

# Kulele kwao u itela mutakalo wa mbilu



Heart Failure Society  
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Winter 2022

(Venda)

## Ndila ya kulele kwao

U farisana ha vhashumi vha mutakalo u langa kana u onda vhulwadze ha mbilu ndi inwe ya ndila dza khwinesa u itela u fhungudza tshivhalo tsha vhathu vho bvalelwaho vhuongeloni na dzimpfu. I tea u vha yo sedzana na mulwadze uyo na zwine a tenda khazwo, I songo sedza kha vhulwadze ha mbilu fhedzi, I tea hafhu u dovha ya katela na ku langele kwa malwadze a ngaho mutsiko wa malofha, swigiri na u khwinisa mutakalo na vhudilangi u itela mvelele dza khwine dza mutakalo.

Pfunzo kha mulwadze ndi ya ndeme u itela u khwinisa u dithogomela nahone pfunzo I tea u vha yo sedzana no ditika nga zwire na vhutanzi kana nga mudivhi wazwo. Pfunzo iyo itea u katela zwidodombedzwa zwo fhambanaho zwino swikelelea nga vhalwadze, zwo sedza kufunzele zwavho, ndivho ya zwa mutakalo, mvelele na luambo. Kulele kwao u itela mutakalo wa mbilu ndi tshipida tsha kulangele kwa vhathu vhare na vhulwadze ha mbilu u itela mvelelo dza vhudi.

**Milayo miswa yo bviswaho nga ESC (2021) i sumba kulele kwa mutakalo wa vhudi sa tshinwe tsha pfunzo dza ndeme kha mulwadze na ndila yo dithogomela.**

Thoho dza pfunzo	Zwipikwa zwa mulwadze na muongi	Kuitele kwa mulayo na zwi shumiswa zwa pfunzo
Zwiliwa zwa pfushi	<p>Mulwadze u tea u divha uri ula hani zwa mutakalo wa vhudi na u kona u thivhela malwadze a vhangwaho nga kulele ku sina mutakalo na u vha na muvhili u re na mutakalo wa vhudi.</p> <p>Mulwadze u tea u tutshela u shumisa muno lwo kalulaho (u sa vhiri 5g nga duvha).</p>	<p>Muondi u tea u talutshedza kulele, vhundeme ha muno na zwinwe zwiliwa kha u ri muthu a vhe na mvhili ure na mutakalo wa vhudi, na kushumisele kwa zwi engedzwa arali hunu zwi shothaho muvhilini.</p>

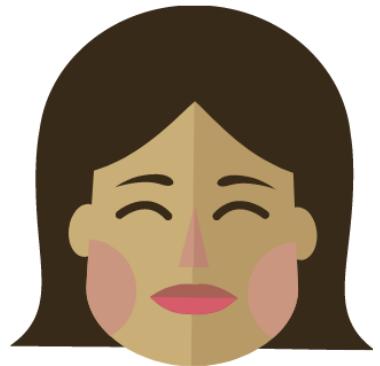
Nga u shumisa ndila dzo khetheaho “linwalo la kulele u itela mutkalo wa mbilu” i shumisa ndila dzo khetheaho dzi katelaho vhalwadze na vhaongi nga ndila ine vhaongi vha ita tshimima tsho katelaho vhalwadze tshi sumbedzaho kulele kwone kwone u itela u langa vhulwadzde ha mbilu nga ndila ino do disa mvelelo dza khwine no swikisa mulaedza vhathuni.

## A ri tanganedze vhaeni:

Mufumakadzi uyu a si kale o tshatshiwa vhuongeloni nga murahu ha u vha na thaidzo ya kufemele nga nwambo wo dalesa madi muvhilini. Ho dopfi vha na vhulwadze ha mbilu, nga murahu ha dzi dingo dza malofha dzo sumedza uri “B-type natriuretic peptide (BNP)” yo gonya lwo kalulaho.

