



**Mphalane 2022**

**(Sesotho)**

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# **Phepo bakeng sa Bophelo bo Botle ba Pelo**

**MAANO A PHEPOE  
NEPAHETSENG**

Lehlabula le fihlile, le ka boemo ba leholimo bo futhumetseng le matsatsi a phomolo a lehlabula a ntse a atamela, ho boholokoa ho tsepamisa maikutlo ho ja hape bakeng sa pelo e phetseng hantle, haholoholo kaha re tloaetse ho thabela botsoalle haholoanyane, le ho thabela monate oa nako ea selemo (*bona malebela a ho etsa khetho e nepahetseng ha u ja lireschorenteng!*)!

Ka phepo e nepahetseng, Mekhoa e fapaneng ea ho ja ka mokhoa oikhethileng e ka fihlela litlhoko tsa motho ea nang le lefu la pelo (HF) hamolemo ha e bapisoa le lithibelo tsa mokelikeli le sodium feela. ka hona re tsoela pele ka mokete oa rona oa lijo tsa mantsiboea, le mofani oa tlhokomelo ea bophelo e le moamoheli ea fanang ka baeti/bakuli ka mokhoa o nepahetseng oa phepo ho ho fihlela sepheo sa bona sa taolo ea ho hloleha ha pelo le monyetla oa ho matlafatsa maqheka ana a ho silila



le monyetla oa melaetsa le maano ana ka linako tse ling

## HO KOPANA LE BAETI

Ernest o hae ka mor'a ho tšoaroa ke lefu la matšoaf le ileng la mo siea a fokola 'meleng a bile a khathetse.Ha a sireletsehe ha a na takatso ea lijo Histori ea ho tsuba sakerete le liketsahalo tse ngata tsa bronchitis e sa foleng li entse hore a be le bothata bo sa foleng ba ho hema..Le hoja a kile a phela hantle, o ile a tlameha ho fallela sebakeng se thusang moo a neng a ka fumana thuso ea mesebetsi ea letsatsi le letsatsi.

**Ernest G. Exchange**



**Doris D. Knowledge**



Haesale a ikhantsa ka mesebetsi ea hae ea boithabiso le ho ba mafolofolo haholo kerekeng.Ka mor'a ho buuo ka pelo nakong e fetileng bakeng sa mathata a lefu la methapo ea pelo, haufinyane tjena o ile a fumanoa a e-na le lefu la pelo ka mor'a ho hema ka thata le ho eketsa ha boima ba 4.5kg.Ho fana ka maikutlo ho mofani oa hae oa tlhokomelo ea bophelo hore ha a na tsebo ka litlhoko tsa hae tsa meriana (sethethefatsi se diuretic, alipid-low, le antiarrhythmic drug)le liphetoho tsa phepo ea hae (mafura a fokolang haholo, a laolehileng matla, le lijo tse nang le letsoai le lenyenyan).oa tseba hore o kotsing e kholo ea ho kena sepetlele kapa o fokotsehile sechabeng haeba a sa lumellane le likhonthaletso tsa mofani oa tlhokomelo ea bophelo.



O 'nile a lula hae a se na matla kapa tšusumetso ea ho etsa ntho leha e le efe ka ntla ho ntlo ea hae.Le hoja e kile ea e-ba setsoalle, bohloko ba hae bo sa foleng ba maoto bo ile ba etsa hore a itšetlehe ka batho ba bang bakeng sa thuso ea ho boloka ntlo le ho reka korosari.o boetse o sebetsana le mathata a lefu la tsoekere, ho kula ha meriana le liphetoho tsa morao tjena tsa bolulo, tse mo sithabelitseng maikutlong.E ne e kile ea e-ba seapehi se hloahloa se nang le mahlale a ho tšoara mekete ea lijo tsa mantsiboea, o ne a bontša thahasello e fokolang ea botsoalle.



**Angela A. Intolerance**

## MOKHOA OA HO JA LIJO

Ho ts'ehetsa, ho kothaletsa le ho ruta baeti ba hau ho keteka lehlabula, o rera moetlo oa 'nete o kenyelletsang lijo, moruo le bophelo bo botle.

