

# Lizondlo zentliziyo esempilweni



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(isiXhosa)

## Yitya ngokusempilweni kule Ntlakohlaza



Intlakohlaza lixesha lochumiso, ukukhula kwezinto ezintsha kwakunye noqalo olutsha, ikwalilo nexesha lokuqwaliasela izinto obukade uzenza wamkele indlela entsha yokugcina intliziyo isempilweni.

Kuqalisa ukuba shushu ngoku, ungacinga ngokutyeba oye wakufumana ngexesha lobusika, ukutya ukutya okungekho sempilweni nokungazilolongi.

Ngokuzijonga kwakho ukuba usemtsha, uye uqaphele ukuba iziqha nemifuno iyachulumanca emarikeni, ziye zikukhuthaze ukuba ubuyele kwiindlela zakho zokutya ngokwasempilweni njengoko wawubhambathisile ekuqaleni konyaka (ingenzeka ukuba uzilahlile ngoku). Ukuncedisana ukuba uphucule indlela otya ngayo ngaphandle kwemigudu, olu shicilelo lwabelana nawe iindlela ezimnandi zokutya ngcono ngawo lo mzuzu.



Chulumanca kwiindlela ezisempilweni zokutya ngemifuno neziqhamo zexesha.

Valelisa kukutya kwasebusika okushushu okufana, nesuphu kwakunye nesiyu, ubulise kukutya oku krispi, okupholileyo, okumabala-bala, okufana neesaladi. Akukho xesha lingcono enyakeni njengokuba uvuselele indlela zokutya, ukuziva usempilweni kwaye uvuyele ixesha elitsha lokutshintsha konyaka.

## Indlela ezintlanu zokuvuselela indlela eziphucukileyo zokutya kwakho



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## Lungelelanisa ikitshi lakho

**Yenza indlela yokutya ngokusempilweni-** susa konke ukutya okungekho sempilweni nezimuncu-muncu (ezisulungekileyo, iswekile eninzi, ityuwa eninzi, amafutha amaninzi), yenza indlela ekhululekileyo yokuhlala kutyiwe, beka isitya sengqoko seziqhamo phezu kwetafile.

**Yiba nophuchule kwiizithakho zakho- khetha iimveliso ezintsha-** hlenga-hlengisa iindawo ekhitshini lakho ezifana nefriji nepentri ezokugcina ukutya okunezondlo kubekelwe phambili aphoon kuzobonakala khona. Khetha ukutya ukutya okutsha konke, ingakumbi iziqhamo, imifuno nokutya okuncitshisiwego amafutha kwizinto zobisi kunokutya okubolayo nokutya okwenziwego. Ukuthintela ukumosheka kokutya, ukutya okushiyekileyo makufakwe efrijini kubande ukuze kusetyenziswe.

Gcina ukutya okusempilweni okufana nemifuno esikiwego, iziqhamo ezsikikiwego, isonka samasi esinamafutha amancinci, iqanda elibilisiwego, umkhwepha wenkukhu esikiwego, chickpea eqatywayo, ibhiruthi ekhethiwego, njalo-njalo. Faka izimuncu-muncu ezsempilweni kwsikhongozeli seglassi ukuze uzokhumbula ukuba kukho ntoni na.



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## Yitya kakhulu ukutya okupheleleyo



Iinkozo zenzwe zazindidi ezintathu: i-bran (inesondlo ngaphandle), i-germ (imbewu/ipeta yeyona nto inesondlo) ne-endosperm (yona yenza ukutya, inestatshi esinanzi). Zonke iinkozo ezi zizindidi ezintathu ziyabandakanya kwaye ziyafana kubukhulu be-magnesium, iron, phosphorus, manganese, selenium, B-vitamins ne-fibre.

Enye yendlela ezilula kwaye nengcono yokulungisa iindlela zakho zokutya ngokusempilweni kukutya ukutya konke, okungangxengwanga, nokungxengwe kancinci. Ezi zinto zibandakanya iziqhamo zexesha nemifuno, i-protein kwakunye neenkozo ezipheleleyo, zona zigwalisiwe zizondlo neswekile encinci, itywa kwakunye namafutha kunokutya okungxengiwego.



