

# Phepo bakeng sa Mocheso Bophelo bo bottle



Heart Failure Society  
of South Africa

[info@heffsa.co.za](mailto:info@heffsa.co.za)

[www.heffsa.org](http://www.heffsa.org)

Winter 2022

(Sesotho)

## Maano a Phepo

Multidisciplinary Tsamaiso e fapaneng Ea pelo e sa foleng ho hloleha (CHF) ke e 'ngoe ea tse ngata mehlala e sebetsang hantle khatello ea maikutlo ho fokotsa ho kena sepetlele le ho shoa .E lokela ho ameha ka mamello ka katamelo e akaretsang ho mokuli, eseng feela ho tsepamisa maikutlo ho hloleha ha pelo, empa hape le tsamaiso ea comorbidities joalo ka khatello ea mali, lefu la tsoekere le ho ntlafatsa bophelo bo bottle ba mokuli le ho itaola, se lebisang ho diphetho tse betere.

Thuto ea mamello ke bohlokoia ho ntlafatsa ho itlhokomela le e lokela ho lebisa le ho ipapisa le bopaki ba mahlale kapa maikutlo a setsebi. Mekhoa ea thuto e lokela ho kenyellets, ho fana ka tlhahisoledsing ka mefuta e fapaneng ho etsa hore e fihllehe ho bakuli, ho nahanelia maemo a thuto, tsebo ea bophelo bo bottle, setso le puo .Phepo ea litaba tsa pelo e phetseng hantle etsa karolo ea mokhoa ona oa mekhoa e mengata ho fana ka mokudi/ ka CHF ka lisebelisoa tsohle tse hlokalang bakeng sa katileho taolo ya mafu.

E sa tsoa hatisoa Litaelo tsa ESC (2021) khothaletsa "Lijo" e le e 'ngoe ea thuto ea bohlokoia ea mokuli le ho itlhokomela one of the important lihlooho tse tsepamisang maikutlo<sup>1</sup>;

Sehlooho sa thuto	Sepheo sa mokuli le mofani oa tlhokomelo ea bophelo	Boitšoaro ba litsebi le lisebelisoa tsa thuto
Lijo tse phetseng hantle	Mokuli o lokela ho tseba ho ja hantleand ho khona ho thibela khaello ea phepo e nepahetseng le/kapa ho boloka boima ba 'mele bo phetseng hantle/ kapa ho boloka mokuli a lokela	Mofani oa tlhokomelo ea bophelo o lokela ho buisana ka lijo, karolo ea letsoai le micronutrients, ho boloka boima ba mmele bo bottle, hammoho le tlhoko e ka

	ho qoba ho noa letsoai ho feteletseng ( $>5g$ / letsatsi).	khonehang ea tlatsetso Mohlomong micronutrient khaello.
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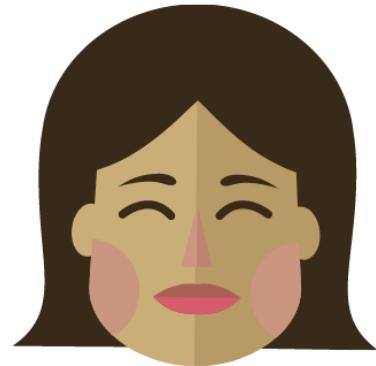
Ho sebelisa sebopheho sa boqapi ba sechaba, "Phepo bakeng sa Likoranta tsa Pelo e Phelang" e sebelisa mokhoa oa mesebetsi e sebetsang bakeng sa bakuli le bafani ba tlhokomelo ea bophelo ka mokhoa oa mokete oa lijo tsa mantsiboea o qapiloeng le mofani oa tlhokomelo ea bophelo e le moamoheli ea fanang ka baeti/bakuli ba nang le phepo e nepahetseng ho kena lipakeng ho fihlela ho hloleha ha pelo ea bonaintervention lipakane tsa tsamaiso le monyeta oa ho matlafatsa melaetsa le maano ana ka linako tse ling.