1. **I litholoana tse ngata tse mebala-bala le tse ncha tsa selemo ho tšehtesa sesole sa 'mele le bophelo bo botle ba pelo:** Mohato o mong le o mong oa karabelo ea 'mele ea ho itsireletsa mafung o itsetleha ka boteng ba limatlafatsi tse ngata. Mehlala ea limatlafatsi tse fumanoeng e le tsa bohlokoa bakeng sa kholo le ts'ebetso ea lisele tsa 'mele tsa ho itsireletsa mafung li kenyelletsa vithamine C, vithamine D, zinki, selenium, tšepe, le protheine ea boleng bo holimo. Li fumaneha mefuteng e fapaneng ea lijo tsa limela le liphoofolo. Lijo tse fokolang ka mefuta-futa le tse fokolang tsa limatlafatsi, tse kang haholo-holo tsa lijo tse entsoeng ka bongata le tse haelloang ke lijo tse fokolang lijo, li ka ama tsamaiso ea 'mele ea ho itsireletsa mafung hampe. Hape ho lumeloa hore lijo tsa bophirimela tse nang le tsoekere e hlockisitsoeng le nama e khubelu le litholoana le meroho e fokolang li ka kothalletsa tšitiso ea likokoana-hloko tse phelang hantle tsa mala, e leng se etsang hore ho be le nako e telele ho ruruha ha mala, le ts'ireletso e amanang le eona e hatelletsoeng .
2. **Ho tlosa mafura a mabe (a tletseng le a trans) ka mafura a phetseng hantle (monounsaturated le polyunsaturated) se molemo bakeng sa pelo ea hau (sheba leqephe la litaba).** Ka kakaretso, khetha oli e nang le ligrama tse ka tlase ho 4 tsa mafura a mafura ka khaba e le 'ngoe,' me ha ho na oli e nang le hydrogenated kapa mafura a trans, I ka fumana hore lioli tse ling li na le tatso eikhethang, kahoo leka mefuta e fapaneng ho fumana hore na u rata bopelo ,kahoo o ka batla ho ba le mefuta e fetang e le 'ngoe sebakeng sa hau sa polokelo.
3. **Ho ja lijo tse nang le letsoai le lengata (sodium) hangata, ho pheha lijo / lijo ho tloha qalong le ho fokotsa ho ja lijo tse entsoeng kapa tse bonolo,** kaha e ka thusa ho noa sodium, ho theola khatello ea mali le/kapa ho thibela khatello e phahameng ea mali (HBP kapa khatello ea mali) hore e se ke ea hlaha qalong. .
4. **Kenyelletsa lijo-thollo tse ngata lijong tsa hau**, kaha lithollo tsa lijo-thollo li na le likarolo tse tharo - bran, endosperm, le kokoana-hloko - e u fang phytonutrients, divithamini le li-antioxidants, tse sireletsang khahlanong le mafu a sa foleng. Hape leka **le ho kenyelletsa lijo-thollo tsa khale,nd include ancient grains**, eo ho fapana le lijo-thollo tsa sejoale-joale tse kang koro, poone le raese, lijo-thollo tsa khale ha li e-so ka li sebetsoa ka hybridization kapa liphatsa tsa lefutso, li lengoa joalo ka ha li ne li le teng lilemong tse sekete tse fetileng. Li na le mabitso a melumo e sa tloaelehang joalo ka teff,einkom,emmer, amaranth,millet,quinoa,raese e ntšo, harese e ntšo le spelled . 'Me li paka lebota la phepo , ka linako tse ling li fana ka protheine e ngata, fiber le vithamine ho feta lijo-thollo tsa kajeno.



## DIRESEPE

Li-pancake tsa mabele a bonolo

Litlama tse halikiloeng le li-skewers tsa khoho ea lemone

salate ea chakalaka e entsoeng hae

Beet e nyenyane e halikiloeng le salate ea chisi ea pōli

Kopitsa ea chickpea e halikiloeng

Salate ea jareteng e nang le makhasi a manyenyane a spinach, lettuce, li-mushroom tsa li-slide, onion e khabelu le moaparo o tlaase oa yoghurt.



Hape, kenyelletsang koranteng ena ha re ntse re atamela nako ea matsatsi a phomolo ke tataiso e nang le malebela le malebela a ho etsa khetho e nepahetseng ha ho jeoa.

