

Dijo tsa pelo e e itekanetseng



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Winter 2022

(Setswana)

Maano ya ja sentle

Dikaelo tse di ntsi tsa go alafa bolwetse jwa pelo jo bo sa foleng ke nngwe ya ditsela e e molemo ya kalafi go fokotsa go robadiwa kwa bookelong le go tlhokofala¹. Kalafi ya molwetsi e nne e e lebeletseng boemo ba gagwe, a sa lebelele fela bolwetse ba pelo, mme e akaretsa kalafi ya malwetse a mangwe a leng teng mo molwetseng jaaka haebolate (high blood pressure), bolwetse jwa sukiri le go botsogo le go itlhokomela ga molwetsi, dilo tse di etleletsang diphelelo tse di botoka¹.

Go ruta molwetsi go botlhokwa go tokafatsa go itlhokomela ga moletswi e bile go tshwanetse go lebelela boemo ba gagwe le saense kgotsa kgopolo ya baitseanape. Tsela tsa thuto di tshwanetse go akaretsa go neela tshedimosetso ka mekgwa e e farologaneng e balwetsi ba ka ifitlhelang, go akanyetsa mophato wa sekolo, thuto ka pholo, setso le loleme¹. Lekwalo la go ja sentle gore o one le pelo e e itekanetseng ke nngwe ya ditsela tse di ntsi tsa go alafa molwetsi o nnang le bolwetsi jwa pelo jo bo sa foleng.

Dikaelo tsa ESC (2021) tse di gatisitsweng mo bosheng di gakolola go re ‘Dijo tse di Itekanetseng’ ke nngwe ya ditlhogo tse di botlhokwa tsa go ruta balwetsi le go re ba itlhokomela jaang¹;

Tlhogo ya thuto	Mokgwele wa molwetsi le wa moalafi	Maitsholo a modiri le didiriswa tsa thuto
Dijo tse di Itekanetseng	Balwetsi ba tshwanetse go itse go ja dijo tsa dikotla le go thibela phepelotlase le kgotsa go nna ka bokete ba mmele jo bo itekanetseng. Balwetsi ba tshwanetse go tila go ja letsmai le le ntsi (>5 g/day).	Moalafi o tshwanetse go tlota ka dijo tse molwetse a dijang gompieno, seabe sa letsmai le dikotla (micronutrient) tse dingwe, go nna le bokete jwa mmele o o itekanetseng, le go oketsa dikotla tse fa di tlhaela mo mmeleng.

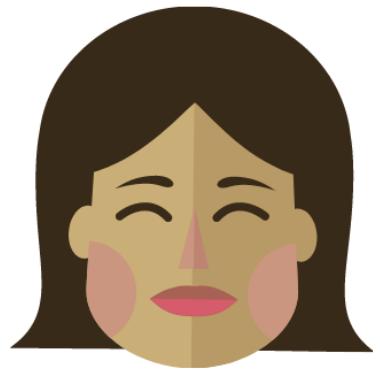
Lekwalo la go ja sentle gore o nne le pelo e e itekanetseng le dirisa tsela e maatlametlo mo balwetsing le baoki ba ba tsayang mophato mo moletlo wa dijo tsa bosigo, mo moalafi e nna molaletsi o o rutang baeng/ balwetsi mokgwa wa go ja dijo tse di itekanentseng go re ba itse go itlhokomela fa ba na le bolwetsi jwa pelo le go gateletsa melaetsa e na kgafetsa-kgafetsa.

Kopana le baeng:

O fetsa go lokololwa kwa bookelong morago ga go palelwa ke go hema ka lebaka la metsi a le mantsi mo mmeleng. O ne a bolelewla go re o na le bolwetse ba pelo morago ga diteko tsa madi di bontsha go re ona le B-type natriuretic peptide (BNP) e e tlhatlhogileng.

Le fa a ne a le mafolofolo, o ne a fokotsa mme a iketla thata mo morago ga go nna le angina e e bakilweng ke haebolate (high blood pressure) e e sa foleng. O ntse a sokola ka dijo tse di kwa tlase ka letswai le go fokotsa dino mme o bona phetogo mo boketeng ba mmele letsatsi lengwe le lengwe le mo diaparong tsa gagwe di mo lekanang ka teng. O lepalepane le go oketsa melemo ya gagwe ya go fokotsa metsi mo mmeleng le go tlhoka supplement ya potassium e e bakilweng ke go fokotsega ga potassium mo mmeleng ka ntlha ya go dirisa ditlhare tsa go fokotsa metsi.