## Mokhoa oa Phepo Kopana le guests:

Haufinyane tjena o ile a tsoa sepetlele ka mor'a hore a utloe bohloko ka lebaka la metsi a mangata. O ile a fumanoa a e-na le lefu la pelo ka mor'a hore liteko tsa mali li senole ho eketseha ha mofuta oa B. natriuretic peptide (BNP).

Le hoja a kile a ba mahlahahlaha haholo, o fokotsehile haholo ka mor'a ho tšoaroa ke angina ea bobeli ho ea ho khatello ea mali e sa foleng. O ntse a sokola ka lijo tsa hae tse nang le letsoai le lenyenyan le lithibelo tsa ho noa metsi empa Bona o na le boima ba 'mele bo fapaneng ba letsatsi le letsatsi le hore na liaparo tsa hae li mo lekana joang. O boetse o sebetsana le tsamaiso ea ho eketseha ha diuretic fapaneng le tlhoko ea hae ea tlatsetso ea potasiamoa ka lebaka la potassium e lahlehileng ka tšebeliso ea diuretic.

**Mary D. Volume**



## Mokhoa oa Phepo

Ho ba le tsebo, moamoheli ea nahanelang le ea tsotellang, u batla ho thusa le ho tšehtsa Mary D ka phepo e nepahetseng le tlhaiso-leseling ea phepo e nepahetseng ho hlola tse ling tsa liqholotso tseo a tobaneng le tsona le ho tiisa lipheto ho tse ntle tseo a li entseng.

Mokhoa oa hau oa phepo bakeng sa Mary D, eo u tla e arolelana le ho buisana le eenalokela ho kenyelletsa maano a latelang:

**1. Ho lokisa lijo le lijana tsohle ho tloha qalong, ho sebedisa dijo tse foresh (Ha ea sebetsoa kapa e sebetsoa hanyane).** Ka ho khetha lijo tse foresh, ka etsa qeto ea hore na u

ka tšela letsoai le lengae kapa le lenyenyanne hakae. Nama e phehiloeng le lihlahisoa tse ling tsa lijo li na le tse ling tse ngata letsoai ho feta nama e ncha le meroho e mecha.

## **2. Ho ja mafura le oli e phetseng hantle: Leano le monate la ho theola maemo a sodium savoury.**

Tlola littolo tse ngata tsa salate tse se nang mafura le lihlahisoa tse ling tse tšoanang le ho sebelisa poly-kapa mono unsaturated oils, joalo ka oli ea mohloare kapa oli ea canola ka moaparo oa salate oli kapa ha u besa nama, tlhapi kapa meroho ka ontong.kapa eketsa linate ho salate , ha li fane feela ka mafura a phetseng hantle, empa li boetse li fana ka protheine e eketsehileng fiber le livithamini le liminerale tse ling. 'Me u etse bonnete ba hore u eketsa avocado e ncha ho salate, kaha li na le omega -3 fatty acids , livithamine le liminerale, e na le fiber e ngata e qhibilihang le mme e o thusa hore o ikutlwé o kgotshe nakong ya dijо.

**3. Etsa bonnete ba laola boholo ba likarolo** – U tla khutlela ho sodium le li-kilojoules! Karolo e ntle ea letsoho ke hore ho ba le matla a phahameng lijong,e na le sodium e ngata.

**4. Sehlahisoa pele : Tlatsa halofo ea sejana sa hao ka litholoana le meroho.** Litholoana le meroho ka tlhaho li na le sodium e tlase, le ditholwana le meroho e mengata ke mohloli o motle oa potassium. etsa bonnete ba hore u ja litholoana le meroho e mengata lijong tsohle E tla matlafatsa potassium mme e fetole -potassium leka-lekanya molemong oa hao.