## DIRESEPE

### Li-pancake tsa mabele a bonolo

#### Lisebelisoa

- 1 le 1/2 senoelo sa phofo ea mabele
- 1/2 senoelo sa phofo ea raese
- 1 teaspoonea tsoekere
- 1 and 1/2 teaspoons letsoai
- 1 and 1/2 teaspoons tomoso e nyolohang ka potlako
- 1 and 1/2 senoelo sa metsi a futhumetseng
- 2 tablespoons lero la lemone (ho ikhethela, empa le fana ka tang e ntle)



#### Lisebelisoa

1. Ka sekotlolo se kopanyang kapa ho kenya pitsa ea hang-hang, kopanya hammoho phofo ea sorrum, phofo ea raese, tsoekere, letsoai le tomoso e ntseng e phahama ka potlako. Afd metsi a futhumetseng 'me u kopanye hantle.
2. Beha pitsa ea hang-hang 'me u behe ka mokhoa oa yogurt bakeng sa lihora tse 1 le 1 / 2. Haeba ho khoneha fana ka motsoako pakeng tsa.
3. Haeba ha u na kapa u sa batle ho sebelisa pitsa hang-hang, hlohlleletsa motsoako, koahela 'me u behelle ka thōko sebakeng se futhumetseng (hoo e ka bang 65degrees) ka lihora tse 3.
4. Motsoako o lokela ho ba lerootho le ho phatloha ha o se o loketse.tsubella ka lero la lemone haeba o sebelisa.
5. Chesa tšepe e entsoeng ka tšepe kapa skillet e 'ngoe e boima. Tlosa hanyenyane.Betsa mocheso hanyenyane . tšela ladle e tletseng botoro.Koahela 'me u phehele metsotso e 3, tlosa sekoahelo,motsoako oa hau o lokela ho beha' me pancake / crepe e lokela ho tsoa habonolo ho pan .haeba e sa e fe nako e eketsehileng.Fetola ka lehlakoreng le leng 'me ka metsotsoana e ka bang 20 ho isa ho e 30.
6. Tsoela pele ka tsela ena ho fihlela batter eohle e felile. Natefeloa ka sechu seo u se ratang haholo kapa u futhumetse ka jeme kapa topping efe kapa efe.

## **Litlama tse halikiloeng le Li-skewers tsa Khoho ea Lemone**

Li-skewers tsa khoho ea lemone tse bonolo tse nang le konofolo le litlama li monate, bophelo bo botle le ho potlaka ho etsa hore e be tse phethahetseng bakeng sa lijo tsa mantsiboea tsa lehlabula tse fanoang ka lijana tse bonolo.

Lisebelisoa

### **Bakeng sa marinade:**

- $\frac{1}{4}$  senoelo sa oli ea mohloaare
- $\frac{1}{4}$  senoelo sa lero la lemone
- Zest ea 1 lemon
- 2-3 konofolo cloves e sithabetseng
- 2 tsp thyme e ncha
- 2 tsp rosemary
- 1 tsp Oregon e omileng
- 1 tsp letsoai
- 1 tsp pepere



### **bakeng sa skewers :**

- 4 sefuba se seholo sa khoho se se nang letlalo, se se nang masapo
- skewers lehong soaked ka a phehile metsi bakeng sa metsotso e 30

### **mokhoa:**

1. kopanya lisebelisoa tsohle tsa marinade.
2. Sela khoho ka likotoana tse boholo ba ho loma ebe u li beha ka sekotlolo. Tšela marinade, koahela 'me u lumelle ho marinade bonyane metsotso e 30 empa ho fihlela lihora tse 24, li koahetsoe ka sehatsetsing.
3. Tšela khoho ea marinade ho li-skewers tse entsoeng ka lehong kapa li-skewers tsa tšepe.
4. Chesa grill kapa stovetop grill pan ebe u pheha skewers, u fetola metsotso e meng le e meng e 3-5, ho fihlela khoho e phehiloe 'me e le putsoa ka khauta mahlakoreng 'ohle.