Naho o vha e mufumakadzi wa muhaga na mafulufulu zwo do fhungudzea nga murahu ha u vha na thaidzo ya mbilu zwo vhangwa nga mitsiko ya malofha ya tshifhinga tshilapfu. U kho vha na u kondelwa nga kulele ku sina muno muzhi na madi o linganelaho fhedzi ene u kho vhoa tshanduko dza vhudi kha tshiimo tsha muvhili wawe na ndila ine zwiambaro zwawe zwa mulingana ngayo. U dovha hafhu a vha na mishonga yo langa kana u thusa u fhungudza muno na madi zwo dalaho muvhilini, u tea hafhu u wana pothedziaamu ino xela musi a kho shumisa mishonga iyi.

**Mary D. Volume**



## Ndila ya kulele kwao

Nga u vha mubveledzi are na ndivho, ndavha na vhusedzi, ndi zwa khwine u thusa Mary D nga kulele kwo teaho na ndila dza mutakalo u thusa u lwa nno kunda thaidzo dzine a kho tangana nadzo no tutuwedza tshanduko dza vhudi o dzi thomaho.

Ndila dza kulele dzine na do ambedzana no talutshedza Mary D dzi tea u angaredza ndila dzi tevhelaho:

**1. U lugisa zwiliwa zwothe u thoma kha tshitatshi na zwinwe nga u shumisa zwishumiswa zwinu zwire na mutakalo** Nga u na nga zwiliwa zwinu zwa mutakalo wa vhudi na u nanga u sa shela muno wo kalulaho. Dzi nama dzi si thethe dzo dala muno u fhirisa nama thethe na miroho mitete.

**2. U shumisa mapfura a re na mutakalo wa vhudi: Ndila ya khwine yo fhungudza dzimbalo dza sodiamu (muno).** Ni litshe u shumisa zwo shela dzisaladi zwi sina mapfura na

zwinwe vho ni shumise mapfura avhudi are na mutaklo a ngaho sa olive, canola, kha dzi saladi kana u bika nama, khovhe na miroho. Kana u shela nduhu kha saladi , nduhu a dzina mapfura a mutakalo wa vhudi fhedzi dzi dovha hafhu dza vha na phurotheini, faiba na dzi vithamini. Ni dovhe ni shele afukhada litete kha dzisaladi , lina mapfura a vhudi (omega-3), dzi vithamini na faiba ine ya thusa uri nipfe no fura lwa tshikhathi u swika ni tshi la hafhu.

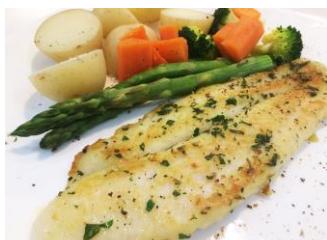
**3. Ni tea u la zwiliwa zwo linganelaho (tshikalo tsho teaho)**– Izwi zwi do thusa u fhungudza muno na tshireme tsha zwiliwa! Mulayo u sumbedza uri zwiliwa zwa tshireme tshinzhi zwina muno munshi.

**4. Fhatani u thoma: Dadzani puleithi yanu nga vhukati nga miroho na mitshelo:**  
Mitshelo na miroho nga mvumbo a zwi na muno, nahone mitshelo na miroho mizhi yo dala phothedziamu. Zwi iteni zwa ndeme uri ni le mitshelo na miroho minzhi na zwiliwa zwinwe na zwinwe u itela u engedza phothedziamu uri ivhe yo linganelaho na muno muvhilini.

**5. Musi ni tshi renga zwiliwa thogomelani zwiliwa zwo dalesaho muno.** Divhani zwishumisa zwo bika na zwiliwa zwo dalesaho muno ni zwi le nga vhuronwane kana zwituku. Talusani zwiliwa zwo dalesaho muno zwine ra la nga duvha kana vhege inwe na inwe (sedzani mutevhe). Nangani nga vhuronwane musi ni tshi renga zwiliwa izwo ni renge na u la zwituku. Vhalani zwo nwalwaho kha zwiliwa nga vhunwane ni sedze zwire na muno wa fhasi ha 300g nga tshikalo tsho tiwaho. Mara ni thogomele tshikalo ngauri tshi dzulela u vha tshitkusa. Mulayo wo vhala zwire ngomu ha zwiliwa ndi u sedza uri muno kha miligireme nthihi a u fhiri tshiremme tshithihi tsha zwiliwa (sedzani mutevhe). Tshinwe hafhu thogomelani zwire ngomu sa monosodium glutamate, sodium citrate, sodium bicarbonate na sodium alginate sa izwi nazwo zwi tshi engedza tshireme tsha muno kha zwiliwa.

