



**MFUMFU 2022**

(isiZulu)

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# Ukudla Okunempilo Kwenhliziyo

## AMASU OKUDLA OKUNOMSOCO

Lhlobo selifikile , futhi ngesimo sezulu esishisayo kanye namaholide ehlobo asondela, kubalulekile ukugxila futhi ekudleni ukuze uthole inhliziyo enempilo, ikakhulukazi njengoba sijwayele ukuhlangana nabantu abanangi, futhi sithokozele ukunethezeka kwesizini (*bona amathiphu okuthi ungakwenza kanjani ukukhetha okunempilo lapho udlala ngaphandle!*)!

Ngokokudla okunomsoco, izindlela zokudla eziphelele ezinokuguquguquka komuntu ngamunye zingahlangabezana nezidingo zabantu abanesifo senhliziyo (HF) kangcono uma kuqhathaniswa nemikhawulo yoketshezi kanye nesodium kuphela. Ngakho-ke siyaqhube ka nephathi yethu yesidlo sakusihlwa esilingiswayo, nomhlinzeki wezokunakekelwa kwempilo njengosokhaya enikeza iziguli ukungenelela okunomsoco okufanele ukuze kusebenze imigomo yazo yokulawula ukuhluleka kwenhliziyo kanye nethuba lokuqinisa lezi. massage kanye namasu ngezikkhathi ezivamile.

**Mw hlangabeze  
izivakashi:**



**Ernest G. Exchange**



**U-Ernest usekhaya ngemva kokuhlushwa inyumoniya eyamshiya  
ebuthaka emzimbeni futhi ekhathele.**



Umlando wokubhema ugwayi kanye neziqephu eziningi ze-bronchitis engapheli kuye kwamenza waba nenkinga yemishini yokuphefumula engapheli.Nakuba umuntu ekhuthele ngokomzimba, kwadingeka athuthele endaweni ewusizo lapho ayengathola khona usizo

**Doris D. Knowledge**



**Wayehlale ezigqaja ngemisebenzi yakhe yokuzijabulisa nokukhuthala  
kakhulu esontweni.**



Ngemuva kokuhlinzwa kwenhlizyo okwedlule ngenxa yezinkinga ze-coronary artery disease, muva nje kutholakale ukuthi unesifo senhlizyo ngemuva kokuphelelwa umoya kanye nokunyuka kwesisindo esingu-4.5 kg.Ukwazisa umhlinzeki wakhe wezempiro ukuthi akanalo ulwazi mayelana nezidingo zomuthi wakhe (i-adiuretic, i-alipid-low drug , kanye nomuthi ovimbela ukuqina kwemithambo yegazi)kanye nokuguqulwa kokudla kwakhe ukudla okunamafutha agcwele kancane , ukudla okulawulwa amandla, nokudla okunosawoti omncane).uyazi ukuthi usengozini enkulu

**Angela A. Intolerance** ☺

**Uhlale ekhaya engenawo amandla noma ugqozi lokwenza noma yini  
ngaphandle kwendlu yakhe.**



Nakuba wake waba nenhakkahle yomphakathi, ubuhlungu bakhe obungapheli emlenzeni obubangelwa i-diabetesic neuropathy buye bambangela ukuba athembele kwabanye ukuze bathole usizo lokugcinwa endlini kanye nokuthenga igrosa.futhi ubhekene nezinkinga zesifo sikashukela, ukusabela kabi kwemithi, noshintsho lwamuva nje lwezindawo zokuhlala, okuye kwamlimaza kakhulu ngokomzwelo.Wake waba ngumpheki ophambili onekhono lokusingatha amaphathi esidlo sakusihlwa, manje usekhombisa intshisekelo enciphile

## Indlela Yokudla Okunomsoco

Ukuze usekele, ukhuthaze futhi ufundise izivakashi zakho kanye nokugubha ihlobo, uhlela isiko langempela elibandakanya wonke umuntu, ukonga kanye nemenyu enempilo yenhliziyo.

