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(IsiXhosa)

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Ukutya kweNtliziyo esempilweni

Iindlela ezininzi zokutya

Uhlobo selulapha, kwaye imo yeZulu ishushu neHolide zehlobo ziyanodela, kubalulekile ukuyithathela ingqalelo into oyityayo kwakhona ukwenzela intliziyo esempilweni, kakhulukazi kweli xesha loba sizochitha ixesha elininzi nezihlobo nezalamane, sonwabele eli xesha (***khangela iingcebiso zokutya ngokusempilweni xa usitya ngaphandle***)!

Nokwesondlo, ingqokelela yokutya okuqinileyo kuye kufezekise izidingo ezidingwa ngumzimba nganye-ngaye kumntu ophila nesifo sentliziyo esibizwa ukuba yiHeart Failure (HF) kangcono kunye nezakha mzimba ezingamanzi kwaye ziyayilinganisela i-Sodium. Xa siqhubekeka nokwenza ukutya okusempilwemi kwidinira zethu, kufuneka kubekho umntu onesakhono sokwenza okusempilweni njengomhleli wedinara ukuze akwazi ulungiselela abantu abaphila nesifo sentliziyo ukuze nabo bakwazi ukutya okiusempilweni ngalo lonke ixesha.

Ukuxhasa, ukukhuthaza nokufundisa iindwendwe zakho ukuze zikwazi ukonwabele ihlobo, ukucwangcisa isiko ekuzolungiselelwa ngayo ukutya ekufaka, imali kwakunye



nokutya okusempilweni.

DIBANA NEE NDLWENDWE ZETHUI

Ernest G. Exchange



u-Ernest usekhaya emveni kukuba eye wahlaselwa sisifo sengqelete (pneumonia) esiye samshiya e-ethe-ethe emzimbeni engenawo namandla. Amajoni akhe omzimba akakomeleli, kwaye nokutya ukucekisile.

Imbali yokutshaya icuba kwakunye nokumane kubakhosemiphunga zizo eziye zambangela abe kanti uyagula. Njengoko wakhe wangumntu ozilolongayo, kuye kwanyanzeleka into yokuba abenawo umncedisi.



Doris D. Knowledge



u-Doris yena ngumntu ozingca kakhulu ngokudlamka kwakhe nokuba ngumntu osisiquququ eNkonzwensi emveni kukoba wahlinselwa isifo sentliziyo ngenxa yengxaki yemithambo yentliziyo, waye wafunyaniswa ukuba unesifo sentliziyo emveni kokuba eye

wanombefu wakhuluphala nomzimba ngo4.5 kg. Emveni kokuba ethethe noMongikazi wakhe, uye watsho ukuba uswele ulwazi ngokudingwa ngamayeza akhe (diuretic, lipid-lowering drug, kwakunye ne-antiarrhythmic drug) kwakunye nendlela atya ngayo (amafutha acolelwe ngezantsi, ukulawuleka kwamandla, nokutya okunetyuwa encinci), uyayazi ukuba uzibeka ezingciphekweni zokuba abesesibhedlele okanye wehlisa ixesha lakhe lokuba alichithe nabantu ukuba akayenzi imiyalelo kaMongikazi.



Angela A. Intolerance



u-Angela yena oko exineke endlini ngenxa yoba namandla amancinci okanye udlamko lokuba aphume ngaphandle endlini.

Njengokuba wayengumntu wabantu, isifo sakhe somlenze esenswa yiswekile ekubiswa ngokuba yi-diabetic neuropathy yenze ukuba axhomekeke kwabanye ngokokuncediswa endlininezinye izinto zasendlini ezifana nokuthengwa kokuty. Uneminye imiceli-mnjeni yaso esi sifo seswekile, namayeza awasebenzisayo, kwakunye notshintsho kwindawo ahlala kuyo, eye yathi yenza umehluko omkhulu emphefumlweni wakhe. Wayengumntu othanda kakhulu kwaye epheka kamnandi kwiindibano ababezibamba nabahlobo bakhe, kodwa ngoku wehla umgangatho nomnqweno.