Kutheni ungazami **iinkozo**

**ezipheleleyo** zohlukane kule

ntlakohlaza- Yonwabela isidlo sakusasa okubandakanya iinkozo ezipheleleyo, ezifana nengqolowa epheleleyo flegi (ezinye zezingqolowa ze-bran flegi, hayi zonke iinkozo), ingqolowa echiziwego okanye i-oats. Buyisela irayisi emhlophe nge-quinoa, irayisi emdaka, irayisi yasendle kwakunye nerhasi.

## Khangela imifuno yeNtlakohlaza



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Kwimifuno, njengoko usitya kakhulu kujengoko kusiba ngcono. Qiniseka ngokutya iindidi zemifuno, xa zokuhlakana iindidi zemifuno kwakunye nemibala ziye zinikeze izondlo ezohlukeneyo. Ukuba iNtlakohlaza inencasa, intsha, inemimaba-bala yemifuno- zama izinto ezingeyiyo indlela yakho yokwenza izinto, ugcwalise isitya sakho ngokutya okugqamileyo nemifuno okunencasa ephangaleleyo.

Izinto eziyinyani

### Imifuno neNtlakohlaza (EyoMsintsi, eyeDwarha, eyeNkanga)

zibandakanya \*i-asparagus, \*i-artichokes, baby marrow, \*i-beetroot, iimbotyi eziluhlaza, i-broccoli, ikhaphetshu, i-cauliflower, i-celery, \*i-courgettes, i-cucumber, i-garlic, iimbotyi ezinkulu, i-leeks, i-mushrooms, umbona, i-parsely, i-parsnips, i-erityisi, i-rhubarb, i-radishes, i-spinach, itswele laseNtlakohlaza, i-turnips kwakunye waterblommetjies

\*Zama iresiphi ezintsha usebenzisa le mifuno ingentla!



Igama elithi **zucchini** lisuka kulwini lama-Taliyane, lithetha i-squash isesisesincinci okanye i-marrows engekagqibi ukukhula. **Courgette**, kwelinje icala, ligama ethithetha **zucchini** kwinthetho yama-Frentshi. Ii-zucchini ziziqhamo zesityalo esinye esivunwe kumgama opha ku 15-20 cm ubude. Ii-marrows zona ziziqhamo ezingakhulisanga kakuhle kodwa zifikile kubungakanani bazo.

**i-Artichokes** ziyagcwalisa ngoba uzitya kancinci, ngalo ndlela zincedisana nawe ukwazi ukucinga ngento ozakuyitya, amava ngobuhle kwaye, kwaye zikhuluphele kwi-fibre enyibilikayo (7 grams), zibe sezantsi kwi kilojoulea (240Kj/medium artichoke). Buyisela ibhotolo nge-sauce encindwayo ibe yenziwe nge-yoghurt emanafutha aphantsi kwakunye ne-garlic okanye i-mint kwakunye ne-chives okanye i-vinaigrette eyenzwe ngamafutha e-olive. **i-Asparagus** ineezongo ezininzi, ezifana ne, kwakunye ne-antioxidant vitamin E, lutein, beta carotene kwakunye ne-fiber. **Beetroot** yona inencasa, ivumba eliminandi kunye nezondlo, inomtsalane kwisidlo okwento yokuhombisa ngenxa yombala wayo, kwaye ingagcinwa efrijini ithuba elingangeenyanga ezintathu kwaye yenziwa ngeendlela ezininzi ezincamisayo. **Ii-erityisi ezintsha-** zisutu, ityebile kwaye ivakala njenge ntlakohlaza, kwaye zityebile kwi-iron kwakunye ne-antioxidant beta carotene kwakunye ne-lutein.

**i-Radishes** zilusapho olunye nemifuno enjenge (broccoli, kale, nezinye) kwaye zityebile kwi-glucosinolates, i-compound enganceda uzukhusela izifo ezifana nezomhlaza, kwakunye nee-mineral ezifana ne-calcium kwakunye ne-potassium, eziye zincedise ukwehlisa igazi eliphezulu nesifo sentliziyo.

### Ingcebiso

Isidlo sakusasa esihle ikunika amathuba okubandakanya imifuno, eye incedisane ukwazi ukufikelela kwiingcebiso ezibekiwego ngu-South African Food Based Dietary Guidelines (SAFBDG) eziya KU2-3 zesabelo ngosuku, zama ezi ndlela zilula, zinempiro kunye nencasa.

- Ingqolowa epheleleyo uyifake itumato ne-cucumber, iponyoponyo elityumziwego namafutha amancinci.

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## Yenza utshintsho olusempilweni lube lunye ngosuku.