**♥ Nga u tevhedza ndila dza kulele kwa mutaakalo wa vhudi, zwiliwa  
zwi tea u vha na zwi tevhelaho:**

Khovhe yo gotshiwaho na miri mitete na tshikara/madabula o vhiliswaho kana u bagiwa na lukanda/saladi thethe ibvaho ngadeni na saladi ya mitshelo na yogathi isinaho swigiri na mapfura manzhi yo shelwaho ndhu dzo devhiwaho  
**(Sedzani resipi).**



Ni nga netshedza zwidodombedzwa nga ha ndila yak u fhungudzele kwa tshikalo tsha zwiliwa na ndila ya u vhala zwire ngomu ha zwiliwa (**Sedzani zwi dodombedza two newaho**).

[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.]

# Resipi dza mutakalo wa mbilu

Winter 2022

Venda



I LIWA NGA VATHU VHANA  
Khovhe yo gotshiwaho na  
Tshikara na matari

## Zwishumiswa zwa u bika:

- ½ ya komiki ya matari matete o tshetshelwaho
- khovhe nna dzine vha dzi takalela
- lebula nthihi khulwane (1 tablespoon) ya madi kana dzhusi ya tshikara
- lebula nthihi khulwane (1 tablespoon) ya makanda a tshikara o girethariwa
- lebula nthihi khulwane (1 tablespoon) ya mapfura obika o itiwa nga miroho
- muno na phepha zwe difhisa

## I LIWA NA ZWILAI ZWA TSHIKARA

## Ndaelo:

- Dudedzani tshitofu tsho gotsha tshi si fhisesi.
- Phumulani madi kha khovhe nga bambiri lo phumula nis hele muno na phepha thungo dzothe.
- Kha phulethi khulwane taganyisani matari, mapfura, dzhusi ya tshikara na makanda o girethariwaho.
- Dodzani khovhe thungo dzothe ni ivhee lwa mithethe ya fumi.
- Vheani khovhe ho gotsha ni gotshe lwa mithethe mina mina thungo dzothe.

## Zwishumiswa zwo bika:

Matamatisi mavhili mahulwane o itwa zwilai  
1phepha dala kana tsuku nthihi khulwane kana thukhu mbili  
yo tshetshelwaho zwilayi kani zwibogisi zwituku  
Seleri mbili na matari zwo tshetsheliwa  
khukhamba nthihi thukhu yo itwa zwilai  
nyala nthihi thukhu yo itwa zwilai

## Ndaelo:

Vheai miroho yothe yo bulwaho afho ntha kha tshidishi tsho lela.  
Ilani na soso ya saladi yena diitela yo difhisa.



Soso ya saladi yena diitela

## Zwishumiswa:

- kotara tharu dza lebula kana lebula nthihi khulwane (3/4 to 1 tablespoon) ya mapfura obika o itiwa nga miroho
- kotara nthihi ya viniga kana dzhusi ya tshikara
- ½ ya thisipuni ya muno
- 1/8 u swika kha ¼ ya thisipuni ya phepha ntswu

## Ndaelo:

- 1.Shelani kha bigiri ire na tshibvalo ni tanganyise zwavhudi.
- 2.Thetshelani ni engedze zwo tea ubva kha mudifho ni engedze mapfura uri zwi dzike zwidifhe zwavhudi kana tshikara uri l farane.