**5. Ha u reka , ela hloko boemo bo phahameng ba sodium mehloli.** Tseba hore na ke metsoako efe le lijo tsa motho ka mong lintho li phahame sodium,mme le di je hanyenyanne. Utloisia ke efe ea lijo e kenyang sodium e ngata lijong tsa rona ka ho pheta-pheta letsatsi le beke le beke tshebediso (sheba lenane). Khetha ka hloko ha u reka lijo ka mekhahlelo ena le / kapa u je hanyenyanne tsa lintho tsena. 'me u batle lijo tse nang le sodium e ka tlase ho 300mg ka ho sebeletsa . Empa ela hloko boholo ba ho sebeletsa, kaha hangata li nyane ka tsela e sa utloahaleng.Molao o motle oa ho bala li-label ke ho se batle ho feta milligram e le 'ngoe ea sodium ka khalori e le' ngoe ea lijo (sheba lenane) .Hape, ela hloko metsoako e kang , monosodium glutamate , sodium citrate, sodium bicarbonate and sodium alginate kaha tsena kaofela li kenya letsoho ho kakaretso ea sodium e thathamisitsoeng litabeng tsa phepo.



**Ho nahanoa ka maano ana a phepo e nepahetseng,  
sejo se tla ba le:**

Litlhapi tse halikiloeng ka littlama tse ncha le Lemone/litapole tsa lesea tse  
phehiloeng/li phehiloel lettlalong /Salate e ncha ea jareteng e sebelisoa ka

vinaigrette e entsoeng lapeng le bakeng sa lijo tse theolelang, salate e ncha ea litholoana e nang le yoghurt e bonolo kapa Maas le hofafatsa ya linate tse sehiloeng tse se nang letsoai (**Bona diresepe**).



U ka khona arolelana lintlha tse eketsehileng ka letsoho le eena ho mo tataisa mabapi le mokhoa oa ho fokotsa boholo ba likarolo, le mokhoa oa ho bala lileibole tsa lijo (**Sheba 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.]

# Recipe ea pelo e phetseng hantle

Winter 2022

Sesotho



Tse halikiloeng ka lemon  
le littama tse ncha

## Lisebelisoa:

- 1/2 senoelo sa littama tse ncha tse khaotsoeng
- Litlhapi tse 4 tsa li-fillets tseo u li khethileng
- 1 teaspoon lero la lemons le lecha
- 1 Khaba ea lero la lemons
- 1 Tablespoon oli ea limela= Letsoai le pepere ho latsoa

SEBELETS KA LILAE TSE NCHA  
TSA LEMONE .

## Mokhoa:

- 1.Preheat grill ea hau ho mocheso o mahareng.
- 2.Omisa litlhapi ka lithaole tsa pampiri, 'me u tšeletsoai le pepere mahlakoreng ka bobeli.
3. Ka sekotlolo se seholo, kopanya littama, oli, lero la lemons le lero la lemons.
4. Apara litlhapi ka letsoho ka mahlakoreng ka bobeli 'me u li tlouhele hore li eme metsotsa e 10.
- 5.Beha litlhapi holim'a grill le grill bakeng sa 4min ka lehlakoreng le leng, flip over le bakeng sa 4min ka lehlakoreng le leng.



Salate e nha ea Serapa



Vinaigrette e entsoeng hae

## Lisebelisoa:

- 3/4 ho 1 senoelo sa oli ea limela
- 1/4 senoelo sa asene e monate kapa lero la lemons
- 1/2 Teaspoon letsoai
- 1/8 to 1/4 teaspoon pepere e ntšo

## Mokhoa:

- 1.Beha lisebelisoa tsohle ka nkho e nang le sekwahelo, sisinya hantle ho kopanya.
- 2.Latsoang 'me u ikamahanye le tatso, eketsa oli e eketsehileng bakeng sa tatso e monate / eketsa lero la lemons bakeng sa tartness e eketsehileng .