- 1. Imibala emininzi ekhatshwa bubutsha beziqhamo kwakunye neziqhamo ukuxhasa amajoni omzimba kwakunye nempilo yentliziyo:** Inyathelo ngalinye kumajoni omzimba kuxhomekeke ekubenit kubekho izakha-mzimbi ezininzi ezibizwa

ngokuba yi-Micronutrients. Umzekelo wezi zakha mzimba ziye zachongwa ukuba ziyingozi ekukhulen i kwamajoni omzimba, ezifana no-vitamin C, vitamin D, zinc, selenium, iron, kwakunye ne-protein eseizingeni eliphezulu. Zifumaneka kwiindidi zokutya ezenzwe ngezityalo kwakunye nezilwanyana. Ukutya okunezakha-mzimba ezohlukileyo kwaye zisezantsi, kuye cube kukutya okucoliwego, kuye ke okukutya cube nomthelele ombi kumajoni omzimba. Kuyakholeleka ukuba indlela yokutya kwaseNtshona ebandakanya iswekile , inyama ebomvu , iziqhamo kwakunye nemifuno esemgangathweni osezantsi zingenza uphazamiso kwizakha-mzimba ezingaphakathi ezibizwa ngokuba zi-microorganisms, loo nto ibangele ukudumba emathunjini, loo nto ibangele ingcinezelo kumajoni omzimba.

2. **Ukubuyisela amafutha angalunganga (saturated and trans) ngamafutha asempilweni (monosaturated and polysaturated), eziye ngenxa yentliziyo zilunge (bona kwicwecwe lolwazi).** Ngolwazi lwestidlangalala, kufuneka ukhetha amafutha angaphantsi ko4 grams wamafutha angacolwanga, hayi amafutha atshisiwego najikiwego. Ungafumanisa amanye ala mafutha anencasa emnandi, ngako oko zama iintlobo zawo ukuze uzofumana le uyithandayo. Okunye, amanye ala mafutha aye abengcono ukuphekela ezinye iintlobo zokutya, yiyo loo nto kungaphela ufunia iintlobo zawo ezininzi ekhabbhathini.
3. **Ukutya ukutya okunetyuwa kakhulu (sodium) kancinci, ulungiselele ukutya ngokuqalela phantsi wenzela ukutya kancinci ukutya okucoliwego,** ngokuncedisa ekwehliseni indlela oyitya ngayo i-sodium, ithoba i-blood pressure kwaye ingavikela ukuba ungabinasifo ekuthiwa yi-High blood pressure (HBP okanye hypertension) kwasekuqaleni.
4. **Faka kakhulu iinkozo eninzi ekutyeni kwakho,** iinkozo zinentlobo ezintathu- i-bran, endosperm kwakunye ne-germ- eziye zikunike izakha mzimba ezifana ne-phytonutrients, vitamins, kwakunye ne-antioxidants, eziye zikuvikele kwizifo. Kwaye zama **ukufaka iinkozo ezindala**, ezingafaniyo nezi nkozo zintsha zenziwayo ezifana ne-wheat, umbona, kwakunye ne-rice, iinkozo ezindala zona zange zacolwa zibe zifakelwa izinto ukuze zikhawuleze zikhule; zona zithatha neminyaka eliwaka eyaqqithayo. Zinikwe amagama anjenye teff, einkorn, emmer, amaranth, millet, quinoa, i-rice emnyama, i-barley emnyama, kwaknye ne-spelt. Ziye zibenezakha-mzimba ezinzi, ngabanye amaxesha zinikeze i-protein eninzi, fibre, ne-vitamins kunenkozo ezintsha.



Imenu

IKeyiki yePani elafu-lafu eyenzwe nge-Sorghum

Inkukhu eqholiweyo yaze yafakwa iLamuni kwakunye nemifuno

ISaladi yeChakalaka eyenzwe ekhaya

ISaladi eyenzwe ngeBeetroot eqholiweyo kwakunye nesonka samasi
oluthathwa eBhokhweni

IDip ye-Chickpea eqholiweyo

ISpinach esincinci, lettuce, mushroom esikiweyo esuka egadini,
Itswele elibomvu kwakunye ne-Yogurt dressing esezantsi



Enye into ethe yafakwa kolu shicilelo njengokuba sisondele kwixesha
leziyunguma yimiqathango enengcebiso zokuba ungarya okunjani
okusempilweni xa usitya ngaphandle.