Saladi ya mitshelo na  
yogathi na nduhu

## Zwishumiswa:

Mitshelo ya khalanwaha yo tshetshelwaho  
Yogathi isina mapfura manzhi na swigiri  
Nduhu dzine na funa dzi sina muno

## Ndaelo:

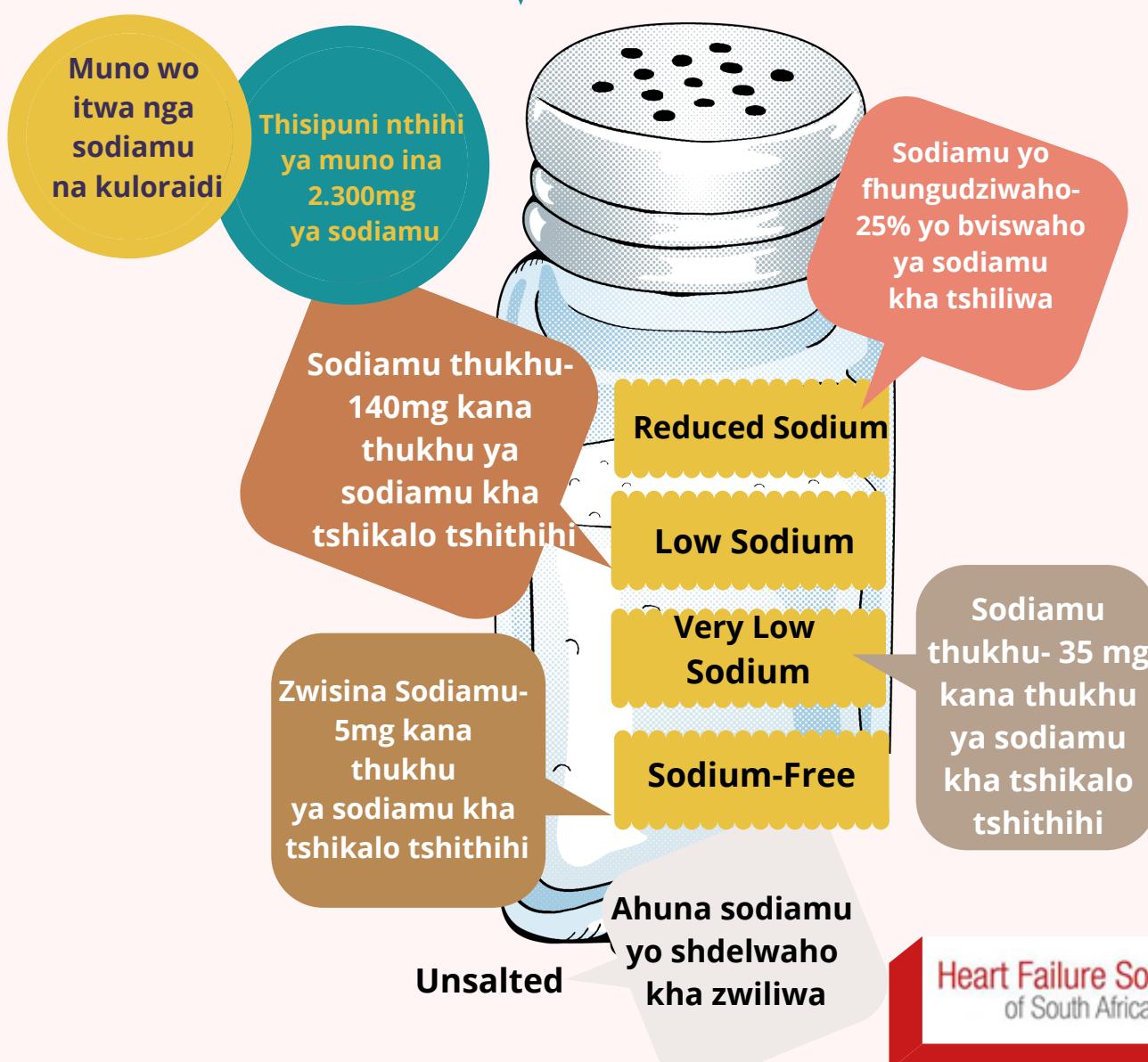
Tanganyisani mitshelo (ni shele madi a tshikara u itela  
uri mitshelo isi swihale),  
Nga ntha shelani yogathi na nduhu ni le.

