša 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.]

Diresepe tša Pelo tše di Phelago Gabotse

Winter 2022

Sepedi



YONA ELEKANA BATHO BA 4

Hlapisi geo e gadikilwego ka suru
lemune le ditlama tše diswa

Metswako:

- 1/2 komiki ya ditlama tše ripilwego
- 4 yadi stokana tša hlapi tše thato ya gago
- 1 ya lelepolq le legolo la suru lemune
- 1 ya lelepolo le legolo la suru zest
- 1 ya lelepolo le legolo lq makhura ago diriwa ka merogo
- Letswai le pepere go oketša tatso

PELO BOPHELO TŠE BOTSE DIRESEPE

Mokgwa:

1. Bea setofo sagago phishong ya magareng.
2. Ntšha meetsi kamoka mo hlaping ka fatuku ya pampiri gomme oe fafatse ka letsuai le pepere mahlakore kamoka.
3. Mo paneng ye kgolo hlakantšha ditlama, makhura, lero la suru lemone le surulemune zest.
4. Hlapisha dihlapi tsa gago mahlakore kamoka gomme oditlogele tekano ya metsotsa ye lesome (10).
5. Lokela hlapi ka ontong oe gadike gomme oe phetholele ka golelengwe lehlakore tekano ya metsotsa ye mene.



e dira komiki
ye tee fela

Vinaigrette ya maitirelo

Metswako:

- 2 tamati yago segelelwa ka diripana
1 ya pepper goba tše pedi , tše tala leye khubidu tše di ripagantšitšwego kadiripana
2 mahlaka a celery , le matlakala , tše di ripeletšwego
1 enyane ya komokomore ye e ripelwetšego
1 enyane ya anyanese yeo e ripelwetšwego

Mokgwa:

Nokela merogo kamoka ka gare ga sekotlelwana gomme otshela vinaigrette ya maitirelo go oketša tatso.



Salate ye forešhe yago tšwa
mobung wa serapq sa merogo

Metswako:

- 3/4 goisha go komiki ye 1 ya oli ya merogo
- 1/4 komiki ya monate wa vinika goba seno sa surulemune
- 1/2 letsuai
- 1/8 goba 1/4 lelepolo la pepere yentsho

Mokgwa:

- 1.Hlakanya kamoka diengwa kagare ga jeke ya gago yeo enago lesetswalo, hlakanya botse diengwa botse.
- 2.Ekwa tatso gomme ebe tatso ya maleba gomme oka oketsa surulemone gore gobe boletana.



Salate ya diengwa tše diswa
le yogate le dipinatse

Metswako:

Diengwa tsago fapafapano goya ka sehla seo serilego
Yogate ya lebese la fase

Dipinatse tsago fapano goya ka kgetho ya gago, tsago hloka letsuai

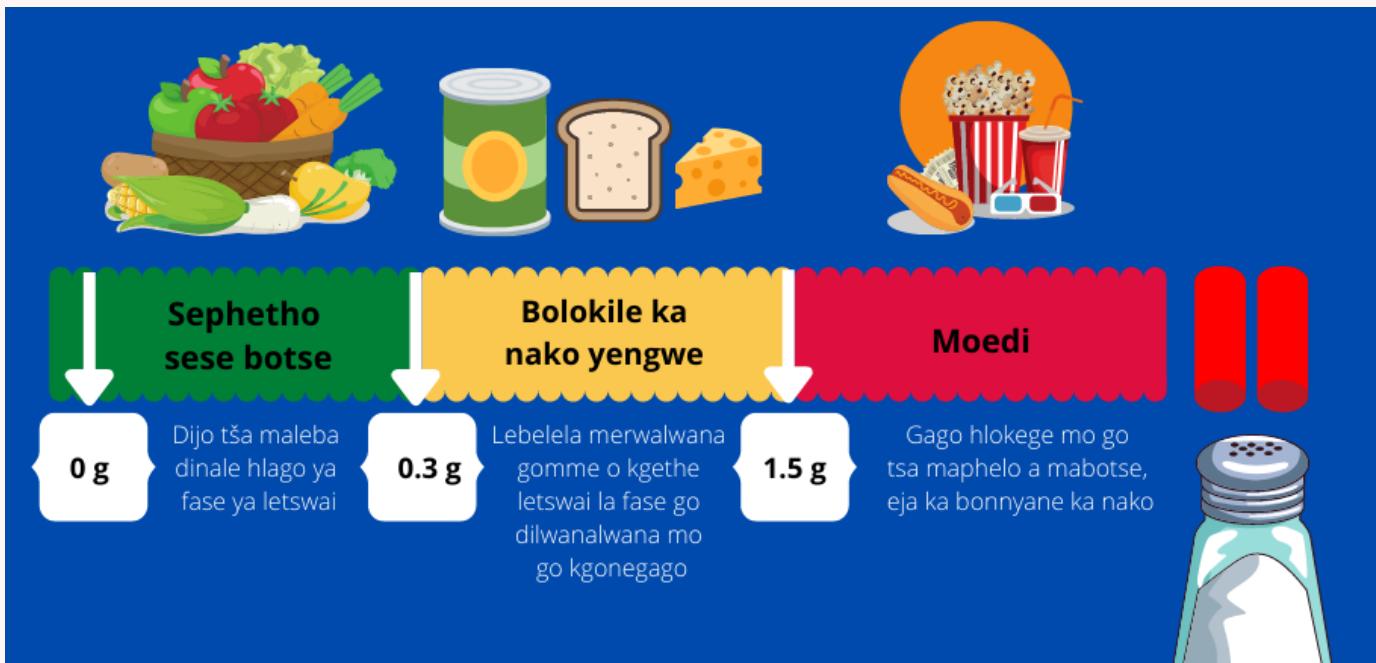
Mokgwa:

Hlakantsha kamoka dienwa tsa gago topetsa lemune gore diengwa tsagago diseke tsaba boraone.

otshela yoghate ka godimo gommogo ledi pinatse
gomme esolelwaa ele bjalo.

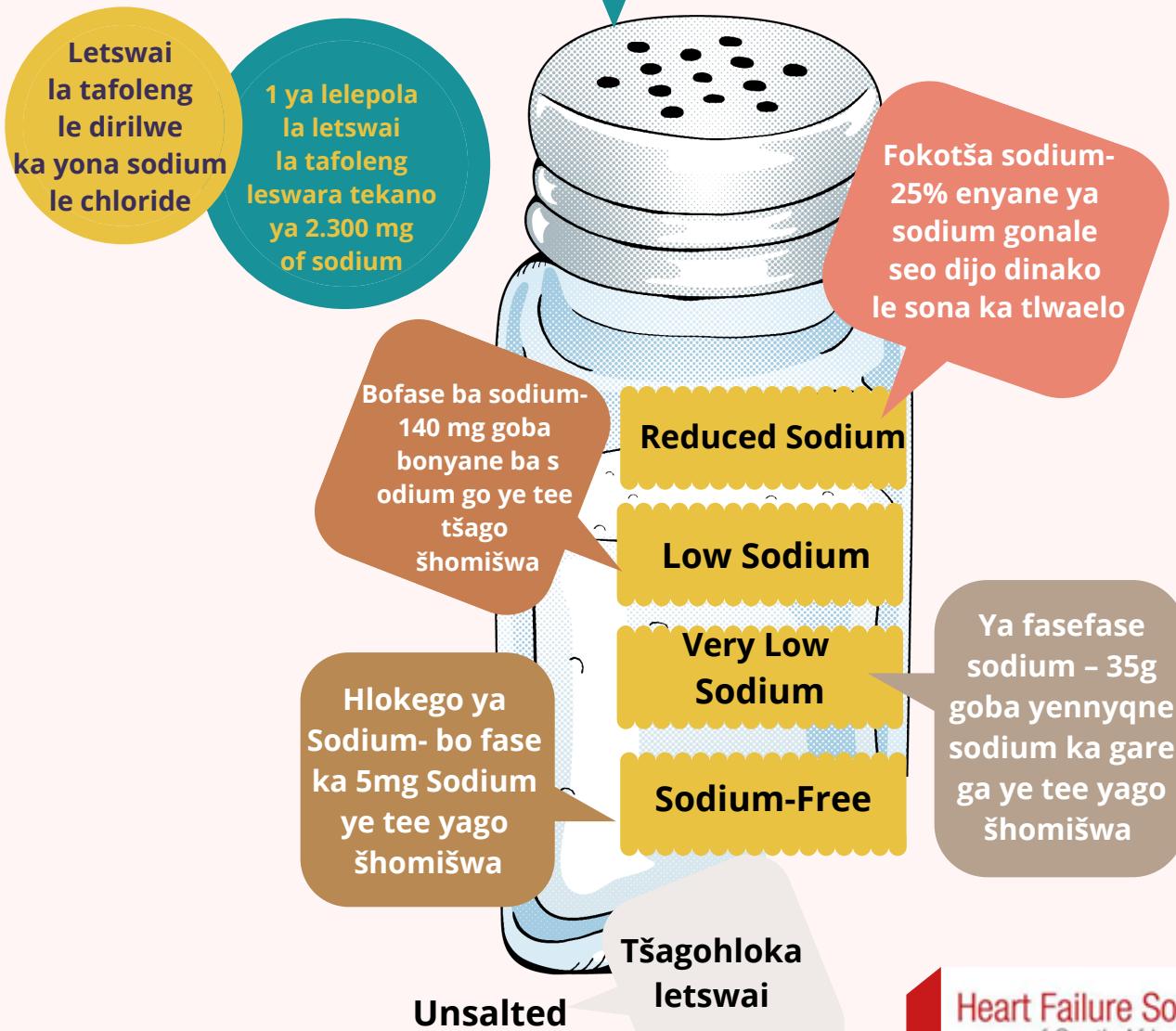
Ke bontšhi bo kakang ba letswai le lentšhi ?(bontšhi go 100g)