1. **Inqwaba yezithelo nemifino emibalabala futhi emisha yesizini ukusekela amasosha omzimba nenhliziyo enempilo:** Isigaba ngasinye sokuphendula kwamasosha omzimba sincike kuma-micronutrients amaningi. Izibonelo zezakhamzimba ezhlonzwe njengezibalulekile ekukhuleni nasekusebenzeni kwamangqamuzana omzimba omzimba zihlanganisa uvithamini C, uvithamini D, i-zinc, i-selenium, i-iron kanye namaprotheni asezingeni eliphezulu. Zitholakala ezinhlobonhlobo zokudla kwezitshalo nezilwane. Ukudla okunomkhawulo ezinhlobonhlobo nezakhamzimba eziphansi, njengokuhlanganisa ikakhulukazi ukudla okugayiwe kakhulu kanye nokuntuleka kokudla okugaywe kancane, kungathinta kabi isimiso somzimba sokuzivikela ezifweni esinempilo. kholelwa futhi ukuthi ukudla kwasentshonalanga okunoshukela ocolile kanye nenyama ebomvu kanye nezithelo nemifino ephansi kungakhuthaza ukuphazamiseka kumagciwane amathumbu anempilo, okuholela ekuvuvukeni okungapheli kwamathumbu, kanye nokuzivikela komzimba okucindezelayo okuhambisanayo.
2. **Ukushintsha amafutha amabi (agcwele futhi aguqliwe) ngamafutha anempilo (i-monounsaturated ne-polyunsaturated), elungele inhliziyo yakho (bheka ishidi lolwazi ).** Ngokuvamile khetha amafutha anamagremu angaphansi kwama-4 amafutha agcwele isipuni ngesipuni, futhi awekho ingxenye yamafutha e-hydrogenated noma amafutha e-trans. Ungathola ukuthi amanye amafutha anokunambitheka okuhlukile, ngakho-ke zama izinhlobo ezahlukene ukuze uthole ukuthi yimaphi owathandayo. Futhi amanye amafutha angcono ezinhlotsheni ezithile zokupheka kunamanye, ngakho-ke ungase ufunе ukuba nezinhlobo ezingaphezu kweyodwa ku-pantry yakho.
3. **Ukudla ukudla okunosawoti omningi (i-sodium) okuvamisile ukulungisa ukudla/ukudla kusukela ekuqaleni kanye nokunciphisa ukudla okugayiwe noma okulula, njengoba kungasiza ukunciphisa ukudla kwakho kwe-sodium, umfutho wegazi ophansi kanye/noma uvimbele umfutho wegazi ophakeme (HBP noma umfutho wegazi ophakeme) ekukhuleni kwasekuqaleni.**
4. **Faka okusanhlamu okuningi ekudleni kwakho ,njengoba izinhlamvu zezinhlamvu eziphelele zinezingxenye ezintathu - i-bran, i-endosperm kanye negciwane-ezikunikeza amaphytonutrients, amavithamini, nama-antioxidants, avikela ezifweni ezingapheli.** Zama futhi **zihlanganisa okusanhlamu zakudala ,okungafani nezinhlamvu zanamuhla ezinjengokolweni, ummbila, nelayisi, okusanhlamu kwasendulo akukaze kucutshungulwe ngokuxutshwa noma ukuguqulwa kofuzo, kukhuliswa njengoba kwakunjalo eminyakeni eyinkulungwane edlule.** Anamagama angavamile afana ne-teff, i-einkom, i-emmer, i-amaranth, i-millet, i-quinoa,

irayisi elimnyama, ibhali elimnyama, nesipelingi. Futhi bapakisha i-wallop enomsoco, ngezinye izikhathi banikeza amaprotheni amaningi, i-fiber namavithamini kunezinhlamu zesimanje.

5.



## Imenuy Yakho

Izinhlamu zasendulo isinkwa samabele

Amakhambi Agayiwe kanye Nezikebhe Zenkukhu Yelamula

Isaladi ye-chakalaka eyenziwe ekhaya

Isaladi Ushizi Wembuzi Othosiwe kanye Noshizi Wembuzi

Ama-chickpeas athosiwe

Isaladi yasengadini enamaqabunga amancane esipinashi, ulethisi, amakhowe asikiwe, u-anyanisi obomvu kanye nengubo yokugqoka iyogathi enamafutha amancane



Futhi faka kule ncwadi yezindaba njengoba sisondela esikhathini samaholide kuyinkomba enamacebiso namathiphu okuthi ungenza kanjani ukukhetha okunempilo lapho udla ezindaweni zokudlela.