Litholoana salate le  
ka yogurt le linate

## Lisebelisoa:

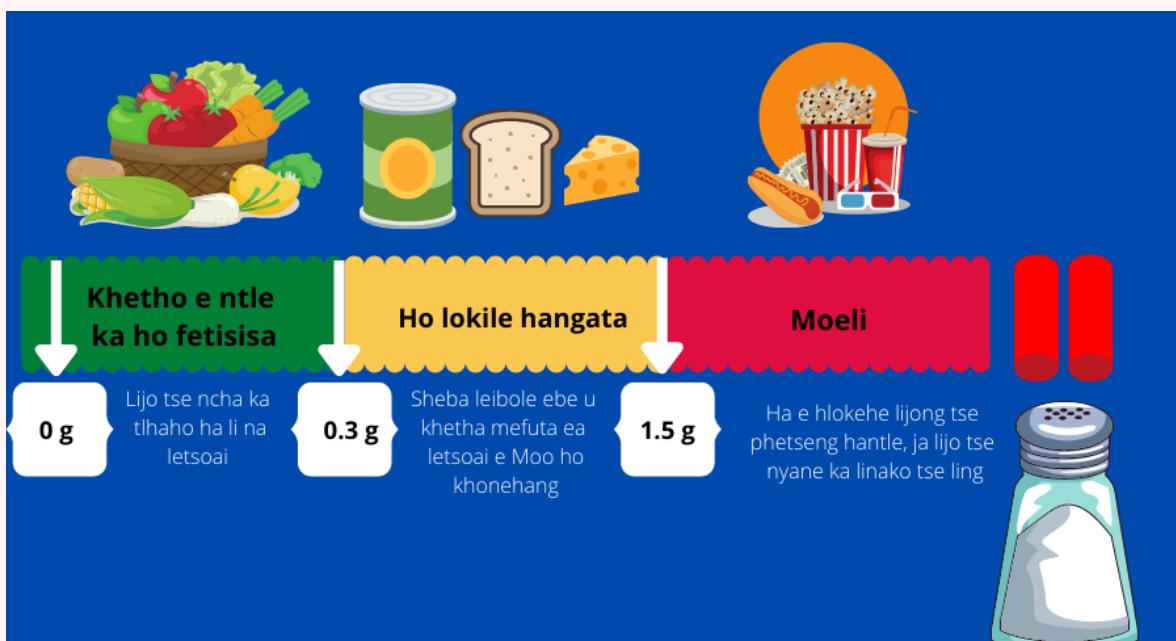
Litholoana tse sa tšoaneng tsa selemo, tse khaotsoeng  
Yoghurt e bonolo e nang le mafura a tlase  
Tse fapa-fapaneng tse khethiloeng tse se nang letsoai