Iirisiphi

IKeyiki yePani elafu-lafu eyenzwe nge-Sorghum

Izithako

- 1 kwakunye ne- $\frac{1}{2}$ yekomityi yomgubo we-sorghum
- $\frac{1}{2}$ yekomityi yomgubo we-rice
- 1 tispuni leswekile
- 1 kwakunye ne- $\frac{1}{2}$ tispuni letyuwa
- 1 kwakunye ne- $\frac{1}{2}$ tispuni ye-yeast
- 1 kwakunye ne- $\frac{1}{2}$ yekomityi yamanzi ashushu
- 2 macephe yejusi yelamuni (ayinganzelekanga, kodwa yongeza incasa)



Indlela yokwenza

1. Kwisitya esiyinqoko, xuba umgubo we-sorghum, umgubo we-rice, iswekile, ityuwa, ne-yeast. Galela amanzi ashushu uxove.
2. Galela intlama kwisitya senkcenkce uyilinde isete iyure ukuya kwicala. Ukuba unako, mane uzamisa elixesha usalindile.
3. Ukuba awunaso okanye awusisebenzisi isitya senkcenkce, zamisa intlama yakho, uyigqume wogqiba uyibike ecaleni kwindawo enobushushu obupha kwi65 degrees iiyure ezintathu.
4. Intlama izakubonakala xa sele igqibile ngokudumba nangokuvela amaqhuma. Zamisa ijesi yelamuni ilungeke ukusetyenziswa.
5. Tshisa intwana ye-iron okanye amanye amaqatha enyama. Uyiwhawule nje ngomlilo kancinci ingatshi kakhulu, wale uwuchuthe umlilo wakho, wogqiba ugalele intwana yebhotolo. Yiqume kwaye uyilinde inyibilike imizuzu emithathu, susa isiciko, intlama maybe kanti seylungelele ukuba igalelwwe epanini yenze ikeyki yepani kwaye ingabincangathi kwipani leyo. Emveni komzuzu omnye, yiguqule ikeyki leyo iphekeke elinye icala.
6. Qhubeka nokubhaka ide ibhotolo iphele epanini. Yonwabele nesityu sakho osithandayo okanye uqabe i-jam nezinye izinto.

Inkukhu eqholiweyo yaze yafakwa iLamuni kwakunye nemifuno

Indlela lula yokwenza inkukhu ihamba kwakunye ne-garlic neziqhamo emnandi, isempilweni kwakunye nekhawulezileyo yokuzenza kakuhle kweli hlobo zihambe kwakunye nezinye iindidi zokutya.

Izithako

EyeMarinade

- $\frac{1}{4}$ yekomityi yamafutha e-olive
- $\frac{1}{4}$ yekomityi yejesi yelamuni
- Igaqa elinye lelamuni
- 2-3 yemibele ye-garlic ecunyuziweyo
- 2 yetispuni entsha ye-tyhme
- 2 yetispuni ye-rosemary
- 1 tspuni ye-oregano eyomileyo
- 1 tspuni yetyuwa
- 1 tspuni ye-pepper



EyeNkukhu

- 4 yezifuba zeNkukhu ezinkulu, angibamafele kwakunye namathambo
- Amaplanga amancinci antywiniswe emanzini abilileyo imizuzu eyi-30

Indlela yokwenza:

1. Dibanisa zonke izithako ukwenzela i-marinade
2. Sika inkukhu ibe ziipisi ezincinci wogqiba uyigalele esityeni sengqoko. Yigalele kwi-marinade leyo wogqiba uyicike. Yivumele i-marinade ingenisise enyamini imizuzu e-30 ukuya kwiyyure eziyi-24 (usuku) uyifake emkhenkceni.
3. Yihbole inkukhu leyo kwizitokhwe zamaplanga
4. Yenza shushu istovu sekubenga, umane uyiguqla kwimizuzu eyi3-5, ide inkukhu leyo iphekeke ijike ibe mdaka ngokwebala.

ISaladi yeChakalaka eyenzwe ekhaya

Izithako:

- 1 icephe lamafutha
- 1 intswele elikhulu, linqunqwe
- 2 ye-peppers ezibomvu, zinqunqwe
- 1 intloko ye-cauliflower, yophulwe ibencinci
- 1 ecephe ye-garam masala
- 1 yecephe leswekile emdaka
- 5 yetamati ezinkulu, zinqunqwe
- 400g yeTin yembotyi ze-Cannelini, zomiswe kwaye zihlanjwe
- 4 yamacephe e-coriander enquunqiweyo



Indlela yokwenza:

1. Yenza amafutha shushu ipani elikhulu lokuqhotsa, qhotsa itswele kwakunye ne-pepper lide lithambe, into epha kwimizuzu eyi-15. Eli xesha uqhotsa, bilisa i-cauliflower ide ithambe, kodwa ikwazi ukulumeka. Emveni kokuba uyibilisile, chitha la manzi uyihlambe ngamanye abandayo abalekayo,
2. Galela i-garam masala kwakunye neswekile kwi-peppers ule upheke kengoku imizuzu embalwa. Galela itumato, ut5hobe isitovu uyiyeke iphekeke imizuzu eyi-15. Itumato zizokwenza i-sauce yesaladi. Ukuba asikavuthisiswa kakuhle, galela intwana yamanzi.
3. Akube igqibile uphekeka, yigalele kwisitya esikhulu sengqoko kwale ugalele iimbotyi kwakunye ne-cauliflower. Galela ijesi yelamuni wongwze incasa. Akube ipholile, galela i-coriander

ISaladi eyenzwe ngeBeetroot eqholiwego kwakunye nesonka samasi

oluthathwa eBhokhweni

Izithako:

- 5 yamagaqa e-Beet ephakathi
- 1 fa-fa wamafutha e-olive
- Ityuwa kunye ne-pepper emnyama ukwenzela incasa
- 2 yamaqanda, aqhuqhwe
- $\frac{1}{2}$ yekomityi yomgubo
- $\frac{1}{2}$ yekomityi lenkozo zesonka ezomisiwego
- 1 yesonka samazi eyenzwe ngobisi lwebhokhwe
- 1 yekomityi yamafutha ye-canola
- 1 yepakethi yemifuno eluhlaza exutyiwego
- 2 yamacephe yembewu ye-sunflower eqholiwego, ukwenzela incasa (ayinyanzelekanga)
- 2 yamacephe e-balsamic vinaigrette dressing, ukwenzela incasa



Indlela yokwenza:

1. Yenza shushu istovu usibeke ku 120°C
2. Fafaza i-Beetroot ngamafutha e-Olive ugalele netyuwa kwakunye ne-pepper. Bhijela i-beet nge-foil wakugqiba utifake esityeni esikhulu.
3. Faka i-beet e-oven ukuze iqhotseke kude kubelula ukuba isikeke ngemela, inizuzu eyi-455 ukuya kwiiyure ezimbini, ixhomekeke kubungakanani be-beet.
4. Yikhuphe i-beet estovini uyibeke ngaphandle ide iphole. Qhaqha i-foil, wakugqiba ugcine la manzi apha kuyo, ungawalahli. Chuba amaxolo e-beet isemanzini ashushu, yisike ibe zii-cubes, wandule ugalele esityeni.
5. Beka amaqanda, umgubo, nezikhoko zesonka kwizitya ezintathu ezohlukeneyo. Galela ityuwa kuzo zonke izitya kwakunye ne-pepper.
6. Guqu-guqula isonka samasi esenzwe ngobisi lwebhokhwe kwiqanda elo, emveni koko yiguqule kumgubo wandule wenze nakwizikhoko zesonka, yenze kumacala onke ikwenzela kufane. Wakuba ugqibele, zibeke kwi-plate wandule uzifake emkhenkenci imizuzu emihlanu.

7. Yenza shushu amafutha e-canola ngobushushu obuphakathi ide ipani yokuqhotsa ibeshusu yonke. Faka isonka samasi kumafutha ashushu ide ijike umbala, loo nto ingenzeka kumzuzu omnye icala ngalinye. Yisuse epanini uyibekele kwi-plate ebekelwe iphepha phezu kwayo
8. Beka izifuno eziluhlaza ezixutyiwego kwisitya esikhulu sophakela abantu abaninzi, ubekele phezulu i-beet kwakunye nesonka samasi. Fafaza iimbewu se-sunflower. phezulu kwaloo ntofafaza i-balsamic dressing kwakunye nala manzi e-beet buwagcinile

iDip ye-Chickpea eqholiweyo



Yona iDip ye-Chickpea eqholiweyo, ikwaziwa njenge-hummus, ngokwesiko yenziwa nge-tahini ekwafanayo ne-seed paste. Tahini leyo iyakhwaza amaxabiso ayo okanye kunganzima ukuyifumana. Ngokuqholo icala le-chickpea kwakunye nembewu ye-cumin phambi kokuba uzidibanise, yona i-hummus leyo inayo incasa yamantonomane.