# AMARESIPHI

## Amakhekhe amabele athambile anespongi

Izithako

- 1 kanye ne-1/2 inkomishi kafulawa wamabele
- 1/2 izinkomishi ufulawa irayisi
- 1 isipuni ushukela
- 1 and 1/2 isipuni sikasawoti
- 1 and 1/2 ithisipuni imvubelo esheshayo
- 1 and 1/2 izinkomishi zamanzi afudumele
- 2 isipuni sejusi kalamula (ozikhethela, kodwa inikeza tang )



Izithako

1. Endishini yokuxuba noma ebhodweni, hlanganisa ndawonye ufulawa wamabele, ufulawa werayisi, ushukela, usawoti kanye nemvubelo esheshayo. Faka amanzi afudumele uhlanganise kahle..
2. Faka ebhodweni elisheshayo bese usetha imodi yeogathi amahora angu-1 no-1/2 .Uma kungenzeka yenza ingxube inyakaze phakathi .
3. Uma ungenayo noma ungafuni ukusebenzisa ibhodwe elisheshayo, xuba ingxube, ikhava futhi ubeke eceleni endaweni efudumele (cishe 65 degrees) amahora amathathu.4.Ingxube kufanele ibe namagwebu futhi ibe namagwebu uma ilungile.goqa ijesi kalamula uma usebenzis
4. Shisia i-cast iron noma esinye i-skillet esisindayo.Gcoba kancane.Vula ukushisa kancane.uthele inhlama egcwele ladle.Mboza bese upheka imizuzu engu-3, susa ikhava, ingxube yakho kufanele isethe futhi i-pancake/crepe kufanele ivele kalula epanini.Uma inganikeli isikhathi esincane. Vula bese upheka ngakolunye uhlangothi imizuzwana engaba ngu-20 kuya ku-30 ebekwe eceleni..
5. Qhubeka ngale ndlela kuze kusetshenziswe yonke inhlama. Jabulela ngesitshulu osithandayo noma uphake ngokufudumele nojamu noma okunye okugcotshwayo. .

## Amakhambi Agayiwe kanye Nezikebhe Zenkukhu Yelamula

Izikebhe zenkukhu zikalamula ezilula ezingalikhi namakhambi zimnandi, zinempilo futhi ziyaneshwa zizenza zilungele ukudla kwakusihlwa kwasehlobo okuphakelwa ngokudla okuseceleni okulula.

Izithako

Okwe-marinade :

- $\frac{1}{4}$ lindebe yamafutha omnqumo
- $\frac{1}{4}$  inkomishi kalamula
- i-zest ye-1 lemon
- 2-3 2-3 i-clove yegalikhi echotshoziwe
- 2 etsp i-thyme entsha
- 2 tsp rosemary
- 1 tsp oregano omisiwe
- 1 tsp usawoti
- 1 tsp upelepele



For the skewers:

- Isifuba esikhulu senkukhu esi-4 asinasikhumba, asinamathambo
- ama-skewers okhuni afakwe emanzini abilayo imizuzu engu-30

indlela :

1. Hlanganisa zonke izithako ze-marinade.
2. Sika inyama yenkukhu ibe yizicucu ezilingana ne-bite bese uyibeka endishini.utheli phezu kwe-marinade, ikhava bese uvumela ukuba i-marinade imizuzu engu-30 kodwa amahora angu-24, imbozwe esiqandisini.
3. Gcoba inkukhu egayiwe ku-skewers ocwilisiwe wokhuni noma ku-skewers wensimbi.
4. Shisia i-grill yangaphandle noma i-stovetop grill pan bese upheka ama-skewers, ujika njalo ngemizuzu engu-3.5, kuze kube yilapho inkukhu iphekwe futhi insundu ngokusagolide nhlangothi zonke.