Mary D. Volume



Tsela ya go otla mmele ka dijo

Go nna molaletsi o o nang le kitso, go akanyetsa le go tlhokomela batho, o batla go thusa le go tshegetsa Mary D ka dijo tse di siameng le tshedimosetso ya dikotla go fenza dikgwethlo tsa gagwe le go gatelela diphetogo tse di molemo tse a dirileng.

Tsela ya gogo ya go thusa Mary D ka dijo tse di otlang mmele, e tla akaretsa maano a a latelang:

1. Apaya dijo tsotlhe go tloga kwa tshimologong, o dirisa dijo tse di sa silwang. Fa o tlhophya dijo tse di foreshe tse di sa silwang, o itirela tshwetso ya gore o tshela letswai le le kae. Nama e e apeetsweng ruri jaaka dipaloni le dijo tse dingwe di na le letswai le le ntsi go feta nama e foreshe le merogo e e foreshe.

2. Dirisa mafura le dioli tse di itekanetseng: leano la go fokotsa sodium. O seka wa dirisa salad dressing e e senang marfura le dijo tse di tshwanang le yona, o dirise dioli tse di poly- kgotsa mono-unsaturated, jaaka dioli tsa olive kgotsa canola mo salad dressing kgotsa fa o besa nama, tlhapi kgotsa merogo mo ontong. Kgotsa tshela matonkomane mo salateng, a na le mafura a a itekanetseng, poroteine, faeba le di vitamin tse dingwe.

3. Thokomela selekanyo sa dijo – fa o dira jalo o tlie go fokotsa sodium le di-kilojoules! Ka tlwaelo fa dijo di na le energy e e kwa godimo go raya go re di na le sodium e e kwa godimo.

4. Tshola dijalo pele: Sephatlo kgotsa holofo ya sejana sa gogo se tsholwe ka maungo le merogo. Maungo le merogo a na le sodium e e kwa tlase ka tlhago, e bile bontsi jwa tsone di na le potassium. Go tla maungo le merogo e mentsi ka nano tsotlhe fa o ja go tlie go tlhatlhosa potasssium ya gago le go lekalekanya sodium-potassium ya gago.

5. Fa o reka dijo, ela tlhoko dijo tse di nang le sodium e e kwa godimo. Itse dijo tse di nang le sodium e e kwa godimo mme o dije ka bonnye. O tshwanetse go itse ditlhophpha tsa dijo tse di nang le sodium e e kwa godimo fa o di ja ka malatsi le dibeke (bona lenaane). Tlhophpha ka kelothhoko fa o reka dijo mo ditlhopheng tse le/ kgotsa go di ja go le gonnyc. Buisa dipolelwana tsa tshedimosetso e e ka fa ntle ga meteme ya dijo ka kelothhoko e be o tlhophpha tse di nang le sodium e e kwa tlase ga 300 mg mo selekanyong. O ele tlhoko dilekanyo ka gonnes tse dingwe di di nnye thata. Ka tlwaelo fa o buisa dipolelwana tsa tshedimosetso e e ka fa ntle ga meteme ya dijo mo calorie e le nngwe sodium e sekya ya feta milligram e le nngwe (bona lenaane). O tlhokomele di ingredients jaaka monosodium glutamate, sodium citrate, sodium bicarbonate and sodium alginate ka gonnes di oketsa sodium e e kwadilweng mo Dikgang tsa Dikotla.

 **Fa o tseyea tsia maano a go ja sentle go otla mmele, dijo tsa gago di tshwanetse go nna le:**

Tlhapi e e gadikiwang mo mmolong le surusamune le ditlhatsana / ditapole tse di nnye tse di bidisitsweng/ tse di bakilweng ka letlalo / Salate ya dijo tsa tshimo e e foresh, Salate ya maungo ka yoghurt le matonkomane a a senang letsawai

(**Bona diresipi**).



O ka mo fa tshedimosetso e nngwe gape go mo supetsa go re a ka fokotsa dilekanyo tsa dijo jaang, le go buisa dipolelwana tsa tshedimosetso e e ka fa ntle ga meteme ya dijo.

