

Ukudla okunomsoco cookulungisa inhliziyo



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Intwasa hlobo
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(isiZulu)

Idla okunomsoco kule ntwasa hlobo



Intwasa hlobo isikhathi seziqhumo
ukukhula okusha kanye nokuqalaka
busha.Nesikhathi esilungele ukuyeka
imikhuba emidaladala uqale ukulolonga
inhliziyo ngendlelaentsha.

Uma kuqala ukufudumala sikhathazeka
ngemizimba ekhuluphele ngenxa yobusika
.Nangenxa yokudla ukudla okungenamsoco
nokungazivocavoci.

Uqaleubone amacembe aluhlaza nezithelo
seziyadayiswa ezitolo.Okukhuthazela ukuphindela
emuva owayinqumayokudla okunomsocoekuqaleni
konyaka(esewayiyeka).Ukuze usizakale lombalo
ukusiza ukusebenzisa izindlelaezilulanezilungile
zokudla okunomsoco.



Gxumela ekedleni okunomsoco
ngezithelo nemifino okwenkathi.

Valelisa ubusika nokudla kwakho okushisayo
njenge sobho nesitshulu ,ubingelele ukudla
okupholile nokunombala okugqamile okulula
njenama saladi nemifino
ekudleni.Asikhoikhathi onyakeni esilungele
sokulunisa indlela yokudla nokutakasela
inkathi entsha yonyaka.

Izindlela ezinhlanu zokulungisa indlela yokudla



1

Hlela ikhishi lakho

Zenzele indawo yokudlela - Khuculula konke ukudla okungakhi umzimba ukunjenjo (shukela omningi, usawoti omningi kanye namafutha.) Zenzeleindawo ekhangayo lapho uzohlala khon udle izithelo etafuleni.

Sebenzisa izithako ngendlela encomekayo - yazisa ukudla okulungile.Hlela indawo ekhishini lakho njengesiqandisi sakho nasendaweni yokugcina ukudla okunomsoco ukueke phambili lapho uzokubonakhona.Sebenzisa izinongo ezintsha ezishesha zonakale.Yazisa noma beka phambili ukudla okulungile okukunje ngzi thelo imifino nokudla okuamafutha aphunguliwe noku ngaboli nokudla okusetshenziwe.Unqanda ukungonakali kokudla kufake esiqandisini uze ukusebenzise una upheka ngokulandelayo.

Gcina ukudla okunomsoco okunjemifino kanye noshizi ongenamafutha,iqanda elibiliwi,ukudla okuthosiwe ,ukudla okusele, inyama yenkuhlu yesifuba ,chicpeas egcotshwayo,no-beetrood njalonjalo esitsheni sengilazi ukuze kubelula ukukhumbula ukudla okunomsoco!



2

Yidla ukudla okuningi okunomsoco



Okusanhlavana kwenziwe ngezindlela ezintathu unqimba lwangaphandle lwe bran eyiqinisoyokudla okunempilo igciwane unbungu wendandatha yokudla ,imbewu kanye ne endospermukudla kwama gciwane okuphezulu kuma zinga amandla kashukela nesitashi.Okusanhlamvu okuphelele kunezinxye ezintathu zokuxhumana futhi ngokujwayelekile ku magnesium iron phosphorous, magnese ,selenium and amavithamin kanke nefiber.

Indlela elula nebalulekile yokuhlela kahle indlela odla ngayo .idla ukolweni okusetshenzisie.Lokhu izithelo nemifino kolweni amaprotgeni nokudla okungena shukela okunga sawoti noma okungenamfutha nakudla okusetshenziibe..



Yingani ungazami okusanhlamvuna okuphelele kule ntwasa –hlobo thokuzelvana okuphelele a ukudla kwasekuseni okubandakanya nokusanhlamvuna okuphelele we bran ,flakesmay kumele kubefalo konke okusanhlamvu okususelwe kukolweni noma iotmeal.Esikhundleni se otmeal faka esikhundleni selayisi elimhlophe ngequinoa brown rayisi lasendle noma ibulgur.