Izithako:

- 820g yetoti ye-chickpeas, zikhanywe, kodwa uwagcine amanzi
- 2 yemibebe ye-garlic, icujwe
- 75ml yamafutha e-sunflower okanye canola
- 5ml yembewu ye-cumin
- 5ml yengqokelela ze-cumin

- 100ml yejusi yelamuni
- ¼ yetispuni letyuwa
- Pepper emnyama ukwenzela incasa

Indlela yokwenza:

1. Yenza ishushu istovu usibeke ku-180°C kwaye wenze umgca omncinci we-foil. Galela i-chickpeas ezomileyoephepheni. Beka ibenye itoti yazo i-chickpeas uyibekele kwakunye ne-galic, amacephe amabini kwakunye nembewu ye-cumin kwisitya esikhulu esiyingqoko wandule uzixube zonke.
2. Galela i-chickpeas ezo zifume zinjalo ngamafutha kwi-tray yokubhaka imizuzu eyi15-20 okanye ide ijike umbala.
3. Galela i-chickpeas ezo zifume zinjalo ngamafutha kwi-tray yokubhaka, kwisitya esikhulu. Galela ezo zishiyekileyo i-chickpeas, amafutha, ground cumin kwakunye nejusi yelamuni. Galela amanzi avela etotini angangokuba yi-50ml. Yidibanise yonke la nto ibendawoni nye ukuze kubekho incasa. Yongeza amanzi, ukuba ufunu ithambe ngakumbi.
4. Ingadlisa abantu ngayo njengesidlo sasemini ikhatshwa zizifuno ezifana noMnqathi, celery, cucumber kwakunye neembotyi eziluhlaza. Ikwamnandi nokuba uyiqabe esonkeni okanye nayiphi na into encindwayo.

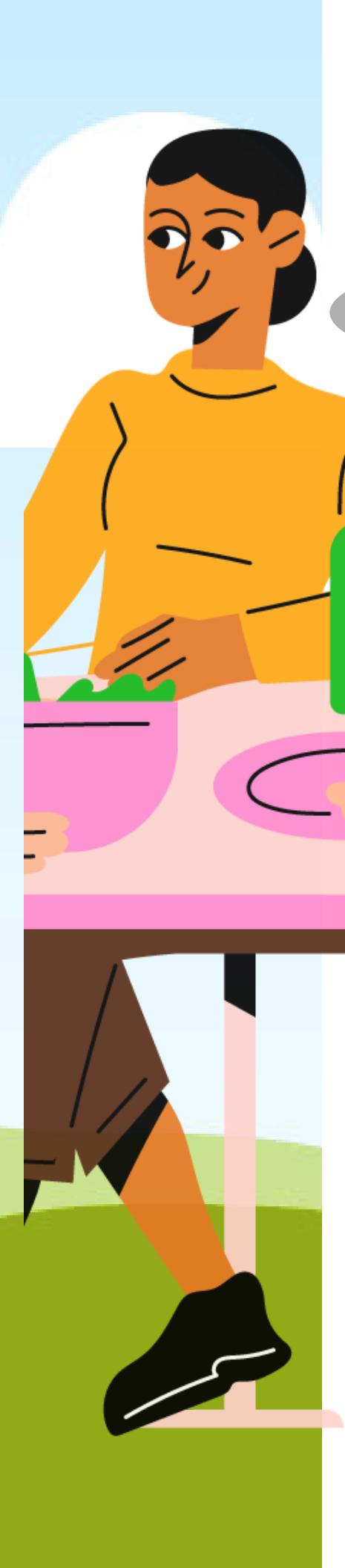
Lingcebiso:

1. Faka emkhenkceni i-dip leyo kwisitya esivaleke vingci iiintsuku eziyi4-5.
2. Ukuba uyafuna, yithi chatha intwana ye-yoghurt enamafutha asezantsi, wongeze ubunqumbululu.

Inikezwa kwakunye ne

Nesaladi nezifuno ezsuka egadini ezifana namaggabi e-spinach esincinci, lettuce, mushroom esikiwego, itswele elibomvu kwakunye ne-yogurt dressing enamafutha amancinci.





Abantu esiyehle nabo ukonwabela
ukutya kwakunye nokhetho lwethu
lokutya lunganawo umthelela kwizinto
esizityayo nonungakanani bazo.

lindlela zoxinzelelo ozakuziva xa uhleli nabantu
ekonwabeleni ukutya.