(Sepedi)



Add a little bit of body text

Naa mengwalwana yeo elegoo godimo ga dijo ekaba erra goreng?

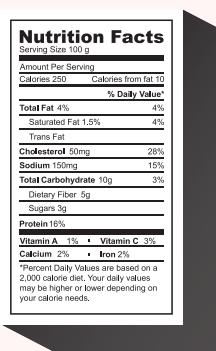


Mokgwa wagobalq mengwalwalq godimo ga dijo (Sepedi)

Tsebo yago bala mengwalwana yeo elega godimo ga dijo e bohlokwa kudu geo o dira sephetho sa goja dijo tša maleba tša goba le phepho

Lenanego la metswako

- Metswako e beilwe ka lenanego gore di sepela ka tatellano yeo bontšhi ba godimo go išha go bontšhi ba fase .
- Dijo tša godimo ka sukiri, letswai, goba makhura ka nako yengwe diba le ye tee ya metswako yeo e latelago.
- Dijo tše di matlafaditšwego kudu gantšhi di na le bothata ba go bitša mantšu išhita le dinomoro tše makatšago (tše gantšhi e leng di-additives) lenanegong la metswako.



Ke amangwe mantšu ao a tlwaelegilego swanetse oa hlokomel:

Sukiri: sucrose, sukiri, fructose, dextrose, sirapo, sukiri ya moba, seno sa dienywa, manepe.

Letswai: sodium, monosodium glutamate (MSG), sodium bicarbonate (soda e bakang), eng goba eng e nang le sodium, di-flavor enhancers, soy sauce, brine

Makhura: oli, makhura a merogo, palema, makhura a hydrogenated, khokhonate, tranelate, khutšufatšo, botoro, botoro ea cocoa

Tafole ya dintlha tša phepo

ye nepagetšego

- Lebelela lenanego la dintlha tša phepo yeypagetšego o humane gore naa sukiri, letswai goba makhura a kakang dijong.
- Šhomišha dintlha tše latelang tša go kgaola ga o nyaka dijo tše dinagi le makhura a mantšhi, sukiri e feletšeng le sodium (letsuai) le fiber e ntšhi.

Ka 100g ya dijo goba seno (eseng kagosenwa)

Kakaretšo ya sukiri : < 5g ka 100g dijo

< 2.5 ka 100g ml seno

Makhura ao a okeditswego: < 2.5g ka 100g dijo

Kakaretšo ya sodium : <120 mg ka 100g dijo

Fiber ya dijo tša maleba: < 3g ka 100g dijo

Yela hloko ka sukiri ye fase, makhura goba tše dingwe tše joalo tša bophelo bo botse. Bala dintlha tšohle tša phepo ya maleba gomme odi bapetše le ditekanyetšo tše kamo ka godimo. Ka dinako tše dingwe makhura a tše sebaka ke sukiri goba ka tsela ye fapaneng (gape ga dina phepo), gpba keka baka la letswai le lentšhi.



Gopola: dijo tše gadikilwego tse seng di lokile go jewa le dijo tšaka pela di ka ba le makhura a mantšhi, a se nang phepo ye botse.

Gopola: dijo tše foresh tše di senago lebole ya dijo di nale mohola kudu lebakeng la tša mabophelo a botse



Tataišho yeo e šhomiswago ya go kala bogolo

Sepedi 2022

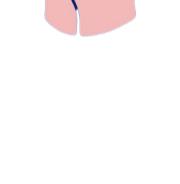
Ithute go šhomissha matsogo a gago go naganelo bogolo ba go shomiswa gomme o bapetše le karolo ya dijo tše o dijang.



Lebese: Ikemishetse go hwetsa 3 ya lebese ka letsatsi.
Dilebega ka tsela ye dikarolo.