## Mokhoa:

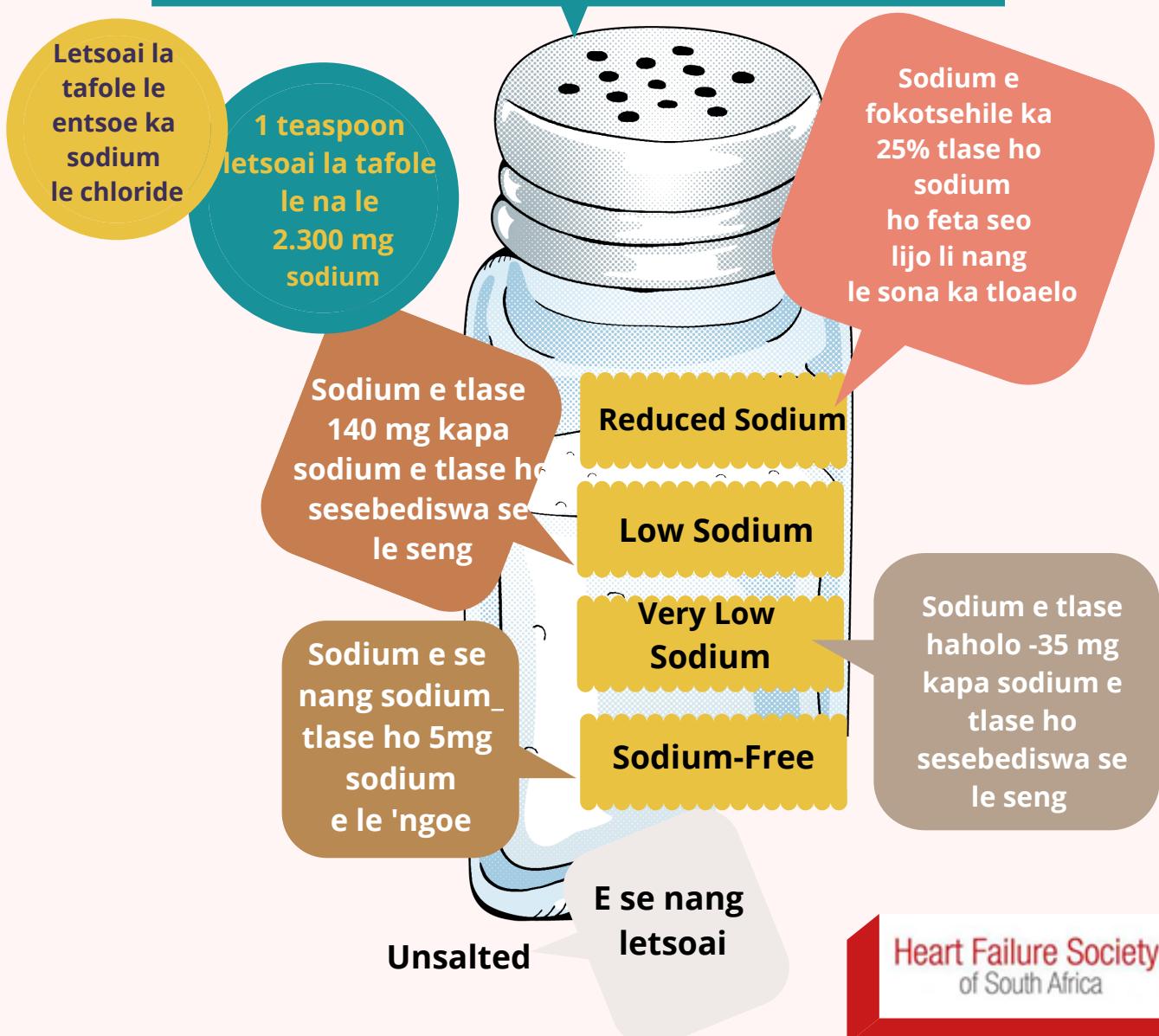
Kopanya litholoana hammoho (eketsa lero la lemons le lecha  
ho thibela ho soothoa ha litholoana)  
ka holimo ka yogurt le linate ebe u sebeletsa

# Letsoai le lengata hakae? ( Boleng ka100g)

(Sesotho)



## Lipoleloana tse mabapi le lileibole tsa lijo li hlile li bolela'ng?



# Mokhoa oa ho bala lileibole tsa lijo

(Sesotho)

Tseba ho bala lileibole tsa lijo ho bohloko a haholo ho etsa khetho e nepahetseng ha u khetha lijo

## Lethathamo la metsoako

- Metsoako e thathamisitsoe ka tatellano ea bongata bo holimo ho isa ho bongata bo tlase.
- Lijo tse nang le tsoekere e ngata, letsoai kapa mafura hangata li tla thathamisoa e le e 'ngoe ea metsoako e meraro ea pele.
- Lijo tse entsoeng ka bongata hangata li fapana ho bitsa mantsoe esita le linomoro tse makatsang (tseo hangata e leng lethathamo la metsoako.

Nutrition Facts	
Serving Size 10g	
Amount Per Serving	Calories from Fat 10
Calories 250	% Daily Value*
Total Fat 4g	4%
Saturated Fat 1.5g	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 150mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 5g	
Sugars 10g	
Protein 10g	
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.	

