

# Phepo ya maleba bakeng sa bophelo bo bobotse ba pelo



Heart Failure Society  
of South Africa



[info@heffsa.co.za](mailto:info@heffsa.co.za)  
[www.heffsa.org](http://www.heffsa.org)

**Selemo 2021**  
**Volume 2, Issue 3**

(Sepedi)

Ja bophelo bo bobotse selemong se



Selemo ke nako yeo go thunyago, kgolo ye meswa le mathomo le nako ya maleba ya go nagana ka ditlwaelo tsa kgale lego lately melao e meswa e phetsego botse ya pelo.

Ge go thoma go futhumala o thoma go nagana ka mmele o months o ogotletsego nakong ya marea o saje dijo tsa maleba gomme osa sepele sebaka kanako yeo o thoma go bona mehlare ye metals, dijwala tse diswa le merogo ke moo o swanetsego go fokotsa lego thabela goja dijo tsa maleba.



**Tsena ka mekgwa e mebotse ya goja ka dienywa le merogo.**  
Laela dijo tsa mariga tsa go fisha jwalo ka disopo le sechu gomme o dumedishe dijo tsa mebalabala ye ke nako ye botse ya goja ,le gokwa o phetse botse gomme o thabile selemong se!

**Mekgwa ye mehlano yago lokisha mekgwa ya**



1

## Beakanyo ya khitshi ya gago

**Dira lebaka la goja ka tsela ya maleba** - Ntsha dijo tseo disa agego mmele goswana le sukiri letswai letse dingwe ,goja dienywa ka nako tsohle.

**E-ba le leano mabapi le tshumisho ya metsoako- beya dihlagiso tse diswa pele**- hlophisa dibaka tsa bohloko ka kichineng ya gago jwalo ka setsidifatsi sa gago le pantry go boloka dijo tse matlafatsang di hlophisitswego ka pele moo o ka di bonang. Shumisha disebediswa tse diswa le tse nang le nako e kopana pele. merogo le dihlagiswa tsa lebese tse fokotsegileng go feta tse sa boleng goba dihlagiswa tsa dijo tse shumiswago. Go qoba ditsila tsa dijo, oka nagana ka go tsidifatsa dijo tse dingwe tse dishetsego lebakeng la dijo tse dingwe.

Boloka dijo tse phetseng botse jwalo ka merogo ye segilweng, ditholoana tse diswa, chisi e se nang makhura a mantshi, gomme a apeilwego ka thata, sefuba sa kgogo se gadikilwego le se segiloeng sa kgogo. beetroot jwalo-jwalo ka dijwaneng tsa khalase tse di ponagalago lebakeng la kgopolole bonolo sebakeng sa dijo tsa gago le gona le goja dijo tse hlaboshang tse di phetseng gabotse!



2

## Tsa dilo tse felletseng



Dithoro li dirilwe ka dikarolo tse tharo tsa matlapa a korong (lera la kantle le lenago le phepo), kokoana-hloko (peu ye enang le dimatlafatsi tse dinang le dimatlafatse) le endosperm (phepelo ya dijo tsa dikokoana-hloko, e nang le li-carbs tse ntshi tsa starch). **Dithollo kaofela dinale dikarolo tsohle tse tharo tse ditlileng diaipusheletsa dina le magnesium e ntshi, phosphorus manganese ya tsepe, selenium B-vithamine le fiber ya phepo.**

Yengwe ya ditsela tse bobebe ka go fitishisha le tse botse ka go fitishisha tsa go beakanya dijo tsa hau ke ho ja dijo tse felletseng, tse disa berekiswang le tse sa berekiswago kamatla. Tsona di tsentshiwa dienywa le merogo e sa tsoa kua ya selemo, liprotheine tse di nang makhura le dithollo tse di felletseng, tse dinang le dimatlafatsi gomme di fokotsa sukiri, letsoai le makhura ebe dijo tse hlwekisitsweng.