3

Funa imifino yentwasa-hlobo

3

Uma kuza kumifino,yidla imifino ehlukile kakhulu nkathi zonke.ukuze uthole ukulolonge kwimifino eyahlukene.emibala eyahlukene kanye nezithelo zaleyonkathi.Zama ukudla ongajwayela.zama okuthile okuthle okungenzekakungabi njayel eni yakhongokujwayelekile bese ugwalisa ipeleti enezinambithekayo ezinambithekayo.

Ihlaya

Imifino yasentwasahlobo yilena iasparagus , Baby morrow, Irtichoke,Beetroot,broad beans ,broccoli cabbage,ukolweni ,rabha ne salary ubhontshisi ,umbila ,umfino zama izindlela ezimbalwa ezintsha zokupheka.

Igama elithi zucchini liphuma kumatariyani elichaza ithanga elincane noma imarrow .courgette kwlinye icala liphuma kumafrench elicaza yona izuchin. Izichin siyithola esivunwa uma sesingu15-20 ,ama-marrow akhula kacane, bese esephele.



- Ama Artichoke adleka kancane kanti asheshes asuthise ukuze uqapheli okudlalo. Ayamambiyheka kanti anceda ifibre (7 grams) Kanyem namakilojoule saphansi (240kg/mediumartichole). Esikhundleni sikabhotela ungasebenzia uyoghurt engenamafutha kanye ne garlic ,mint,namachives,ne veneganoma uwoyela ka olives.
- Isilimo sengono emnandi (asparagus) inamanutrients ,ikakhulukaziifolote noma antioxidant,vitamin E .Lutein ,beta carotene kanye ne fibre.
- u beetroot ugwele ukunambethuka iphunga nama nutrients ahehawo. Futhi iyakhangisa ekudleni kunoma yikuphi .Iyahngumnoleni we cruciferasi unguifino,ibrocoli ne kale kusiqandisi isikhathi esingu 3 wezing high blood kanye nasenhliziyo.
- Ubhontsi omusha ugwele i-ironi neantioxidant.beta carotene kanye ne lutein.
- Ama Radish angumndeni we cruciferasi engumfuno,ibrocolli no- kale ezigwele iglucasi nate exube ukuze ivikele isifo somdlavuza noma amaminerals anjenge calcium no potazium ekusiza kusiso se nhliziyo.

Icebo

Ukulala kwasekuseni okunomsoco kukunikeza ithuba lokufaka nenxenyemifino ekusiza ukufinyelela kunkundla eyamukelile yokudlala yase Mzansi Africa.enxusa ukuthi ngelanga kudingekaizinxeny ezimbili kuya kwezintathu zokudla okwakha umzimba.

- Isikwa esithosiwe sikakolweni esigcotshwe utamatisi ikhukhamba nokwapeya oxhuxhiwayobese ufaka uhlamvana lua olive oil.
- Iqanda elihlangene nomfino (omlettee)
- Thayisela ngomfino noma upelepele,ushizi wene isementshisi leqanda.
- Thela ibeetroot noma amacembe aluhlaza esiphuzweni.
- Uquinoa kanye nethanga elitosiwe.

4

Yenza umehluko onempilo ngelanga

Umehluko omncone ungalettha ushintsho empileni yethu,

- ✓ Yiba nezithelo naduzane ukuze ufinyelelelula umaudinga ukudla kwaphakathi osukwini.
- ✓ Khetha amakinati nomaubhake amashibusi ngezithelo.
- ✓ Phuzaamanzi kune sada.
- ✓ Shintshelakurayisi elinsundu(hayi elimhlophe).
- ✓ Sebenzisa uwoyela weolive kunobhotela.
- ✓ Gwema ukudla amaswidi nomaiziphuzo ezinoshukela omningi kungakunika umdlannda.
- ✓ Gwema ukehehwa amaswidi,amakhekhe kanye noshokoledi.



Jabulelaidlanza lezithelozenkathi okungenani kabili noma kathathu mihra yonke.

Izithelo zenkathi yentwasahlobo ukwatapeya,amapentshisi,ugwav a,ikiwi,amaplasm,ispnespek ,isitrawberry kanye notamatisi.