# Muno munzhi ndi mungafhani (nomboro kha 100g)

(Venda)



## Milaedza yo nwalwaho kha zwiliwa l amba mini?



# Ni vhala hani zwo nwälwaho kha zwiliwa

(Venda)

## U divha ku vhalele kwa zwiliwa ndi zwa ndemesa kha u nanga zwiliwa zwire na mutakalo wa vhudi

### Mutevhe wa zwishumiswa

- Zwidshumisa zwi bulwa nga mutevhe u bva kha ire na zwinzhisa u ya kha zwitukusa.
- Zwiliwa zwire na swigiri nnzhi , muno kana mapfura tshifhinga tshinzhi zwi vhewa zwiraru mathomoni kha mutevhe wa zwishumiswa.
- Zwiliwa zwo to itwaho zwi a Konda u amba maipfi a hone na nomboro dza hone ndi dzinwe vho (tshifhinga tshinzhi ndi zwo wngwdzwaho) kha mutevhe wa zwishumiswa.

### Haya ndi manwe a maipfi ane na tea u a sedza kana u a thanyela ono shumisiwa:

**Swigiri:** sucrose, glucose, fructose, dextrose, sirapu, nkhwe, dzhusi ya mitshelo I songo shelwaho madi, mutoli, maltodextrin, maltose.

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

**Mapfura: mapfura:** oil, vegetable fat, palm fat, hydrogenated fat, coconut, , khirimu, shortening, botoro, cocoa-butter.

Nutrition Facts	
Serving Size 100 g	
Amount Per Serving	
Calories 250	Calories from fat 10
	% Daily Value*
Total Fat 4%	4%
Saturated Fat 1.5%	4%
Trans Fat	
Cholesterol 50mg	28%
Sodium 290mg	15%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	
Sugars 3g	
Protein 10%	
Vitamin A 0% • 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.	

### Tshibogisi tsho nwälwaho zwire ngomu kha zwiliwa

- Sedzani Tshibogisi tsho nwälwaho zwire ngomu kha zwiliwa u vhona uri tshiliwa tshina swigiri, muno kana ,mapfura zwingafhani.
- Shumisani zwitevhelaho u sedza zwiliwa zwisina mapfura manzhi, swigiri nga u angaredza, sodiamu (muno) zwo dalaho faiba.

### Tshiliwa kana tshinwiwa kha 100g (husini nga tshikalo tshatsho)

Swigiri ngau angaredza:

< 5 g kha 100g tshiliwa  
< 2.5 g kha 100ml tshinwiwa

Mapfura a si a vhudi (satshureithede):

< 2.5g kha 100g tshiliwa

Sodiamu kana muno nga u angaredza:

< 120 mg kha 100g tshiliwa

Faiba kha zwiliwa: > 3g kha 100g ya zwiliwa

Ni thanyele zwitevhelaho: ho nwälwa upfi mapfura o vhngudzwa kana zwinwe zwingaho zwezwo. Vhalani zwothe zwire ngomu kha zwiliwa ni vhambedze dzinomboro sa zwo bulwaho afho nthu.

Tshinwe tshifhinga ni wana ho bviswa mapfura ha pangwa swigiri (zwine na zwo a zwina mutakalo) kana zwavha zwo dala muno



**Ni humbule:** zwiliwa zwine zwo dzula zwo bikwa nga mapfura zwo dala mapfura a sinaho mutakalo o no vhidzwa upfi (trans-fat).

**Ni humbule:** Zwiliwa zwitete zwi sa todi u nwälwa zwire ngomu ndi zwone zwa khwine kha mutakalo





## U shumisa zwanda u kala zwiliwa

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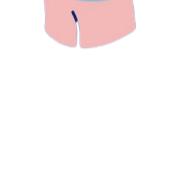
**Gudani ku shumisele zwa zwanda u kala zwiliwa ni vhambedze na tshikalo tsha zwiliwa zwine na la.**