Lebese goba seno seo sematlafadi-tswego ka ka soya

1 komiki= 1 sengatha moratha



Yoghate

3/4 komiki= 1 sengatha moratha



Tshisi

30 g = menwana ya matsogo ye mebedi



Dijo tseo dinago le protheine: Ikemishetse goja 2 goba 3 ya protheine tsatsi ka tsatsi, o lebelle kudu dihloka makhura tsagoswana le nama, dijo tsagotswa kua lewatle le dinawa, dilebega ka tsela ye dikgrolo.

Nama le nama yagotswa nameng

90 g = Palema ya letsogo



Hiapi

90 g = Palema ya letsogo



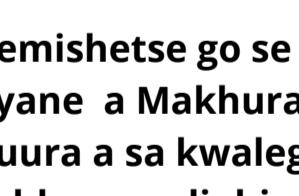
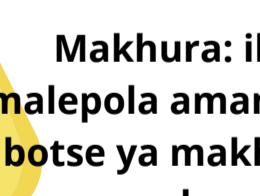
Potoro ya diphinatse

2 malepolo= 2 ya menwama yeletsogo



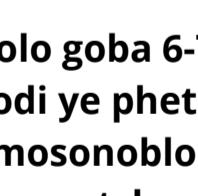
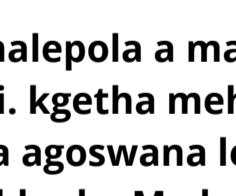
diphinatse le Peo

1/4 komiki= Seatla Khupetsa



Dinawa

1/2 komiki =
Sengatha moratha



Makhura: ikemishetse go se fete 2 ya malepolo a magolo goba 6-7 malepolo amanyane a Makhura ka letsatsi. kgetha mehlodi ye phetšeng botse ya makhuura a sa kwalego makhura agoswana le mosonoblomo, canola, mohloaare, diphinatse le avokhado. Mo ke tswantsho yagobontsha gore naa lelepolo le legolo lele lenyane a lebega ka tsela efe.

Margarine goba Potoro

1 lepolo = nhlana ya monwana wa letsogo
1 lepolo = 1 monwana wa letsogo



Makhura

1 lepolo = nhlana ya monwana wa letsogo
1 lepolo = 1 monwana wa letsogo



Mayonaise

1 lepolo = nhlana ya monwana wa letsogo
1 lepolo = 1 monwana wa letsogo



Tataišho yeo e šhomiswago ya go kala bogolo

Sepedi 2022

Ithute go šhomisha matsogo a gago go naganelo bogolo ba go shomiswa gomme o bapetše le karolo ya dijo tše o dijang.



Merogo le dienwa: Ikemishetse goja 3-4 ya diengwa le 5 ya merogo tsatsi le lengwe lele lengwe. Di elbelega ka tsela ye dikarolo .

Merogo ye meswale yeo e tsidifaditswego

1/2 komiki = 1/2 sengatha moratha



Merogo ya matlakala

1 komiki= 1 sengatha moratha



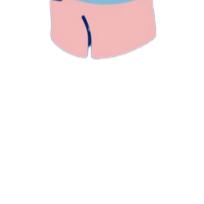
Seengwa sago felela

1 seengwa = 1 sengatha moratha



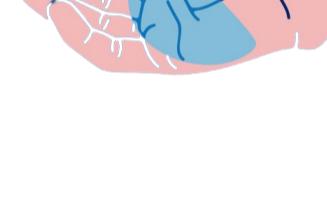
Ditswamobung tsediswa goba tsagotswa kagare ga thini

1/2 komiki = 1/2 sengatha moratha



Diengwa tsago omiswa

1/4 komiki= seatla khupetsa



100% seno sa diengwa

1/2 komiki= 1/2 sengatha moratha



Dijo thoro: Ikemishetse goja 5-6 ya dijothoro tsatsi ka tsatsi kgetha dijo thoro. 50% ya nako! Dikebega ka tsela ye.

Borotho

1 selai= letsogo lago felela



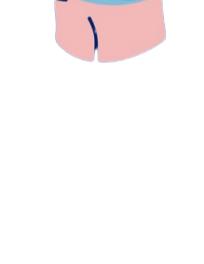
Borotho ba nthokolwana

1/2 small = seatla khupetsa



Rae

1/2 komiki = 1/2 sengatha moratho



Sepakethi

1/2 komiki = 1/2 sengatha moratha



Dijo thoro tsa gotonya

1 komiki= 1 sengatha moratha



HeFSSA

Heart Failure Society of South Africa