## Tafole ea lintlha tsa phepo e nepahetseng

- Sheba lethathamo la tlhahisoleding ea phepo e nepahetseng ho fumana hore na tsoekere, letsoai kapa mafura a mangata hakae lijong.
- Sebelisa lintlha tse latelang tsa ho khaola ha u batla lijo tse nang le mafura a mangata, tsoekere eohle le sodium (letsoai) le fiber e ngata.

## Mona ke mantsoe a mang a tloaelehileng ao u lokelang ho a ela hloko:

**Tsoekere:** swigiri: sucrose, glucose, fructose, dextrose, sirapu, nkhwe, dzhusi ya mitshelo I songo shelwaho madi, mutoli.

**Muno: sodiamu:** sodium, monosodium glutamate (MSG), sodium bicarbonate, (baking soda), anything with 'sodium', flavour enhancers, soy sauce, brine.

**Mapfura: mapfura:** oli, Oli ea meroho, Oli ea palema, Oli ea haedrojene, Khókhónate, khirimu, botoro.

## Ho ya ka 100g ya dijo kapa seno (eseng ka phano)

TKakaretso ea tsoekere: < 5 g kha 100g tshiliwa

< 2.5 g kha 100ml tshinwiwa

Mafura a khorelelitsoeng : < 2.5g kha 100g tshiliwa

Kakaretso ea sodium : < 120 mg kha 100g tshiliwa

Fiber ea lijo: >3 g kha 100g tshiliwa

Hlokoma :tsoekere e tlase, mafura a fokotsehileng kapa tse ling tse joalo tsa bophelo bo botle.Bala lintlha tsohle tsa phepo Bapisa le boleng joalokaha ho fanoe ka holimo.Ka linako tse ling mafura a nkeloa sebaka ke tsoekere kapa ka tsela eVersa(hape ha e phele hantle), kapa e ka ba letsoai le lengata.



**Hopola: Lijo tse halikiloeng tse seng li loketse ho jeoa le lijo tse potlakileng li ka ba le mafura a mangata, a seng kotsi**

**Hopola :Lijo tse foreshe tse sa hlokeng leibole ea lijo li molemo bakeng sa bophelo bo botle.**

## Tataiso e sebetsang ea ho sebeletsa boholo

Sesotho 2022

Ithute ho sebelisa letsoho la hau ho hakanya boholo ba ho sebeletsa 'me u li bapise le likarolo tsa lilo tseo u li jang.



**Lebese :Ikemisetse ho fumana lipeeletso tse 3 tsa lebese ka letsatsi.  
Mona ke hore na sejo se shebahala joang.**

**Lebese kapa soya e matlafalitsoeng lino tse tahang**

1 Mohope = 1 Setebele



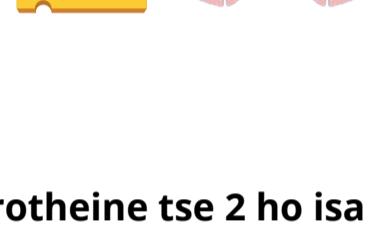
**Yokate**

3/4 Mohope = 1 Setebele



**Chisi**

30 g = 2 menoana ea matsoho



**Lilo tsa protheine: Ikemisetse ho fumana liprotheine tse 2 ho isa ho tse 3 ka letsatsi. Mona ke hore na phepelo e shebahala joang.**

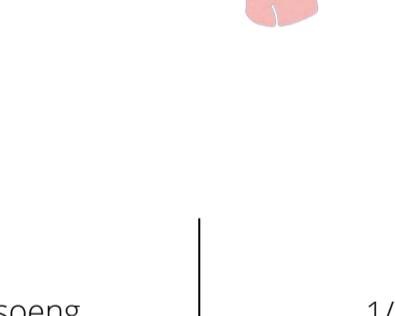
**Nama le likhoho**

90 g = Seatla sa letsoho



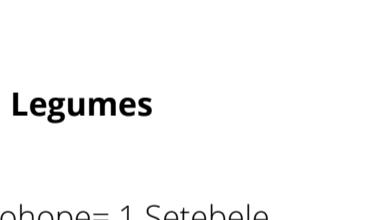
**Litlhapi**

90 g = Seatla sa letsoho



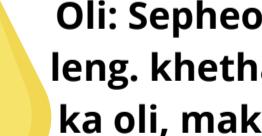
**Peanut Butter**

2 tbsp =  
2 menoana ea matsoho



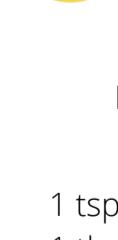
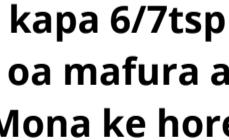
**Linate le peo**