**Luvhisi: Swikelelani u la zwikalozwiraru zwa luvhisi nga duvha. Hezwi ndi zwine tshikalo tsha vha zwone.**

**Mafhi kana zwinwiwa zwire na soya**

1 khomishi = 1 feisi



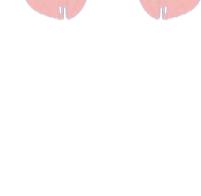
**Yogathi**

3/4 khomishi = 1 feisi



**Tshisi**

30 g = magunwe mavhili



**Phurotheini: Swikelelani u la zwikalozwiraru zwa phurotheini nga duvha. Hezwi ndi zwine tshikalo tsha vha zwone.**

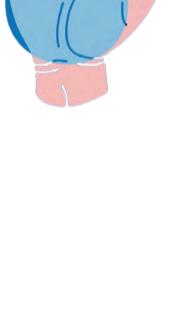
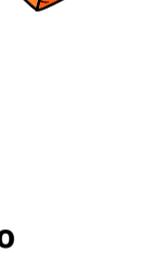
**Nama**

90 g = nga ngomu ha tshanda



**Khovhe**

90 g = nga ngomu ha tshanda



**Botoro ya dzinduhu**

2 tbsp = magunwe mavhili



**Dzinduhu na dici thambo**

1/4 khomishi = nga ngomu ha tshanda



**Dzinawa**

1/2 khomishi = 1 feisi



**Mapfura: Ni songo fhirisa lebula khulwane (tablespoon) mbili kana thisipuni dza rathi kana sumbe nga duvha. Nangani mapfura are na mutakalo wa vhudi sa olive, nuts (a dici nduhu) kana afukhada. Hezwi ndi zwine tbs na thisipuni zwanga zwone.**

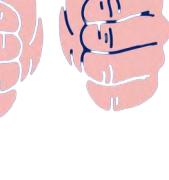
**Botoro**

Thisipuni (tsp) nthihi i longana na lumeme lwa gunwe thebulusipuni (tbsp) iingana na gunwe lithihi



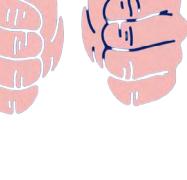
**Mapfura**

Thisipuni (tsp) nthihi i longana na lumeme lwa gunwe thebulusipuni (tbsp) iingana na gunwe lithihi



**Mayonasi**

Thisipuni (tsp) nthihi i longana na lumeme lwa gunwe thebulusipuni (tbsp) iingana na gunwe lithihi



# U shumisa zwanda u kala zwiliwa

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**Gudani ku shumisele zwa zwanda u kala zwiliwa ni vhambedze na tshikalo tsha zwiliwa zwine na la.**



**Miroho na mitshelo:** Swikelelani u la zwikalozwiraru kana zwina na zwikalozwitanu zwa miroho nga duvha.

Hezwi ndi zwine tshikalo tsha vha zwone.

**Miroho mitetha kana yo omiswaho kha tshikwatudzi/firidzhini**

1/2 khomishi = 1/2 feisi



**Matari a miroho**

1 khomishi= 1 feisi



**Mutshelo wothe**

1 mutshelo = 1 feisi



**Mitshelo mitete kana yo omiswaho kha tshikwatudzi/firidzhini ya vhewa zwikotini**

1/2 khomishi = 1/2 feisi

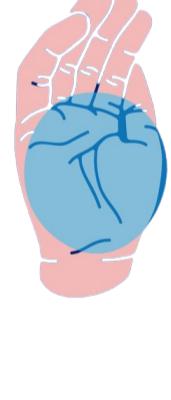
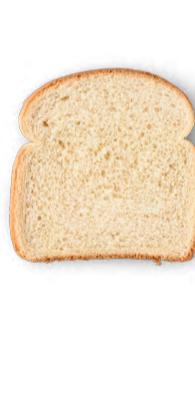


**Goroi:** Swikelelani u la zwikalozwitanu kana zwa rathi zwa goroi nga duvha.

Nangani goroi lo fhelelaho tshifhinga tshinzhi. Hezwi ndi zwine tshikalo tsha vha.

**Bantsi la vhurotho**

1/2 tshituku = ulinganisa na tshanda



**Raisi**

1/2 khomishi= 1/2 feisi



**Makaroni**

1/2 khomishi = 1/2 feisi



**Mikapu I songo shelwa tshithu**

1 khomishi = 1 feisi



**HeFSSA**

Heart Failure Society of South Africa