- Cebisa ukuba kuyotyiwa kkwindawo zokutya ezithengisa ukutya okusempilweni.
- Ukuba kutyiwa ukutya ongakuthandiyo, cela ukukhululeka etafileni kwenzela ungazohendeka.
- Yala kwaphela okanye utye intwanana yokutya uzamayo ukuba ungakutyi! Thatha nje imithamo emincinci kwaye utye kancinci.
- Qala incoko- baxelele abahlobi okanye usapho lwakho ngombono wakho omtsha woktya ukutya okusempilweni kwaye noxinzelelo oluye ulufumane ngokutya ngaphandle, loo nto ingakunceda ukwazi ukwenza izicwangciso zotya ngaphandle.

IZICWANGCISO ZOMDLALO

- Cwangcisa kwangaphambili
- Zama ungfiki endaweni yokutya ulambil
- Cela kuqala ukutya ukwenzela uzohlalhlela indlela yomzekelo
- Kuqale kwangoko ukutya ukutya
- Yitya kancinci kwaye umane usima kumthamo ngamnye.

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La magama alandelayo
axela ukutya okunamafutha
kakhulu kwakunye kwakunye
neeKhalori:

Umqhotso

Sautéed

Buttery

Umqhotso wePani

Au gratin

Creamy

Scalloped

A la mode

Breaded

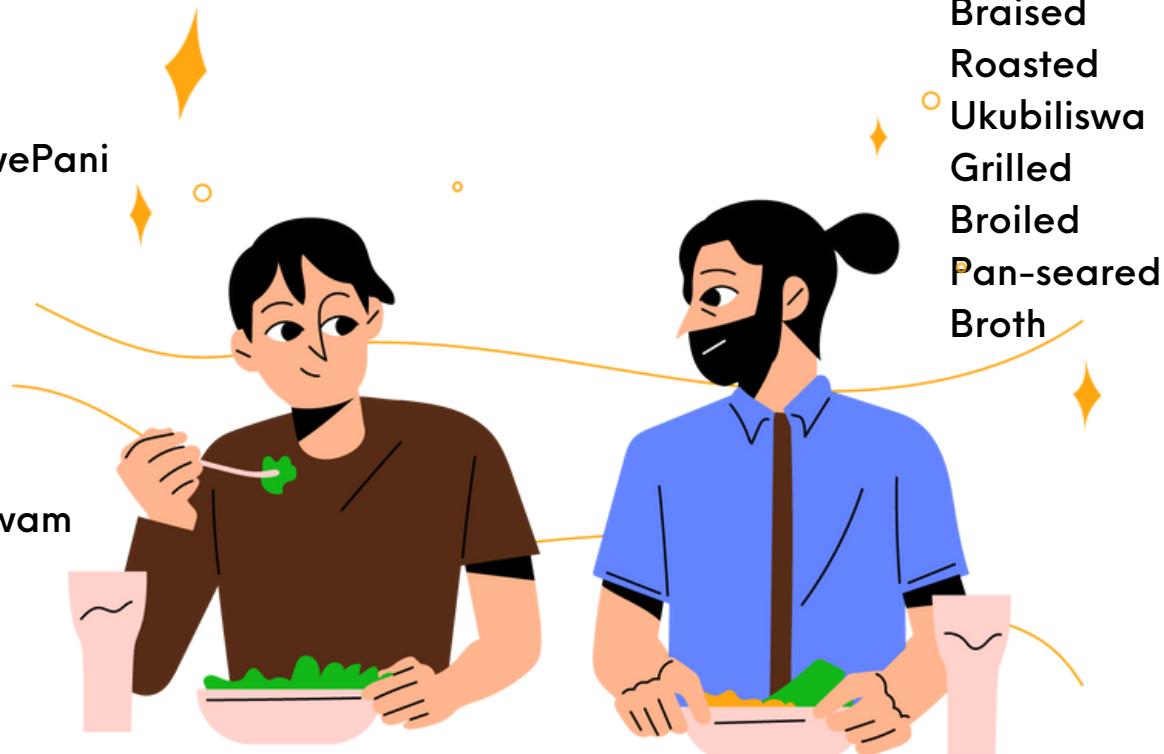
Ukrwam-krwam

Ukutyeba

Al fredo

Battered

Stuffed



Ziqhelise kwakunye nala magama nengcaciso yawo
ukwenzela kuzobalula ukuba ukwazi ukutya
omawukulungise noba uzakupheka okanyye ukutye
ngaphandle, noba kuzobancinci okanye uzakutya nabantu,
okanye ucele ukutya oko kuphakwe ngenye indlela

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lindawo zokutya ezinzinzi zinayo iindlela mvanje yokutyisa abo baxhasi babo batya kancinci, ukwenzela bangazokuba nazintloni ekuceleni ukuba ukutya kuphungulwe. lindlela ezimbini zokutya ukutya okuncinci kwakunye ne-khalori ezininzi ukwenzela ungazoxakeka.