Notshintsho oluncinci imihla ngemihla lungayiphucula impilo yakho,

- ✓ Yiba nesitya esisecaleni semifuno neziqhamo, gcina isitya esiyinqoko seziqhamo usibeke phezu kwetafile ukuze ibe yinto yokuqala oyityayo xa ufunu izimuncu-muncu.
- ✓ Khetha amantongomane njenge zimuncu-muncu oaknye imifuno ebbakiwego ozenzele ngokwakho. (jonga ezinye kwicandelo le resiphi).
- ✓ Tshinstha isiselo esihlwahlwazayo ngamanzi okanye amanzi ahlwahlwazayo.
- ✓ Tshintsha i-rice emhilope okanye i-pastsa ngengqolowa ephelleyo, ezifana nge-rice emdaka okanye yasendle.
- ✓ Sebenzisa amafuthae-olive kunebhotolo.
- ✓ Ukunciphisa izinto ezineswekile kakhulu ezifana ne-pastry neziselo ezineswekile zingakuniqa amadla imini yonke.
- ✓ Ukuba ulingeka ekutyeni i-cookie okanye i-chocolate zixelele ukuba uzakuyitya emizuzwini emihlanu, wandule ukuziphazamisa ngokwenza enye into. Ukuyibawela kuzaye kuhambe.

Yonwabela iindidi zeziqhamo ngokwehlukana kwamaxhesha onyaka rhoqo ngemini!

### Iziqhamo zexesha lonyaka

(EyoMsintsi, eyeDwarha, eyeNkanga): iponyoponyo, igwava, kiwi, ilamuni, i-lime, i-melon, ipesika, i-nectarine, i-plum, i-spanspek, iqunube, itumata kwakunye nevatala.



Ukurhala kwanelise ngento esutu, ekhrispi, ijsusi ye-apile, okanye amaquinebe nevatala.



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## Qeqesha indlela yokutya ngokwasengqondweni

**Yiza etafileni ukurhalela ukutya- kodwa hayi xa usulambe kakhulu.** Ukuba ugqabatha ixesha lokutyaAa, loo nto yenza ukuba utye nantoni na oyibonayo ngokuba ufunu ukugcwalisa isisu.

**Qala ngesahlulo esincinci.** Ingakuncedisa ekuphungulen umthamo wesitya sakho kumlinganiselo opha kwi-23cm.

**Kuxabise ukutya kwakho.** Phumla umzuzu okanye emibini phambi kokuba uqalise ukutya ukuze ucamngc yonke into kwaye nayo yonke into ephezu kwetafile. Bonakalisa ukubulela kwakho ngesi sidlo ukuze ukonwabele nabantu otya kunye nabo.

**Zisa yonke imizwa yakho ekutyeni.** Xa upheka, ukhonza, usitya ukutya kwakho, qwalasela imibala, ubunjani, ivumba, kwakunye neendidi zokutya opheka ngazo.

**Luma imithamo emincinci** Kulula ukuva incasa yokutya xa ingenamthamo emlonyeni. Beka phantsi izixhobo zakho ezilungelele ukupheka isidlo.

**Hlafuna kakuhle.** Hlafuna kakuhle ude uyive incasa yokutya iphla emlonyeni. (Kunganyanzeleka ukuba uhlafune ka20-40, kuxhomekeke ukutya okutayayo). Ungade wothuke kwiincasa ezikhutshwa kukutya.

**Yitya kancinci.** Ukuba ulandela ezingcebiso zingaphezulu, awusoze ungakonwabeli ukutya kwakho. Zinike imizuzu emihlanu ukunambitha ukutya phambi kokuba uncokole nabantu abasetafileni.



# Ihliziyo yokupheka ukudla okunomsoco ❤

Izindlela zokupheka zasentwasa hlobo ezelula futhi eziqabulayo, ukwamukela isimo sezulu sokufudumeza esinokunambitheka ezikhanyayo nezhithako zonyaka.