## Isaladi ye-chakalaka eyenziwe ekhaya

Izithako:

- 1tbsp amafutha
- 1 u-anyanisi omkhulu, osikiwe
- 2 upelepele obomvu oqoshiwe
- 1ikhanda likakholfulawa, ligqekezwe libe ama-florets
- 1tbsp garam masala
- 1tbsp ushukela onsundu othambile
- 5utamatisi omkhulu, cishe oqoshiwe
- 400g ubhontshisi we-cannelloni, ukhanywe futhi uhlanjululwe
- 4tbsp i-coriander entsha eqoshiwe



indlela:

1. Shisia amafutha epanini elikhulu lokuthosa bese upheka u-anyanisi nopelepele kuze kuthambe, cishe imizuzu eyi-15. Vuselela ngaphansi kwamanzi abandayo ahambayo bese ushiya ukuze ukhiphe.
2. Manje faka i-garam masala noshukela kupelepele bese upheka imizuzu embalwa. Faka utamatisi, wehlisa ukushisa bese uvumela ukuthi upheke imizuzu engu-15. Utamatisi uzokwenza isoso yesaladi. Uma engavuthiwe, engeza amanzi amancane.
3. Uma sekuphekiwe, dlulisela endishini enkulu bese wengeza ubhontshisi kanye ne-cauliflower.season. Ungadinga ukukhama kwejusi kalamula. Uma sekubanda, engeza i-coriander bese uphaka.

## Isaladi Ushizi Wembuzi Othosiwe kanye Noshizi Wembuzi

Izithako :

- 5 ama-beet aphakathi
- 1 gcoba amafutha e-olive
- usawoti kanye nomhlabathi omnyama pepper ukunambitha
- 2 amaqanda, ashaywa
- $\frac{1}{2}$  inkomishi kafulawa wenhloso yonke
- $\frac{1}{2}$  inkomishi imvuthu yesinkwa esomile
- 1 (4 ounce) log ushizi wembuzi, uthathe ama-medallions amancane
- 1 indebe yamafutha e-canola
- 1 (8 ounce) iphakheji exutshwe isaladi imifino
- 2 wezipuni ogazingiwe imbewu ye-sunflower, noma ukunambitha (uyazikhethela)
- 2 isipuni balsamic uviniga sigqoka, noma ukunambitha



Indlela :

1. Lungisa ihhavini ukuya ku-250 degrees F (120 degrees C)
2. Thela ama-beet ngamafutha omnqumo bese ufaka usawoti kanye nopelepele.goqa ama-beet nge-aluminium foil bese ufaka endishini enkulu yokubhaka.
3. Rosa kuhhavini oshisiwe kuze kube yilapho beet bebhoboza kalula ngommese, imizuzu engu-45 ukuya emahoren angu-2, kuye ngosayizi.
4. Susa ama-beet kuhhavini bese uvumela ukuthi kuphole kancane, ukuqaqa, ugcine noma iyiphi ijesi ekwi-aluminium foil. ikhasi beet ngaphansi kwamanzi afudumele, uthathe ama-cubes futhi uwafake endishini.
5. .Beka iqanda, ufulawa, nemvuthuluka yesinkwa ezitsheni ezihlukene ezi-3, uhlanganise konke oku-3 ngosawoti kanye nopelepele.
6. Thela indondo kashizi wembuzi ngayinye eqandeni ukuze ugqoke, hambisa kufulawa bese ugcoba bese uphonsa imvuthuluka yesinkwa, unamathisele izinhlangothi zombili ngokulinganayo. Dlulisa amamedali epuletini uwafake esiqandisini ukuze uqin, cishe imizuzu emi-5
7. Shisia uwoyela we-canola phezu kokushisa okuphakathi epanini lokuthosa uze ushunqe.faka izindondo zikashizi wembuzi emafutheni ashisayo bese uthosa kuze kube nsundu, cishe umzuzu owodwa ohlangothini ngalunye.Susa emafutheni bese udlulisela epuleti elifakwe amathawula ephepha.

8. Beka umbhede wemifino exubekile epulatifeni yokuphakela futhi phezulu ngama-beet kanye nama-medallions oshizi wezimbuzi.ufafaze ngembewu ye-sunflower.Ugcotshwe nge-balsamic dressing kanye nejusi ye-beet egodliwe.

### Ama-chickpeas athosiwe

eyaziwa nangokuthi i-hummus, ngokuvamile yenziwa nge-tahini okunamathiselwe kwembewu yesesame.I-Tahini, nokho, ingabiza noma kube nzima ukuyithola.Ngokugazinga ingxenye yamachickpeas nembewu ye-cumin ngaphambi kokuyihlanganisa, i-hummus isenayo i-nutty flavour -i-chickpea drip.