## **Salate ea chakalaka e entsoeng hae**

### **Lisebelisoa:**

- 1tbsp oli
- 1 onion e kholo, e khaotsoe
- 2 pepere e khubelu e khaotsoeng
- 1 hlooho ea cauliflower, e robekileng ka florets
- 1tbsp garam masala
- 1tbsp tsoekere e sootho e bonolo
- 5 large tamati e kholo, hoo e ka bang e khaotsoe
- 400g Linaoa tsa cannelloni tsa tin, li tšolotsoe le ho hlatsuoa
- 4tbsp coriander e ncha e khaotsoeng



### **Mokhoa:**

1. Chesa oli ka pane e halikiloeng ebe u pheha onion le pepere ho fihlela e le bonolo, hoo e ka bang metsotso e 15, Ho sa le joalo, chesa cauliflower ho fihlela e le bonolo empa e boloka ho loma 'me u tlohele ho ntša metsi.
2. Hona joale eketsa garam masala le tsoekere ho pepere 'me u phehele metsotso e seng mekae. eketsa tamati, fokotsa mocheso ebe o pheha metsotso e 15.Litamati li tla etsa sauce bakeng sa letsatsi.haeba li butsoitse, eketsa metsi a seng makae.
3. Hang ha e se e phehiloe, fetisetsa sekotlolo se seholo 'me u kenyé linaoa le cauliflower.season.U ka' na ua hloka ho pepeta lero la lemone. hang ha ho bata, eketsa coriander 'me u sebelise.

# **Li-Beetroot tse Nyenyane tse Besitsoeng le Salate ea Chisi ea Poli**

## **Lisebelisoa:**

- 5 li-beet tse mahareng
- 1tšela oli ea mohloaare
- letsoai le pepere e ntšo e fatše ho latsoa
- Mahe a 2 a otloa
- $\frac{1}{2}$  kopí ea phofo eohle
- $\frac{1}{2}$  cup dry bread crumbs
- 1 (4 ounce) log pōli chisi, khaola li-medallions
- 1 senoelo sa oli ea canola
- 1 (8 ounce) pakete e tsoakiloeng salate meroho
- 2 thispone e halikiloeng peo ea soneblomo, kapa ho latsoa boikhethelo



2 thispone balsame asene apara, kapa ho latsoa

## **Mokhoa:**

1. .lokisa onto ho likhato tse 250 F (120 degrees C)
2. Tšela li-beet ka oli ea mohloaare 'me u tšelete li-beet ka letsoai le pepere ka foil ea aluminium ebe u li beha ka sejana se seholo sa ho baka.
3. E besoa ka ontong e futhumetseng ho fihlela li-beet li phunya habonolo ka thipa, metsotso e 45 ho isa ho lihora tse 2, ho latela boholo.
4. Tlosa li-beet ka ontong 'me u lumelle ho pholile hanyenyane, u phutholohe ho boloka lero leha e le lefe le ka har'a foil ea aluminium.ebola li-beet ka tlas'a metsi a futhumetseng, khaola ka li-cubes, 'me u li behe ka sekotlolo.
5. Beha mahe, phofo le makumane a bohobe lijana tse arohaneng tse 3. noa tsohle ka letsoai le pepere.
6. Lahlela chisi e 'ngoe le e 'ngoe ea Medallion ka mahe ho apesa, u tsamaee ho phofo le ho apesa ebe u tšela likotoana tsa bohobe, u li koahela ka mahlakore ka bobeli ka ho lekana.Fetisetsa li-medallion ka poleiti ebe u li beha ka sehatsetsing ho tiisa metsotso e ka bang 5.
7. Besa oli ea canola holim'a mocheso o itekanetseng ka paneng ho fihlela e kokobetsa. Beha chisi ea pōli ea medallion ka har'a oli e chesang le ho fihlela khauta, hoo e ka bang 1 minute ka lehlakoreng le leng.Tlosa ho tloha ho phetiso ea oli ho poleiti e nang le lithaole tsa pampiri.
8. .Beha bethe ea meroho e tsoakiloeng ka platter ea ho sebeletsa le holimo ka li-beet le li-medallions tsa chisi ea pōli.fafatsa ka peo ea soneblomo.Fafatsa ka moaparo oa balsame le lero la beet le bolokiloeng.

**Lierekisi tse halikiloeng**

Rotha ea chickpea, eo hape e tsejoang e le hummus, ka moetlo e entsoe ka tahini e leng peista ea peo ea selemo. Leha ho le joalo, tahini e ka bitsa chelete e ngata kapa ho thata ho e fumana .Ka ho halika halofo ea lierekisi ka lipeo tsa kumine pele u li kopanya ,hummus e ntse e na le tatso ea linate.