(isiXhosa)



## AmaArthokokes athosiwe

Kulula ukunandisa ngolamula –amakhambi kagalic kunambitheke

(Amaseva 6)



### Izithako:

- 3 artichoke amasha
- 2 amalamula amakhulu amasha ayijusi
- 2 tea-spoon sowoyela we-olive
- $\frac{1}{2}$  amagalic hlutshiwe waqtshwa
- irole omnyamasemary entsha(kanye ne thyme, orego noma isage uma uthanda)
- usawoti wasolwandle kanye nopelepe (pepper)

### Ulwazi ngakudla okunempilo:

Amandla :480 kJ, Amaprotheni:1g, Amafutha:7g, Amandla kashukela:4g,

Ifiber :2g, Sodium:648 mg

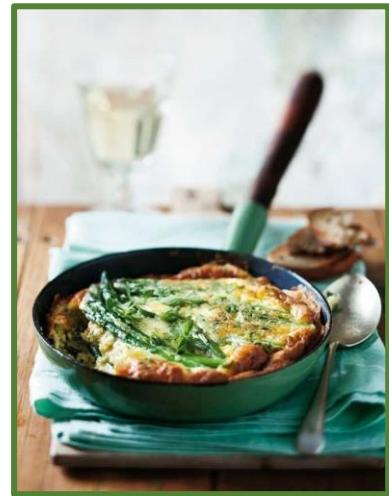
### Indlela yokwenza:

1. Shisia uhavini wakho kuqala ngamazinga 200°C
2. Sebenzisa umese ukusika iziqu ze-artchoke uyeke amacembe .Susa amacembe amancane ukuyofika ekugcineni kwegatsha.Yakaza iartchone yakho ngamanzi.
3. Sika i-artchoke phakathi wehle .Sebenzisa ukhezo ukukhipha okungaphakathi kwearthchoke ibanga elingange  $\frac{1}{2}$  cm emaphethelweni ecembe ngalinye(ukuze kungahlabi uma ukudla).Hlikihla ulamula kuyoyonke i-artchoke ukuze uvikele ukushintsha kombala.
4. Faka i-archoke epanini ubheke phansi.Gcoba i-artchoke ngowoyela we olive,ufake igarlic ezimbotseni bese uthela amakhambi(herbs).Thela usawoti kanye nopelepele(pepper)
5. Sebenzisa amakhambi Herbs ukubamba igarlic. Gcobia i-archoke ngamafutha kanye nosawoti nopelepele kuyofika ekugineni kwe artchoke.
6. Wembule ungawumbozi iskhathi esiyimizuzu 15. Wukhiphe ehovini uwumboze ngefoyila(alluminium foil),phinda uwubhake 25-35 imizuzu ukuze luthambe namacembe asuke kalula.
7. Yibeke Kutray kuze iphole . Ngokucophelela susa amakhambi (noma uwafake ku-sauce ukwenzela ukunambitheka
8. Phaka i-artchoke efudumele ungayithela uwoyela kanye ne Balsamic viniganoma imayonasi engenamafutha,noma ipesto.

## Isilimo esinengono emnandi edliwayo(asparagus) kanye ne -chive frittat

Le- ffrittat emnandiilungele ukudliwa entwasahlobo ngokudliwa esidlweni sase mini uhlale phandle nagesaladi yomfino eluhlaza yasengadini.Uma ungasithandi isilimo esinengono ungasebenzisai-zucchini noma I broccoli.

Amsever 6



### Izithako:

- 150g yesilimo esinengono emnandi(asparagus)
- 1 tea-spoon sowoyela wezitshalo (vegetable oil)
- 4 amaqanda
- 4okumhlophe kweqanda (egg whites)
- 15g garlic chives,eqotshiwe
- ½ wenkomishi yo-shizi ungenamafutha
- amakhambi (herbs) wokuhlobisa njenge –cilantro eqotshiwe
- usawoti nophepha ukunandisa

### *Ulwazi ngokudla kwezempi:*

Amandla:420 kJ,  
Amaphrotheni:9g,  
Amafutha:1g,  
Amandla kashukela:3g,  
Ifiber:1g, Sodium: 119mg,  
Potassium:226mg

### Indlela yokwenza:

1. Shisia uhavini wakho kuqala ngamazinga 200°C
2. Phezu kwesitofu fudumeza uwoyela epanini elinganamateli,faka isilimo esinengono ugoqoze ize ishintshe umbala ube sagolide
3. Esitsheni hlanganisa amaqanda kanye nosawoti nopelepele omnyama.Xuba negrlie chives bese uthela phezu kwesimo esinengono
4. Uthele ushizi phezulu kanye nosawoti nopelepele omnyama.
5. Beka ipani emlilweni ophansi kuze kuvuthwe.
6. Bhaka i-frittat imizuzu engu 15 kuze ingaphakathi livuthwe.
7. Sika bese uphake ishisa kanye nasaladi eluhlaza.