[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.]

Diresipi tse di itekeneletseng pelo

Winter 2022

Setswana



Dijo tsa resipi:

- 1/2 komiki ya ditlhatsana tse di foreshe
- 4 Di-fillet tsa tlhari tse o di ratang
- 1 leswana la Matute a surusamune a foreshe
- 1 leswana la Zest ya surusamune
- 1 leswana la Oli
- Letswai le pepere go natefatsa

O E TSHOLE KA DISELAESE TSA SURUNAMUNE TSE FORESHE

Mokgwa wa go e tsa resipi:

1. Gotsetsa grill mo bollong bo mo mo bogareng.
2. Phimola ditlhapi ka paper towel, e be o di noka matlhakore a ma bedi ka letswe le pepere.
3. Mo sejaneng se se sephara, tlhakanya ditlhatsana, oli, matute a surusamune le zest ya surusamune.
4. Tshasa mathlakore a otthe a tlhari ka motswako o e be o e tlogela e nwenwelele metsotsso e le 10.
5. Apaya tlhari mo grill metsotsso e le 4 mo lethakoreng la ntla, e be o e fetola, o apeye lethakore le lengwe metsotsso e le 4.

Tlhapi e e gadikiwang mo mundong le surusamune le ditlhatsana

Dijo tsa resipi:

- Ditamati tse di kgolo, di selaesitswe: 2
- Dipepere tse di tala kgotsa tse di hibidu: 1 e kgolo kgotsa 2 tse di nnye, di kgabetsetlwe go nna disekwre kgotsa diselaese
- Dithobane tsa celery, le matlhare, di kgabetletswe: 2
- Komokomore e nnyane, e selaesitswe: 1
- Eie e nnyane, e selaesitswe: 1

Mokgwa wa go e tsa resipi:

- Tsena merogo yo tlhe mo sejaneng
- Di tshole le salad-dressing e e ikeleditsweng mo gae



Salad dressing e e ikeleditsweng mo gae

Dijo tsa resipi:

- 3/4 go ya go 1 komiki oli
- 1/4 komiki ya vinegar e e monate kgotsa matute a surusamune
- 1/2 leswana la tee: letswe
- 1/8 go ya go 1/4 leswana la tee: pepere e ntsho

Mokgwa wa go e tsa resipi:

1. Tshela dijo tse tsotlhe mo modutwaneng o o nang le sekhurumelo, o e kgotlokotse.
2. Utlwelela tatso, mme o oketse oli fa o batla tatso e e didimetseng / okutsa matute a surusamune fa o batla tatso e e botšarara.



Salate ya maungo ka yoghurt le matonkomane

Dijo tsa resipi:

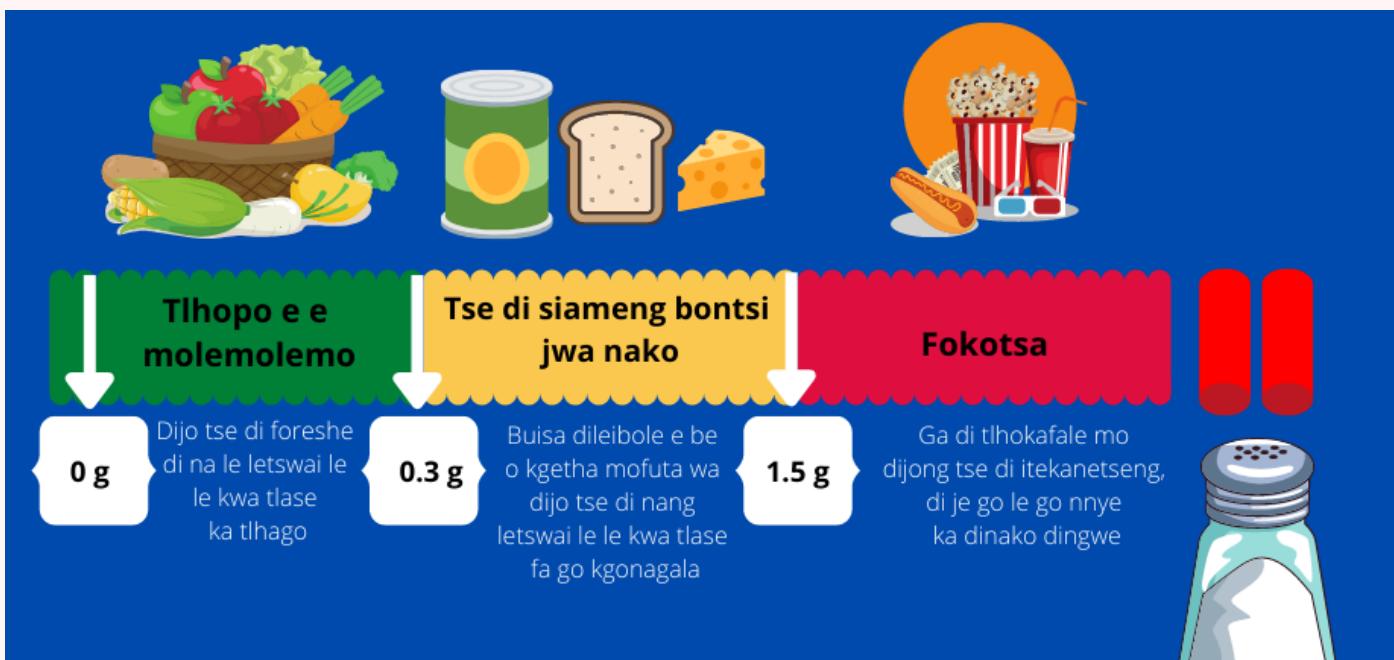
Maungo a setlha a a farologaneng, di kgabetletswe Plain Yoghurt, e e mafura a a kwa tlatse Matonkomane, a a farologaneng go ya ka kgatlego ya gago, di sa nokiwa ka letswe

Mokgwa wa go e tsa resipi:

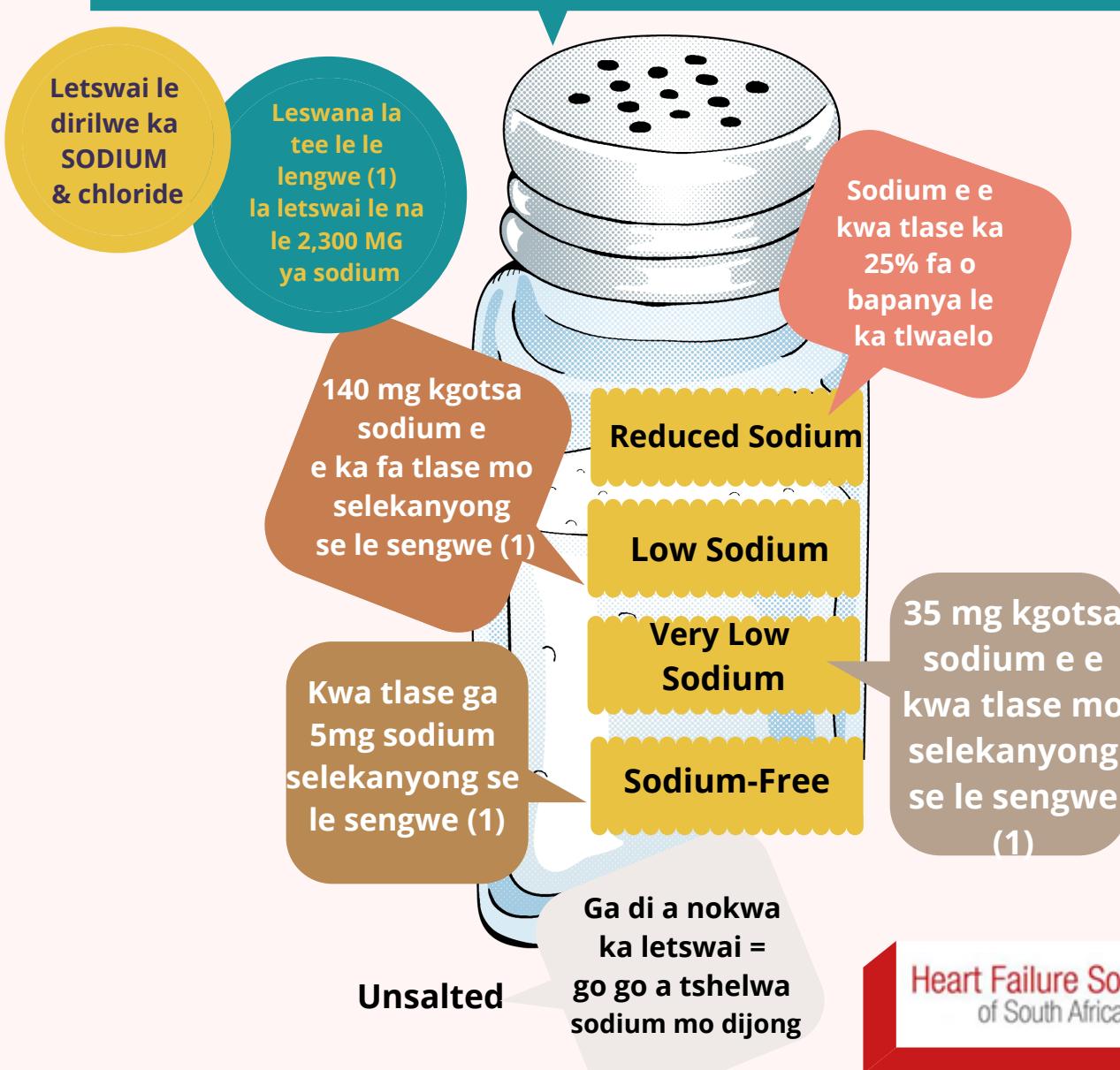
Tlhakanya maungo otthe (tshela matute a surusamune go thibela go setlhafala ga mungo) Tshela yoghurt le matonkomane mo godimo, e be o tshola