### Lisebelisoa:

- 820 g li-chickpeas tse entsoeng ka makotikoti, tse tšolotsoeng, empa u boloke mokelikeli
- 2 Cloves e kholo ea konofolo, e sithabetseng
- 75 ml soneblomo kapa oli ea mohloaare
- 5 ml peo ea kumine
- 5 ml Kumine e fatše
- 100 ml lero la lemone
- $\frac{1}{4}$  tsp letsoai
- pepere e ntšo ho latsoa



### mokhoa:

1. preheat ontong ho ea ho 180c 'me u keny'e terei e nyane ea ho baka ka foil.omisa lierekisi ka thaole ea pampiri, beha 1 ea makotikoti a chickpeas ka konofolo, 30ml (2tbsp) ea oli.le peo ea kumine ka sekotolo se seholo ebe u kopanya ho apesa lierekisi.
2. Beha li-chickpeas tsa ho roala ka oli le li-seasoning holim'a terei ea ho baka 'me u chese metsotso e 15/20 ho fihlela e le putsoa ka khauta.
3. Beha li-chickpeas tse halikiloeng ka oli le linoko tse tsoang tereing, ka sekotolo se seholo.eketsa li-chickpeas tse setseng, oli, kumine ea fatše le lero la lemone.eketsa 50ml ea mokelikeli o bolokiloeng ho tloha ka thini. Kopanya ho etsa motsoako oa chunky le nako ea ho latsoa.eketsa metsi a mangata, haeba u rata ho qoelisoa hamonate.
4. Sebeletsa e le karolo ea lijo tsa mots'eare ka li-veggies tse ncha joalo ka lihoete, celery, likomkomere le linaoa tse tala.E boetse e monate ka bohobe, sandwich efe kapa efe kapa joalo ka qoello ea pita wedge ea koro.

### Malebela:

1. Kenya ka sehatsetsing ka har'a sejana se sa keneleng moea ka matsatsi a 4-5.
2. Haeba u lakatsa, tšela ka yogurt e se nang mafura a mangata bakeng sa ho qoelisa ka creamier.

## **Sebeletsa ka a**

Salate ea jareteng e nang le makhasi a manyenyane a spinach, lettuce, li-mushroom tse sehiloeng, eie e khubelu le moaparo oa yoghurt ea mafura a tlaase.



# Khatelloea Sechaba

etla tselo:ho ja ntla

Batho bao rejang le bonale khetho eo  
ba eka ama seo re se jang le hore na re  
ja bokae

Lebella esale pele khatello eo sechaba eo u ka e  
utloang ka lik'hamhani tsa hau tsa ho jela.

- Sisisny a lireschorente tse nang le metle eo  
motho e mong le e mong a tla e thabela.
- Ltsoarele tafoleng ha batho ba ntse ba  
arolelana lijo tseou lekang ho li qoba.
- Hana ka hlompo kapa u nke karolo e  
nyenyane ea ntho eo u lekang ho e qoba  
kapa ho longoa hanyenyane "me u je butle."
- Qala moqoqo o bulehetseng metsoalle le ba  
lelapa ka lipakane tsa hau tsa ho ja hantle le  
mathata ao u tobanang le "ona ha u jella  
lireschorenteng li ka u thusa hore u iketsetse  
takatso ea hau ea ho ja hantle.

## MORALO OA PAPALI

- Laela pele 'me u etelle pele ka mohlala
- Rera esale pele
- Qala ho ja hantle
- Qoba ho iponahatsa u lapile
- Order first and lead by example
- Qala ho ja hantle
- Ja butle "me u etse khefu pakeng tsa ho  
longnoa le leng

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**HEFSSA**  
HEART FAILURE SOCIETY  
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Hantle mantsoe a latelang a  
hlalosa lijana tse nang le  
lik'hilojule tse ngata le ho  
fokotsa lik'halori le mafura a  
mafura :

Fried  
Sautéed  
Buttery  
Pan-fried  
Au gratin  
Creamy  
Scalloped  
A la mode  
Breaded  
Crispy  
Rich  
Al fredo  
Battered  
Stuffed

Mantsoe a latelang hangata  
a hlalosa lijana tse nang le  
lik'hilojule tse fokolang le  
mafura a mangata:

Braised  
Roasted  
Steamed  
Grilled  
Broiled  
Pan-seared  
Broth



Ho tseba feela se boleloang ke mantsoe ana ho lokiseng  
risepe ho tla u thusa ho etsa mabapi le hore na ua pdara  
kapa che,O odara ka chelete e fetotsoeng kapa o  
arolelalana ,kapa ha o kopa hore sejana se lokisoe ke tsela  
o fannanana

otla tselo haja ntle

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Lijo tsa ho jella le atisa ho ba tse amohelehang haholo ha ho tluoa tabeng ea ho lokisa lijana bakeng sa bareki; Kahoo u se be lihlong ho botsa 'Mehato e'meli e bonolo ke ho laola boholo ba karolo ea lijo tse nang le lik'halori tse ngata le ho kopa tse ling .