Izithako:

- 820 g ama-chickpeas asethinini, akhanywa, kodwa gcina uketshezi
- 2 i-clove enkulu kagalikhi, echotshoziwe
- 75 ml ubhekilanga noma amafutha omnqumo
- 5 ml imbewu ka-cumin
- 5 ml i-cumin yomhlabathi
- 100 ml ijusi kalamula
- $\frac{1}{4}$  tsp usawoti

pepper omnyama ukunambitha

indlela:



1. Hlangisa ihhavini ku-180 c bese ubeka i-tray encane yokubhaka nge-foil.pat chickpeas sula ithawula lephepha .Faka ithini elilodwa likaphizi nogalikhi, ama-30ml (2 wezipuni) wamafutha kanye nembewu ye-cumin endishini enkulu futhi uhlanganise ukuze ugcobe uphizi.Beka ama-chickpeas agcotshwe ngamafutha nesinongo ethreyini yokubhaka bese ubhaka imizuzu engu-15 -20 noma kuze kube nsundu ngokukhanyayo.
2. Place roasted chickpeas with the oil and seasonings from the tray, in a large bowl. Add the remaining chickpeas, oil, ground cumin and lemon juice. Add 50 ml of the reserved liquid from the tin. Blend to form a chunky mixture and season to taste. Add more water, if you prefer a smoother dip.

3. Khonza njengengxene ye sidlo sasemini ngemifino emisha efana nezaqathi, isilimo esidliwayo esinamagatsha anamanzi, ukhukhamba, nobhontshisi oluhlaza. Futhi iyiphunga elimnandi elisakazwa esinkwa, noma iyiphi isemishi noma njengediphu ye-pita wedge.

Amathiphu

1. Faka esiqandisini esitsheni esingangeni moyo izinsuku ezi-4-5.
2. If preferred, stir in a little plain low-fat yoghurt for a creamier dip.Uma uthanda, xuba iyogathi enamafutha amancane ukuze uthole idiphu ye-creamier

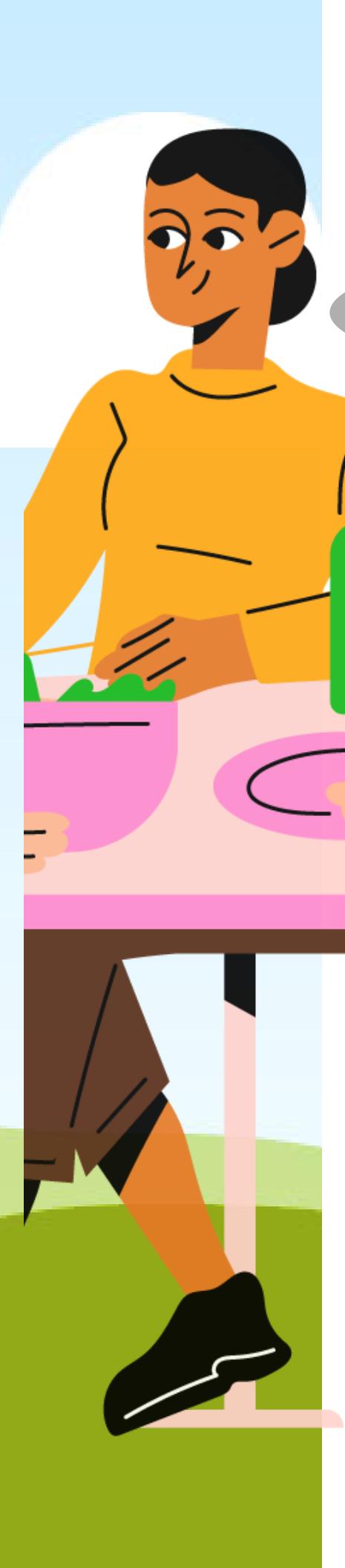
### **Khonza nge**

Isaladi yasengadini enamaqabunga amancane esipinashi, ulethisi, amakhwe asikiwe, u-anyanisi obomvu kanye nesambatho esinamafutha aphansi ayogathi.



# Ingcindezi yomphakathi

*Shaya umgwayo : ukuvala ngaphandle*



Abantu esidla nabo nesibakhethayo  
abakwenzayo kungaba nomthelela  
kulokho esikudlayo nokuthi kungakanani  
esikudlayo.

Lindela kusengaphambili ingcindezi yomphakathi  
ongase usbe nayo nabangane bakho bokudla.