Ukulalwula ukutya Imibuzo enobuzwa uMncedi..

- Sikhulu kangakanani esi sitya sokutya ukufunayo?
- Zikhona na ezinye iziztya ezincinci?
- Ndingakwazi uphakelwa okunye ukuba ndihambe nako?
- Ndiyacela ukuba nindifakele i-sauce side/dressing
- Sizakutya kunye. Sicela ukuba ukutya kohlulwe phakathi/

Ukufakelela: Imibuzo enobuzwa uMncedi..

- Ninaso isonka sengqolowa ephepheleyo, i-rice emdaka okanye ezinye iinkozo?
- Ndingakwazi ukuba ndifumane isitya semifuno kunenye okanye ndongeze kule seyikho?
- May I have fruit instead of X? Ndingafumana iziqhamo endaweni ka-X?
- Ndinaafumana iNkukhu endaweni ve-bacon?

Yiba ngumntu okwaziyo ukusinga, sukuzibekela kwindawo enye xa ufumana iMenu. Ukuba akukho ukutya onokutya kwi-Menu, zenzele okwakho okubonayo kwalapha kwiMenu leyo.

Hayi onke amafutha enziwe ngokufanayo

Ukutya okubandakanya amafutha kubanzima, ngoba kuyenye yezinto ezenza inkqubo ekuthiya yi-Metabolism, ingqondo kwakunye nemit5hambo-luvo ibesempilweni, uphawu, amajoni omzimba, imveliso ye-hormone, kwakunyenofunxo lwamafutha anyibilikayo-kodwa onke lo mafutha angadalwa ngokufanayo. ukutya kunamafutha ohlukeneyo, kodwa okunye kwako kuye kubesempilweni kunokunye. Ukukhethya ukutya okunamafutha asempilweni, unciphise amafutha anganiki mpilo asuka kwizityalo ezisemgangathweni kulunge kakhulu em[pilweni yomntu.



i-SATURATED FATS

(aye aqine kumaqondo obushushu nokubanda)

Umthelela emzbeni: Zingawonyusa amazinga e-LDL cholesterol kwakunye nengcipheko zesifo sentliziyo.

Ukhetha nini: Yitya ngendlela

Intsukaphi ekutyeni: inyama ecujiwego, inyama ejikiwego efana ne- (sausage, bacon, hot dogs, deli meats like salami), ubisi olunamafutha apheleleyo kwakunye nesonka samasi, i-butter, ghee, amafutha e-palm, amafutha epalm kernel, amafutha e-coconut



i-TRANS FATS

(aye aqine kumaqondo obushushu nokubanda)

Umthelela emzimbeni: Zingawonyusa amazinga e-LDL kwaye zithobe awe-HDL

cholesterol. Ukutya la mafutha kunyaingcipheko zesifo sentliziyo

Ukhetha nini: La amafutha kufuneka uwaphethe ngandlelo zonke.

Intsukaphi ekutyeni: Ukutya okucoliwego okuye "kwabilidelwa amafutha ithutyana", kwancitshiswa, izinto esibakiwego kwaye ziyagcineka, ezifana ne-(cookies, muffins, cakes, crackers), commercial frostings, dry cake/pastry mixes, some fried foods



MONOUNSATURATED FATS

(aye abengamanzi kumaqondo obushushu nokubanda)

Umthelela emzimbeni: Zingawathoba amazinga e-LDL cholesterol zehlisese nengcipheko zesifo sentliziyo.

Ukhetha nini: Khetha kakhulu iindawo zokutya ezingenawo amafutha acoliwego.