1/4 Mohope= Letsoho le koetsoeng



**Legumes**

1/2 Mohope= 1 Setebele



**Oli: Sepheo bakeng sa khaba e fetang 2 kapa 6/7tsp ea oli letsatsi ka leng. khetha mohloli o phetseng hantle oa mafura a sa tsitsang joalo ka oli, makotomane le oli ea avocado. Mona ke hore na tbsp le tsp li shebahala joang.**

**Margarine or Butter**

1 tsp=1 monoana oa letsoho  
1 tbsp=1 monoana o motona



**Oli**

1 tsp=1 monoana oa letsoho  
1 tbsp=1 monoana o motona



**Mayonnaise**

1 tsp=1 monoana oa letsoho  
1 tbsp=1 monoana o motona



# Tataiso e sebetsang ea ho sebeletsa boholo

Sesotho 2022

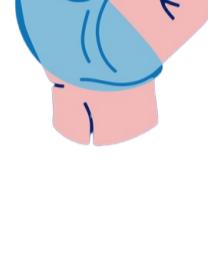
Ithute ho sebelisa letsoho la hau ho hakanya boholo ba ho sebeletsa 'me u li bapise le likarolo tsa lijo tseo u li jang.



**Meroho le litholoana :** Sepheo sa ho ja li-servings tse 3-4 ho jeoa ha litholoana le meroho e 5 ka letsatsi . Mona ke hore na sejo se shebahala joang.

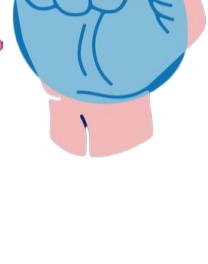
## Meroho e mecha le e leqhoa

1/2 Mohope = 1/2 Setebele



## Meroho e mahlaku

1 Mohope = 1 Setebele



## Litholoana kaofela

1Litholoana = 1 Setebele



## litholoana tse foreshe kapa tsehatselitsoeng tsa makotikoti

1/2 Mohope = 1/2 Setebele



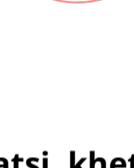
## Litholoana tse omisitsoeng

1/4 Mohope = Letsoho le koetsoeng



## 100% lero la tholoana

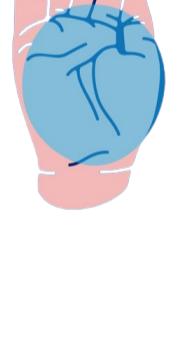
1/2 Mohope = 1/2 Setebele



**Lijo-thollo:** Ikemisetse ho ja lijo-thollo tse 5-6 ka letsatsi. khetha lijo-thollo bonyane 50% ea nako!mona ke kamoo ho sebeletsa ho shebahalang kateng.

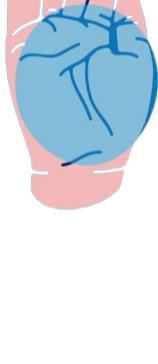
## Bohobe

1 selae = Boholo ba letsoho



## Moqolo oa bohobe

1/2 nyenyan= Boholo ba letsoho



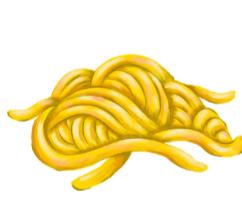
## Raese

1/2 Mohope = 1/2 Setebele



## Paseka

1/2 Mohope = 1/2Setebele



## lijo-thollo tse batang

1 Mohope = 1 Setebele



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