- Phakamisa izindawo zokhudlela ezinezinketho  
ezinempilo wonke umuntu azozijabulela.
- Zixolele etafuleni ngenkathi abantu babelana  
ngokudla ozama ukukugwema.
- Yenqaba ngesizotha noma thatha ingxenye  
emcane yento ozama ukuyigwema noma  
ukuyikhawulela.Thatha kancane .
- Qala ingxoxo -ukuvulela abangani noma  
umndeni mayelana nemigomo yakho yokudla  
okunempilo kanye nezinelele obhekana  
nazo lapho udlala ngaphandle kungase kukusize  
uhlanganise abangani bakho ekudleni  
okunempilo.

## UHLELO LOMDLALO

- Hlela kusengaphambili
- Gwema ukubonakala ulambilile
- Hlela kuqala futhi uhole ngesibonelo
- Qala ukudla kahle
- Yidla kancane bese ume kancane phakathi  
kokulunywa ngakunye.

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# Amamenyu okuzulazula

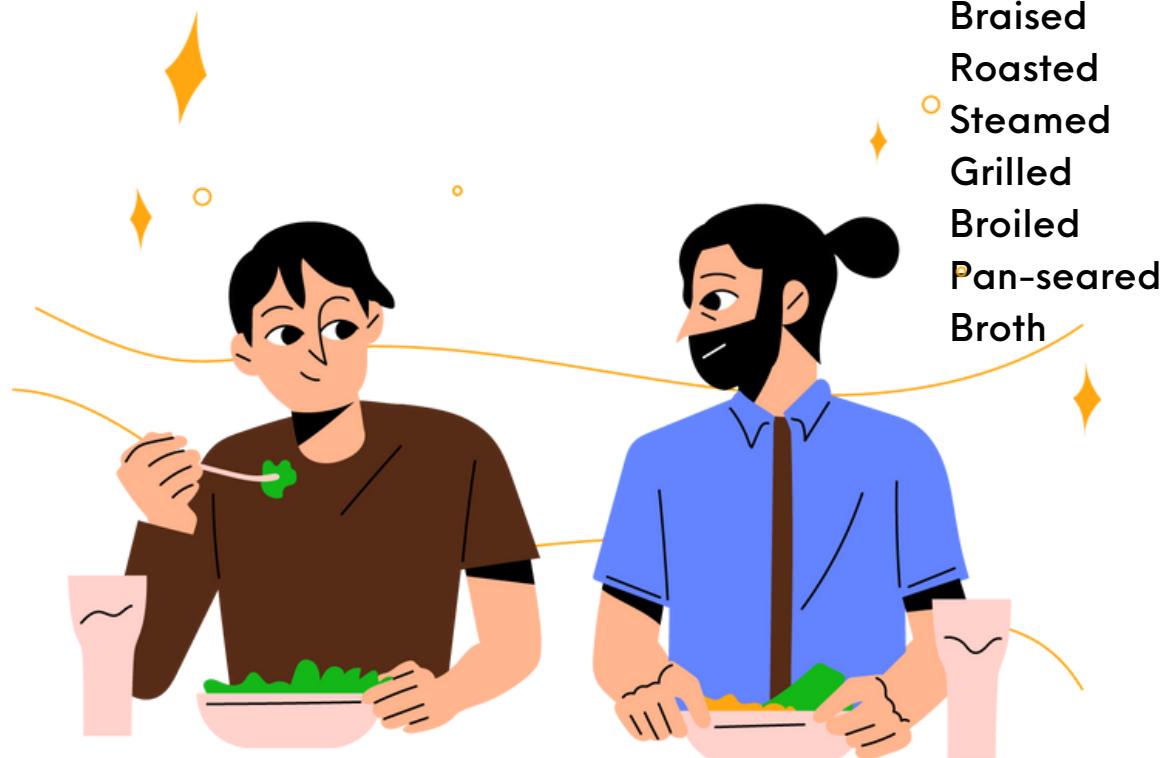


Amagama alandelayo  
avame ukuchaza izitsha  
ezinamakhalori aphezulu  
namafutha agcwele:

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

Amagama alandelayo  
avame ukuchaza izitsha  
ezinamakhalori aphansi  
namafutha agcwele:

Braised  
Roasted  
Steamed  
Grilled  
Broiled  
Pan-seared  
Broth



ukwazi nje okushiwo yilawa magama ekulungiseleleni  
iresiphi kungakusiza ukukuholela ezinqumwenizokuthi uya-  
oda noma cha ,uma u-doa ngenani elishintshiwe noma  
wabe,Noma uma ucela isidlo ukuba silungiswe ngendlela  
ehlukile.