Isilimo esinengono enmandi siwumfino omunye onomsoco.uthombo omuhle onefiber kanye namavitaminA,C,E noK ,kany ne chromium.Ukotapheya,i-kale,ibrussel spout,isilimo esinengone emnandi yi antioxidant ne-diuretic elungile,egwele i-aminoacid asparagines,esebenza njenge diuretic.

## Isaladi ye-beetroot ebabayo egqoke i-yoghut



Amacembe kanye nezimpande ze-beetroot zicwele umsoco kanye ne betalain enamandla.i –antioxidant inika i-beetroot umbala osiza isifo senhliziyo kanye nesifo somdlavuza.Ibeetroot iye yathola ukuthandwaeminyakeni edlule ngokuba isaladi.

### Izithako:

- Ikomishi ye-yoghurt engena mafutha
- Tea-spoon se-cumin seeds yomhlabathiomnyama
- 1 garlic eqotshiwe
- usawoti nopelepele omnyama wokunandisa
- $\frac{1}{2}$  yekomishi kavininga lomthombo (malt vinegar)
- 750g yebeetroot ephekiwe yahlutshwa
- 1 icembe le mint eqotshiwe
- 1 amacabunga amakhulu nezimpande ze cilantro eziqotshiwe

### *Ulwazi ngokudla kwezempiyo:*

Amandla:878 kJ,  
Amaphrotheni:10g  
Amafutha:2g,  
Amandla kashukela:41g

### Indlela yokwenza:

1. Hlanganisa endishini okokuqgoka i-yoghrt,cumin,negarlic.Nonga usawoti nopelepele ukunandisa,faka esiqandsini(refrigerator).
2. Thela iviniga esitsheni.Qoba ibeetroot izincezu ziilingane.Thela endishini eneviniga.Yiyeke imizuzu engu 10.Khipa i-beetroot evinigeni.
3. Hlanganisa ibeetroot nespinach esiqotshiwe,imint,necoriander esitsheni esikhulu bese uthela amakhambi phezulu (herbs).
4. Ngaphambi kokuphaka thela amakhambi asele.



Ingadliwa ngesikwa noma ngenyama, noma ufish noma amanye amasaladi.



## Isipinashi esino-cream nokhari

Ingadliwa abantu 4-ku  $\frac{1}{2}$  yenkomishi

Ukhari uletha ukufudumala esipinashini so-cream. I-yoghurt isinika umsoco emzimbeni nsemlonyeni.



### Izithako:

- $1\frac{1}{2}$  teaspoon uwoyela wemifino(vegetable oil)
- $\frac{1}{4}$  teaspoon upelepele ogayiwe
- 3 ugalic oqotshwe waba mncane
- $\frac{1}{2}$  inkomisi ka anyanisi odiyisiwe
- 500g isipinashi esigeziwe saqotshwa
- $\frac{1}{2}$  inkomisi ye Greek-yoghurt noma amasi
- $\frac{1}{4}$  teaspoon kasawoti
- phepha yokunandisa

### *Ulwazi ngokudla kwezempiilo:*

Amandla:450 kJ, Amafutha: 7 g, Amaprotein: 6 g, Amandla kashukela: 10 g, Ifiber: 4 g, Sodium: 221 mg

### Indlela yokwenza:

1. Pheka uwoyela wezithelo, upelepele kanye nogarlic epanini elikhulu ngomlilo ophezulu kuze luthambe imizuzu 2.
2. Faka isipinashi ngamacozucozu ubelokhu ugoqoza.
3. Thela i- yoghurt noma amasi ,usawoti nephepha.



# Indlela enomsoco engasetshenziswa ekhaya nokudla izitshalo!

## Amachips aqhekekaya e-kale

Lamachips aqhekekile alula ukwenziwa ayadlekangokwawo ungathela utamatisi phezulu,u-anyanisi,ukotapheya wenze isementshisi libe mnandi ungathela ama chicpea uwagcobe!

### Izithako:

- Kale
- uwoyela we-olive
- Usawoti wasolwandle

**Ulwazi ngokudla kwezempi:** Amandla: 336 kJ, Amaphrotheni: 2g, Amafutha: 10 g, Amandla kashukela: 7 g, Ifiber: 3 g, Sodium: 380 mg

Ikale ukudla okuphambili okunomsoco njengama vitamin A,K,B6 no C kanye ne calcium, potassium, copper ne manganese.