Intsukaphi ekutyeni: amafutha e-Olive, amafutha esifonyo-fonyo, amafutha e-sesame, amafutha amantongomane, amafutha e-canola, i-oleic eziphezulu ezahlukeneyo ze-safflower kwakunye namafutha e-sunflower, olives, isifonyo-fonyo, amantongomane, amantongomane omthi (almonds, cashews, hazelnuts, pistachios, pecans), imbewu (yethanga and sesame)



i-POLY-UNSATURATED FATS

(aye abengamanzi kumaqondo obushushu nokubanda)

Umthelela emzimbeni: Zingawathoba amazinga e-LDL cholesterol zehlisese nengcipheko zesifo sentliziyo.

Amafutha e-Polyunsaturated wona ane omega-3 fats and omega-6, zombini ezi ndidi zamafutha zibalulekile kwaye zifanele kusetyenziswa.

Ukhetha nini: Khetha kakhulu iindawo zokutya ezingenawo amafutha acoliwego.

Food Sources: Intlanzi enamafutha (salmon, trout, herring, mackerel, sardines), walnut, imbewu egubekileyo, imbewu, amafutha e-canola oil, amafutha amantongomane, axseed oil, uqobelo lwentlobo eziphezulu ze-linoleic sunflower kwakunye namafut5ha e-sunflowe, amafutha ombona, amafutha embotyi



linkozo zizondlo eziphucuke kakhulu kwaye ziye zinikezele izinto ezifana nee-minerals, timanins B kwakunye no-vitamin E, kwakunye ne-fiber. Enye into zityebile ekulweni izifo ngukba zine-antioxidants kwakunye ne-phytochemicals. Uphando olwenziwayo luyacela ukuba iinkozo ezi ziyazinciphisa izifo ezifana nesomhlaza (ingakumbi i-colorectal cancer), isifo sentliziyo, stroke, swekile, kwakunye nokutyeba.

	ISONDLO [1 YEKOMITYI EPHEKIWEYO]			Zinikezela ntoni kumajoni omzimba:		
i-RICE EMDAKA	Calories Carbohydrate Fiber Protein	200 43 g 3 g 5 g		magnesium phosphorus selenium manganese	niacin thiamin vitamin B6	
i-QUINOA*	Calories Carbohydrate Fiber Protein	222 39.4 g 5.2 g 8.1 g		protein fiber magnesium phosphorus	copper manganese thiamin folate	
i-OATS	Calories Carbohydrate Fiber Protein	166 28 g 4 g 6 g		protein fiber iron magnesium	phosphorus potassium manganese zinc	
i-BUCKWHEAT*	Calories Carbohydrate Fiber Protein	155 34 g 4.5 g 5.7 g		protein fiber magnesium phosphorus	copper manganese riboflavin niacin	
AMAZIMBA*	Calories Carbohydrate Fiber Protein	228 56 g 1 g 7 g		protein fiber phosphorus potassium	manganese selenium vitamin B6	
IRHASI	Calories Carbohydrate Fiber Protein	193 44 g 6 g 3.5 g		protein fiber magnesium copper	manganese riboflavin niacin	
i-BULGUR [iinkozo]	Calories Carbohydrate Fiber Protein	151 34 g 8.2 g 5.6 g		protein fiber magnesium phosphorus	manganese niacin	
i-Farro [iinkozo]	Calories Carbohydrate Fiber Protein	220 48 g 10 g 12 g		protein fiber magnesium phosphorus	iron copper manganese niacin	

T Olu lwazi lulapha, lucaphulwe kwi-website ekuthiwa yi-Oldways Whole Grains Council. i-The Whole Grains Council liqela apho lingafumani nxaso zemali ndawo, kodwa zifuna uluntu lutyelaku hle.[wholegrainscouncil.org]

linkozo	Amanzi	Ixesha lokuphelka	Umyinge
i- Rice emdaka	2 ½ yekomityi	25-45 yemizuzu (iyohluka)	3 yekomityi
i-Quinoa	2 yekomityi	12-15 yemizuzu	3 yekomityi
i-Oats,	4 yekomityi	30 yemizuzu	3 yekomityi
i-Buckwheat	2 yekomityi	20 yemizuzu	4 yekomityi
Amazimba	4 yekomityi	25-40 yemizuzu	3 yekomityi
Irhasi	3 yekomityi	45-60 yemizuzu	3 ½ yekomityi
i-Bulgur	2 yekomityi	10-12 yemizuzu	3 yekomityi
i-Farro	2 ½ yekomityi	25-40 yemizuzu	3- yekomityi

Cooking time may vary depending on the type of liquid used.