Ke letswai le le kae le le leng lentsi?(Ditlhwatlhwa ka 100g)

(Setswana)



Dipolelwana tsa tshedimosetso e e ka fa ntle ga meteme ya dijo tlhalosang eng?



Go buisiwa tshedimosetso e e ka fa ntle ga meteme ya dijo jaang?

(Setswana)

Ke selo se se botlhale go buisa tshedimosetso e e ka fa ntle ga meteme ya dijo ka kelotlhoko fa o tlhopa dijo tse di nang le dikotla

Lenaane la dijo

- Dijo di kwadilwe ka lenanelo la go kwala dijo tse di bokete bo bo golo go ya kao bonnyeng.
- Dijo tse di nang le sukiri, letswai kgotsa mafura a a kwa godimo di kwadilwe fa ntlheng ya lenaane la dijo.
- Dijo tsa segompieno tse di diretsweng ruri go le gantsi di na le mafoko a a bokete go buisa le dipalo tse di sa tlwaelegang (go le gantsi e le dioketswa (additives)) mo lenaaneng la dijo.

Nutrition Facts	
Serving Size 100g	
Calories 250	Calories from fat 10
Amount Per Serving	% Daily Value*
Total Fat 4%	4%
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.	

Tafole ya tshedimosetso ya dikotla e e ka fa ntle ga meteme ya dijo

- Lebelela tafole ya tshedimosetso ya dikotla go bona gore dijo di na le sukiri, letswai kgotsa marura a makae.
- Dirisa dintlha tsa kgaolo tse di latelang fa o batla dijo tse di nang le mafura a a themileng a a kwa tlase, sukiri ka bottlalo e e kwa tlase le sodium (letswai) le le kwa tlase le faeba (fibre) e e kwa godimo.

Mafoko aa tlwaelegileng a o ka a elang tlhoko:

Sukiri: sucrose, glucose, fructose, dextrose, syrup, cane sugar, fruit juice concentrate, honey, maltodextrin, maltose.

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

Mafura: oil, vegetable fat, palm fat, hydrogenated fat, coconut, cream, shortening, butter, cocoa-butter.

Ditlhwatlhwa ka 100g ya dijo kgotsa dino (e seng ka selekanyo)

Sukiri ka bottlalo: <5 g mo 100g ya dijo
<2.5 g mo 100 ml ya dino

Mafura a a themileng: <2.5 g mo 100 g ya dijo

Sodium ka bottlalo: <120 mg mo 100g ya dijo

Faeba/ ditlhale: >3 g mo 100g ya dijo

Tlhokomela: Dipuo tsa sukiri e e kwa tlase, mafura a a fokoditsweng kgotsa dipuo tse dingwe tsa botsogo. Buisa tshedimosetso ya dikotla yotlhhe le go bapisa ditlhwatlhwa tse di kwadileng. Ka nako nngwe mafura a emiseditswe ka sukiri kgotse sukuri e emiseditswe ka mafura (le go na ga go a itekanel), kgotsa di ka nna le letswai le le kwa godimo.