### Phaphanyetso : Lipotso tsa ho botsa seva...

- Karolo ea sejana/ntho ee e kholo hakae?
- Na ho na le tse nyane tsa boholo?
- A na nka fuoa halofo e pakiloeng ka lebokoseng la ho ea?
- Ke kopa on behelle moapro/soso ka thoko.
- Re tla arolelana .Na o ka re arolela sejane?

### Taolo ea karolo : Lipotso tsa hö botsa seva

- O na le bohobe ba koro,raese e sotho kapa mefuta e meng ea lijo -thollo ?
- Nka fuoa lehlakore la salate kapa meroho ho fapania le kapa ho ekelletsa X?
- Nka fuoa tholana ho fapania le X?
- Nka fuoa khoho e eketsehileng ho fapania le bacon ka salate?

**E-ba le boiqapelo 'me use ke ua iphapanyetsa karolo e le 'ngoe ea menu.**

**Haeba u sa bona sejana sa mantlha se lumellanang le moralo kapa tatso ea hau ,u ka etsa lijo ka mahlakoreng kapa lipolietsa tsa nyane.**

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# Mafura kaofela ha a boptjoa a lekanal

Mafura a jeoang a boholokoa ho ts'ehetsa metabolism, bophelo bo botle ba boko le tsamaiso ea methapo, matšoao a lisele, ho itšireletsa mafung, tlhahiso ea lihormone, le ho monya ha livithamine tse qhibilihang ka mafura -empa mafura 'ohle ha a bōptjoe a lekana. Lijo li na le motsoako oa mefuta e fapaneng ea mafura, empa lijo tse ling li na le motsoako o molemo ho feta tse ling. Ho khetha lijo tse totobatsang mafura a phetseng hantle le ho fokotsa mafura a sa pheleng hantle e le karolo ea mokhoa oa ho ja o lebositsoeng ho semela ho ka kothaletsa bophelo bo botle. attern can promote optimal health.



## KHOPOTSO MAFUTA ( e tiileng ka mocheso wa kamore )

Phello 'Meleng: E ka eketsa maemo a cholesterol ea LDL le kotsi ea lefu la pelo. Nako ea ho khetha: E-ja lijo tse itekanetseng: Nama e halikiloeng, nama e phehiloeng (boroso, bacon, hotdog, nama ea deli joalo ka salami), Lebese le feletseng la Mafura le chisi, botoro, ghee, oli ea palema, oli



## LITŠOANTŠISO MAFUTA (E tiileng ka mocheso oa kamore)

Phello 'Meleng: E ka phahamisa maemo a cholesterol ea LDL le ho theola Maemo a k'holeseterole: Ho ja mafura a trans ho amahanngoa le kotsi e eketsehileng ea lefu la pelo. Nako ea ho khetha: Mafura a Trans a lokela ho qojoa ka ho feletseng. Mehloli ea lijo: lijo tse phehiloeng tse nang le "oli e nang le hydrogenated" e khutsufatsang, lihlahisoa tse halikiloeng tse (likuku, li-muffin, likuku, li-crackers), serame sa khoebo, likuku tse omisitsoeng/metsoako ea likuku, metsoalle e meng .



## MONOUNSATURATED MAFUTA ( Mokelikeli mochesong oa kamore )

. Phello 'meleng: E ka fokotsa cholesterol LDL le ho fokotsa kotsi ea lefu la pelo ha e sebelisoa sebakeng sa mafura a mangata le mafura a trans. fats. ho khetha: Khetha hangata sebakeng sa lijo tse nang le mafura a mangata .

Mehloli ea lijo: oli ea mohloaare, oli ea avocado, oli ea sesame, oli ea peanut, oli ea canola, mefuta e mengata ea safflower, oli ea soneblomo, mohloaare, makotomane a avocado, linate tsa sefate (almonde, cashews, hazelnut, pistachios, pecans), peo ea peo (mokopu le sesame).