[info@heffsa.org](mailto:info@heffsa.org)



Izindawo zokudlela zivame ukwamukela kakhulu uma kuziwa ekulungiseni izitsha zabathengi, ngakho ungabinamahloni ngokubuza. Amasu amabili alula ukulawula usayizi wengxenye wama -calories -dense dukudla kanye nokucela ukushintshwa..

## Ukulawula ingxetivo uku... yokubuza iserva ...

- Ingakanani ingxenye yalesi sidlo/into?
- Ingabe kukhona izinketho zosayizi omncane?
- Ngingakwazi ukupakishwa uhfafu ebhokisini engizohamba ngalo?
- Sicela ubeke uhlangothi lokugqoka/lesoso.
- Sizo sabelane .ungasehlukanisela isidlo?

## Ukushintshwa: Umbuzo okufanele uwubuze isev...

- Ingabe unesinkwa esiphelele, esinsundu, ilayisinoma ezinye izinhlobo zezinhlamvu?
- Kwangathi ngingaba nohlangothi lwersaladinoma imifino esikhundleni noma ngaphezu kwalokho X?
- Ngicela isithelo esikhundleni sika X?
- Ngicela inkukhu eyengeziwe esheshayo kabhekeni esaladini?

yiba nekhono, futhi ungazibekeli esigabeni esisodwa semenu..

Uma ungasiboni isidlo esikhulu esifanelana nohlelo lwakho noma ukunambitheka kwakho , ungakha ukudla okuvela emaceleni noma kumapuleti amacane..

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Amafutha okudla abalulekile ekusekeleni imetabolism, ubuchopho kanye kanye nempilo yesistimu yezinzwa, ukubonakaliswa kwamaseli, ukungatheleleki, ukukhiqizwa kwamahomoni, kanye nokumuncwa kwamavithamini ancibilikayo kumafutha -kodwa wonke amafutha awadalwanga alinganayo. .Ukudla kuqukethe ingxube yezinhlobo ezahlukene zamafutha, kodwa okunye ukudla kuqukethe ingxube enempilo kunokunye.. Ukukhetha ukudla okugcizelela amafutha anempilo kanye Nciphisa amafutha angenampilo njengengxeny ephethini yokudla egxile esitshalweni ingakhuthaza impilo enhle.minimize .



## Amafutha asuthisiwe ( ezingeni lokushisa lekamelo)

Emzimbeni: Ingakhuphula amazinga e-cholesterol e-LDL kanye nengozi yesifo senhliziyo  
Isikhathi sokukhetha:Yidla ngokusesilinganisweni  
Imithombo Yokudla: inyama yeqembu, inyama egayiwe (isoseji, ubhekeni, inji eshisayo, i-delimeat yokuthanda i-salami) ubisi olunamafutha agcwele noshizi, ibhotela, ighee, amafutha esundu, amafutha kakukhunathi e-palmkrenel .



## Amafutha e-TRANS (Kuqinile ezingeni lokushisa lekamelo)

Umphumela Emzimbeni: ungase ukhuphule amazinga e-cholesterol e-LDL futhi inciphise amazinga e-cholesterol ye-HDL.Ukudla amafutha ashintshashintshayo kuhlotshaniswa nengozi eyengeziwe yesifo senhliziyo.ting : Isikhathi sokukhetha: Amafutha e-Trans kufanele agwenywe ngokuphelele.Imithombo Yokudla:Ukudla okugayiwe "ikakhulukazi amafutha e-hydrogenated, okufinyezwayo, okuzinzie eshalofini, okubhakwayo (amakhukhi, ama-muffin, amahkekhe, ama-crackers), ama-frosting okuhweba, ikhekhe elomile, ama-pastrymix, okunye ukudla okuthosiwe.



## Amafutha e-monounsaturated (uketshezi ekamelweni lokushisa )

Umthelela Emzimbeni: Ingase yehlise i-cholesterol ye-LDL futhi inciphise ingozi yesifo senhliziyo lapho isetshenziswa esikhundleni samafutha agcwele kanye nama-trans.  
Isikhathi sokukhetha: khetha kaningi esikhundleni sokudla okunamafutha agcwele noma amafutha e-trans.