Kholisa uhuhala ngamahabhula noma istrawberry nomaikhabe hayi ukuhla uswidi.



5

Zijwayezeukudlangoku nakekela



Sondela ekedleningesidingo sokudla kodwa ,hayi usulambile ngokweqile.

Uma weqa ukudlaokuthilekuzabangela udle ngokweqile ngesikhathi esilandelaya uma usulambilekanti futhi uganelswaukulda.

Qala ngokudla okuncane lokhu kungakusizauma usebenzisa indishi encaneengu 23cm nomaencane kunaleyo.

Jabulela ukudlakwakho

Thatha umzuzu owodwa noma emibili ngaphambi kokudla umasekuphakiwe.Bongeleta ukdlakwakho ngaphambi kokudla.



Ihliziyo yokupheka ukudla okunomsoco ❤

Izindlela zokupheka zasentwasa hlobo ezilula futhi eziqabulayo, ukwamukela isimo sezulu sokufudumeza esinokunambitheka ezikhanyayo nezithako zonyaka.

(isiZulu)



Izithako;

- 3 artichoke amasha
- 2 amalamula amakhulu amasha ayijusi
- 2 tea-spoon sowoyela we-olive
- ½ amagalic hlutshiwe waqotshwa
- 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

AmaArthokokes athosiwe

Kulula ukunandisa ngolamula –amakhambi kagalic kunambitheke.

(Amaseva 6)

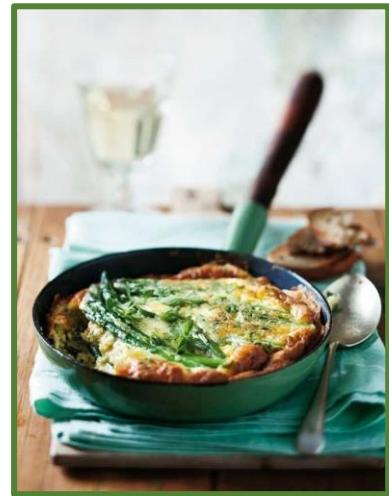
Indlela yokwenza:

1. Shisia uhavini wakho kuqala ngamazinga 200°C.
2. Sebenzisa umese ukusika iziqu ze-artchoke uyeke amacembe .Susa amacembe amancane ukuyofika ekuggineni kwegatsha.Yakaza iartchone yakho ngamanzi.
3. Sika i-artchoke phakathi wehle .Sebenzisa ukhezo ukukhipha okungaphakathi kwearthchoke ibanga elingange ½ 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 ezimbotsheni 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-artchole 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 uhiale 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: 9 g
Amafutha: 1 g
Amandla kashukela: 3 g
Ifibre: 1 g
Sodium: 119 mg
Potassium: 226 mg

Indlela yokwenza

1. Shisia uhavini wakho kuqala ngamazinga 200°C.
2. Phezu kwestofu fudumeza uwoyela epanini elinganamateli,faka isilimo esinengono ugoqozo ize ishntshe 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, esebeanza 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 kwezempiro:

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

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. Ngaphambhi 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:

- 1½ teaspoon uwoyela wemifino(vegetable oil)
- ¼ teaspoon upelepele ogaiwe
- 3 ugalic oqotshwe waba mncane
- ½ inkomisi ka anyanisi odiyisiwe
- 500g isipinashi esigeziwe saqotshwa
- ½ inkomisi ye Greek-yorgurt noma amasi
- ¼ teaspoon kasawoti
- phepha yokunandisa

Ulwazi ngokudla kwezempi:

Amandla: 450 kJ, Amafutha: 7 g,
Amaphrotheni: 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-yogurt engenamafutha,ulamula(lemon),i-lime yojusi.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 nemagnesiun ,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
- $1\frac{1}{2}$ yekonishi ye-yorghurt engenamafutha greek –style

Ulwazi ngokudla kwezempi:

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

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 2.
3. Hlukanisa amajikijolo ku6 parain yezingilasi or iphuding endishini, Thela phezulu ukhilimi, yihlekanise, phinda phinda izitebhisi uhlobise ngojikijolo osikwe ngaphakathi.

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.