## POLY - MAFUTA A SA KHOTSOANG (Mokelikeli mochesong oa kamore)

Phello 'Meleng: e ka theola cholesterol ea LDL le ho fokotsa kotsi ea lefu la pelo ha e sebelisoa sebakeng sa mafura a mangata le mafura a trans. Mafura a polyunsaturated a kenyelletsa mafura a omega 3 le omega 6, Ka bobeli li boholokoa hobane li tlameha ho nkao ka mokhoa oa ho ja.nako ea ho khetha: Khetha hangata sebakeng sa lijo tse nang le Mafura a khorelelitsoeng kapa mafura a trans.

Mehloli ea lijo:Litlhapi tse mafura,(salmon, trout, herring, mackerel, sardines), walnut, ground axseed, chia oil, canola oil, peanut oil, axseed oil, original high -linoleic mefuta ea SA owe,r le sun ower Oli ea poone, soybean oil.



Lijo -thollonke mohloli o babatsehang oa limatlafatsi tse kang ,livithamini Ble E,le fiber .Liboetse ruile ka mafu-ho loantsa li -antioxidants le li-phytochemicals.Lipatlisiso li bontsa horelojo-thollo li kenya letsho ho fokotsa koti ea kankere [haholo -holo kankere eacolorectal],lefu la pelo ,stroko, lefu la tsoekere le botenya.

	PHEPO [KOPI E PHEHILOENG]	MEHLOLIE E METLE EA:			
<b>BROWN RAESE</b>	likhalori khabohaetereie Fiber Protheine	200 43 g 3 g 5 g	magnesium phosphorus selenium manganese	niacin thiamin vitamin B6	
<b>QUINOA*</b>	likhalori khabohaetereie Fiber Protheine	222 39.4 g 5.2 g 8.1 g	protheine fiber magnesium phosphorus	koporo manganese thiamin folate	
<b>OATS</b>	likhalori khabohaetereie Fiber Protheine	166 28 g 4 g 6 g	protheine fiber tsepe magnesium	phosphorus potasiamo manganese zinki	
<b>BUCKWHEAT*</b>	likhalori khabohaetereie Fiber Protheine	155 34 g 4.5 g 5.7 g	protheine fiber magnesium phosphorus	koporo manganese riboflavin niacin	
<b>MABELE*</b>	likhalori khabohaetereie Fiber Protheine	228 56 g 1 g 7 g	protheine fiber phosphorus potasiamo	manganese selenium vithamine B6	
<b>BARLEY</b>	likhalori khabohaetereie Fiber Protheine	193 44 g 6 g 3.5 g	protheine fiber magnesium koporo	manganese riboflavin niacin	
<b>BULGUR [wheat]</b>		151 34 g 8.2 g 5.6 g	protheine fiber magnesium phosphorus	manganese niacin	
<b>FARRO [wheat]</b>	likhalori khabohaetereie Fiber Protheine	220 48 g 10 g 12 g	protheine fiber magnesium phosphorus	tsepe koporo manganese niacin	

# MOKHOA OA HO PHEHA LIJO-THOLLO TSE

## FELLETSENG

*and psuedo-grains*

Litha tse boletsong mona li nkiloe sebakeng sa khale sa lekhotla la wholegrain council ke sehlopa sa bobuelli ba bareki ba sa esteng phaello se sebetsang ho eketsa tsebeliso ea lijo - thollo bakeng sa bophelo bo botle bo berete. [wholegrainscouncil.org]

Lijo -thollo	Mokelikeli	Nako ya ho pheha	Khefutsa
1 c. Rice, brown	2 ½ likopi	25-45 metsotso (varies)	3 Likopi
1 c. Quinoa	2 likopi	12-15 metsotso	3 likopi
1 c. Oats, steel cut	4 likopi	30 metsotso	3 likopi
1 c. Buckwheat	2 likopi	20 metsotso	4 likopi
1 c. Sorghum	4 likopi	25-40 metsotso	3 likopi
1 c. Barley, hulled	3 likopi	45-60 metsotso	3 1/2 likopi
1 c. Bulgur	2 likopi	10-12 metsotso	3 likopi
1 c. Farro	2 ½ likopi	25-40 metsotso	3likopi

Nako ea ho pheha e ka ho latela mofuta oa mokelikelio  
sebedisoang.

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