### Indlela wokwenza:

1. Shisia uhavini kuqala ngamazinga 160°C
2. Washa uwomise i-kale
3. Qoba ukale wakho ubezincezu ezinane noma usebenzise amacembe amakhulu.
4. Faka i-kale epanini uqophelele amacembe awaphumeli ngaphandle kwepani.
5. Thela uwoyela we-olive kanye nosawoti phezulu.
6. Faka kuhavina imizuzu engu 10 kuya ku 20 kuze kuvuthwe noma kome kufahlazele.
7. Khipha kuhavini ulinde kuphole ngaphambi kokudliwa.



### Izithako:

- 2 beetroot
- 2 ubhatata omkhulu
- uwoyela we –olive
- 1 teaspoon cumin
- usawoti wasolwandle wokunandisa

### Ulwazi ngokudla kwezempi:

Amandla: 567 kJ, Amafutha: 9 g, Amandla kashukela: 14 g, Potassium: 309 mg, Sodium: 134 mg

## Amachips webeetroot nobhatata obhakiwe

Idliwa ngokusebenzisa i-yoghrt engenamafutha,ulamula(lemon),i-lime yojsi.imint noma icilantro eqotshiwe,usawoti kanye nopelepele (pepper) wokunandisa.

### Indlela yokwenza:

1. Shisia uhavini kuqala ngamazinga 120°C.
2. Qoba ubeetroot kanye nobhatata.
3. Fafaza uwoyela phezulu.
4. Ukuthele epanini lokubhaka.
5. Hlanganisa usawoti ne cumin esitsheni.
6. Thela usawoti ohlangene necumin phuzule kuka bhatata nebeetroot.
7. Kubhake imizuzu ewu 40 kuze kuvuthwe.
8. Phakela emakomitshini awu 4 kuya ku6.

## Amajikijolo(strawberry) ne yoghurt Parfaits

Le phudingi (DESSERT) ilungele intwasa-hlobo. Amajikijolo akhombisa ukufika kwentwasa-hlobo nehlobo ngokunjalo. Amajikijolo asemdenini wama roses anephunga elinandi nelizwakalayo, anama vitamin ,menerals, amavitamin njengo vitamin C kanye noK, folate and manganese kanye nemagnesiu ,aphansi ngamakilojoule, Ifiber ening kanye nama antioxidant me polyphenols asiza ukwehlisa iblood pressure nesifo sinhliziyo.



### Izithako:

- 600g amajilijolo
- 2 teaspoon usukela okhanyayo obrown noma ukusashukela wokunandisa
- 1 teaspoon kalemon
- $\frac{1}{2}$  yenkomishi yokusa khilimi
- 3 isipuni soshukela noma okusashukela
- $\frac{1}{2}$  yekonishi ye-yorghurt engenamafutha greek –style

### Indlela yokwnza:

1. Qoba ingaphezulu lamajikijolo uwasike ngokwedla. Wathose ngoshukela onsundu noma okusashukela kanye ne  $\frac{1}{2}$  yolamula uyikhamele esitsheni. Ibeke endaweni epholile imizuzu 20 noma lopho kubanda khona amahora 2.
2. Hlanganisa ukhilimu noshukela noma okusashukela esitsheni ihanganise ize ihangane. Goqa okusele usebenzise  $\frac{1}{2}$  yeastspoonkanye ne-yoghurt. Ivale anaphora.
3. Hlukanisa amajikijolo ku6 parain yezingilasi or iphudung endishini, Thela phezulu ukhilimi ,yihlekanise, Phinda phinda izitebhisi uhlobise ngojikijolo osikwe ngaphakathi.

### *Ulwazi ngokudla kwezempi:*

Amandla: 907 kJ, Amaprotein: 5.2 g, Amafutha: 6 g, Amandla kashukela: 23 g Ifiber: 4 g, Sodium: 30 mg (low salt)

Kule ntwasahlobo idla izithelo kanye nemifino nalanga onke ,idla 3 izinhlobo zemifino ehlukene na 2 izinhlobo zezithelo ezahlukile. Uma uphaka imifino nezithelo kulingananekomishi elilodwa lokungaphekiwe noma  $\frac{1}{2}$  yekomishi lokuphekiwe noma 80gyokusha noma 30g yokomisiwe.