## AMAFUTHA ENGAFUTHIWE POLY (Uketshezi ezingeni lokushisa lekamelo )

Umthelela Emzimbeni: Ingase yehlise i-cholesterol ye-LDL futhi inciphise ingozi yesifo senhliziyo lapho isetshenziswa esikhundleni samafutha agcwele kanye namafutha ashintshashintshayo.Amafutha e-Polyunsaturated afaka amafutha e-omega 3 kanye namafutha e-omega 6, kokubili abalulekile ngoba kufanele athathwe



Izinhlamvu eziphelele ziwumthombo omuhle kakhulu wezakhi ezifana namaminerali, amavithamini B, no-E, kanye ne-fiber. Bacebile futhi ngezifo - ukulwa namanama-phytochemicals.Ucwaningo luphawula ukuthi okusanhlamvu okuphelele kunomthelela ekwehleni komdlavuza [Ikakhulukazi umdlavuza we-colorectal],isifo senhliziyo, unhlangothi, isifo sikashukela, nokukhuluphala.

UKUDLA OKUNOMSOCO (1 INKOMISHI EPHEKIWE)				Umthombo omuhle we
<b>I-rayisielisundu</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	200 43 g 3 g 5 g	I-Magnesium Thiamin I-Vitamin B6 I-phosphorus I-Selenium I-manganese	I-Niacin
<b>I-QUINOA*</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	222 39.4 g 5.2 g 8.1 g	Amaprotheni I-Fiber I-Magnesium Phosphorus Ithusi I-manganese Thiamin I-Folate	
<b>AMA-OATS</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	166 28 g 4 g 6 g	I-protein I-fiber insimbi I-magnesium I-Phosphorus I-potassium I-manganese Zinc	
<b>UBHAKAWHEAT*</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	155 34 g 4.5 g 5.7 g	I-protein Ithusi I-fiber I-magnesium I-manganese phosphorus riboflavin niacin	
<b>Amabele</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	228 56 g 1 g 7 g	Amaprotheni Ithusi I-Fiber I-Manganese Phosphorus I-potassium I-Selenium I-Vitamin B6	
<b>IBHALI LIGOGQIWE</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	193 44 g 6 g 3.5 g	amaprotheni I-Fiber I-Mangncese I-magnesium I-potassium I-Riboflavin I-Niacin	
<b>I-Si-BULGUR [wheat]</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	151 34 g 8.2 g 5.6 g	Amaprotheni I-fiber I-magnesium Phosphorus I-Mangncese I-niacin	
<b>FARRO [wheat]</b>	Amakhalori I-carbohydrate I-Fiber Amaprotheni	220 48 g 10 g 12 g	Amaprotheni I-fiber I-magnesium I-Mangncese Phosphorus Insimbi Ithusi I-Niacin	

Tlmininingwane ephawulwe lapha bekuyi-retriever evela kuwebhusayithi ye-old ways whole grains council.Umkhandlu ogcwele okusanhlamvu yiqembu elimela abathengi elingenzi nzuzo elisebenzela ukwandisa ukusetshenziswa kokusanhlamvu ukuze kube nempilo engcono. [wholegrainscouncil.org]

Okusanhlamvu	I-LIQUID	Ishikati so kupheka	veza
1 c. Irayisielisundu	2 ½ izinkomishi	25-45 imizuzu (lyahlukahluka)	3 Izinkomisi
1 c. I-Quinoa	2 izinkomishi	12-15 imizuzu	3 Izinkomishi
1 c. Ama-Oats, ukusikakwensimbi	4 izinkomishi	30 imizuzu	3 izinkomishi
1 c. Ubhakwheat	2 izinkomishi	20 imizuzu	4 izinkomishi
1 c. Amabele	4 izinkomishi	25-40imizuzu	3 izinkomishi
1 c. Ibhalli ligogiwe	3 izinkomishi	45-60 imizuzu	3 1/2 izinkomishi
1 csls-. Bulgur	2 izinkomishi	10-12 imizuzu	3 izinkomishi
1 c. Farro	2 ½ izinkomishi	25-40 imizuzu	3 cups

Isikhathi sokupheka singahluka kuye ngohlobo loketshezi olusetshenzisiwe .

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