Gopola: Dijo tse di gadikilweng mme di apetsweng ruri le dijo tse di bonwang ka bonako di la le mafura, a a sa itekaneleng.

Gopola: Dijo tse di foresh tse di sa silwang ga di tlhoke tshedimosetso ya dikotla e bile di botoka mo botsogo.





Tekanyatso ya selekanyo ka seatla

Setswana 2022

Ithuthe go dirisa seatla sa gago go lekanyetsa selekanyo sa dijotse o di jang.



Dijo tse di dirlweng ka mašwi: Leka go ja dilekanyo tse 3 tsa dijo tse di dirlweng ka maswi ka letsatsi.

Selekanyo se lebega jaana

Mašwi kgotsa mašwi a soya

1 komiki = 1 lebole



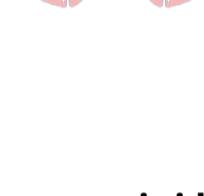
Yogurt

3/4 komiki = 1 lebole



Kase

30 g = 2 menwana e megolo



Dijo tsa poroteini: leka go ja dielo tse 2-3 tsa dijo tsa poroteini ka letsatsi, o ela tlhoko go ja dijo tse di senang mafura jaaka nama ya a kgogo, dijo tsa lewatle/ ditlhapi, le dinawa. Selekanyo se lebega jaana.

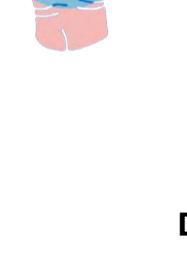
Nama le nama ya kgogo

90 g = seatla



Tlhapi

90 g = seatla



Matonkomane a a sitsweng

2 Maswana =
2 menwana e megolo



Matonkomane le dipeo

1/4 komiki = seatla



Dinawa le letlhodi

1/2 komoki = 1/2 lebole



Mafura a a spaying: leka go go sa fetise maswana a mabedi (2) KGOTSA maswana a tee a 6-7 ka letsatsi. Tlhopa mafura a a sa themang jaaka oli, oil ya olive, oli ya matokomane le oli ya avocado. Selekanyo se lebega jaana.

Majirini kgotsa botoro

1 leswana la tee = 1 ntlhana ya monwana o mogolo
1 leswana = 1 monwana o mogolo



Oli

1 leswana la tee = 1 ntlhana ya monwana o mogolo
1 leswana = 1 monwana o mogolo



Mayonaese

1 leswana la tee = 1 ntlhana ya monwana o mogolo
1 leswana = 1 monwana o mogolo



Tekanyatso ya selekanyo ka seatla

Setswana 2022

Ithuthe go dirisa seatla sa gago go lekanyetsa selekanyo sa dijo tse o di jang.



Merogo le maungo: leka go ja dilekanyo tse 2-4 tsa maungo le dilekanyo tse 5 tsa merogo ka letsatsi. Selekanyo se lebega jaana.

Merogo a foreshe kgotsa e e gatsetseng

1/2 komiki = 1/2 lebole



Merogo ya matlhare

1 komiki = 1 lebole



Whole fruit

1 leungo = 1 lebole



Maungo a foreshe kgotsa maungo a a mo dithining

1/2 komiki = 1/2 lebole



Maungo a a omisitsweng

1/4 komiki = seatla



100% matute a maungo

1/2 komiki = 1/2 lebole



Dithoro: leka go ja dilekanyo tse 5-6 tsa dithoro ka letsatsi. Kgetha dithoro tse dinang le ditlhaka bobotlana ba dinako tse 50%. Selekanyo se lebega jaana.

Senkgwe/ Borotho

1 selae sa senkgwe = Seatla



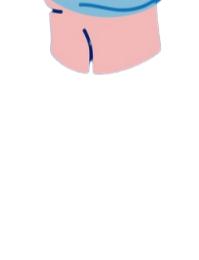
Rolo ya senkgwe

1/2 e nnyane = Seatla



Raese

1/2 komiki = 1/2 lebole



Pasta

1/2 komiki = 1/2 lebole



Cereal e e maruru

1/2 komiki = 1/2 lebole



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