Keka lebaka la eng osa leke dijo-thoro tse fapanang nakong ye ya selemo- nafatsa dijo tsa mesong tse tsentsha di-flakes tsa korong e felletseng (di-flakes tse ding di ka ba le matlapa a korong, eseng lijo-thollo kaofela), korong ye galikiloeng goba oatmeal. Tsentsh lebakeng la raese e tsoeu ka quinoa, raese e sootho, raese e hlaha, harese goba bulgur.



3

## Nyaka Merogo ya Selemo

Gago tlua meroho, ga o ntse o ja kamatla o tla ja gamonate. Dira bonnete ba gore oja meroho ye fapaneng, kage mehuta ye fapaneng le mebala e fapaneng di fana ka dimatlafatsi tsa gofapan. Gaeba selemo se na le takatso, ke meroho e meswa ye mebala-bala ya dinako tse ding leka tse ding tse ka 'nang tsa se ke tsa fetoga ka mokgwa o twalegileng,' gommee o tlatse poleiti yeo yagago ka meroho e kganyang, e nang le tatso!

Merogo ya selemo (september, october, November) ketse di lately go asparagus, artichokes, babymarrow, beetroot, dinawa tse pharalletseng, broccoli, k'habetshe ya cauliflower, celery, courgette, dikomkomere, konofolo, tala, dinawa, duliki, di-mushroom, mielies, parsley, parsnips, dierekisi, rhubarb, radishes, sepinatshe, chard ya Switzerland, onion ya selemo, turnip, waterblommetjes leka dipepepe tse 'maloa go tloga go khetho yadi risepe!



Lentswe zucchini le tswa ho zucchini ya Setaliana, ka lehlakoreng le leng, ke squash ye nyane ya 'moko wa courgette, ka lehlakoreng le leng, ke lentswe la Sefora lebang la zucchini. zucchinis ke ditholoana tsa semela se le seng se kotutsoeng ga di le bolelele ba disenthimithara tse 15 go isha go tse 20 ke ditholoana tse seng di golile tse fihletseng boholo bo felletseng.

- Artichokes** dia tlala gobane odija bohole, e leng sego thusang go ela hloko gagoloanyane seo ose jang o natefalelwya ke boiphihlelo, 'me di dirile ka fiber ye etsebalegang (7 gram),' me di-kilojoules tse tlase (240 kJ) di-Artichokes tse bogareng di tsea sebaka botoro ea go tselo botoro ka e dirilwego ka yoghurt e nang le makhura a fase le konofolo kapa tsentshe le chives goba vinaigrette e dirilwego.
- Ka asparagus** yeo oli ya malware e na le dimatlafatsi tse dintshi, kudu-kudu folate le di vithamini tsa antioxidant e, lutein, beta carotene le fiber.
- Beetroot** e tletse tatso, monko le dimatlafatsi tse nang le lehakoe le khahlehang - joalo ka 'mala o kenyang phatsimo dijeng dife kapa dife,' me di ka boloko ka sehatsetsing nako e ka etsang dikhoeli tse tharo ebe li bolokoa ka ditsela tse tshi gore di natefale kamorao dipere tse tsha di monate, di nonne ebile dinale tatso jwalo selemo.
- 'Me di na le tšepe e ruileng' me antioxidant beta carotene le lutein.**
- Radishes** ke dilo tsa lelapa la cruciferous la meroho (broccoli, kale) le ruileng ka di-glucosinolates, metsoako e ka thushang go itsireletsa kgahlanong le mofetše o itseng. s hammoho le liminerale tse kang calcium le potasiamo tse nang le kgatello e phagameng ya mali le go fokotsa kotsi ya lefu la pelo.

### Mayele

Dijo tsa mesong tsedi hlabosang di go fa sebaka sa go tsentsha meroho, e u thusang ho fihlela ditlhagiso tsa dijo tsa Afrika Borwa tse thehiloeng go dieta Guidelines (SAFBDG) tsa dikarolo tse peli ho isha ho tse tharo ka letsatsi, leka dikgetho tsena tse bonolo tsa healthy le tse monate.

- tamati le dikomkomere tse pentiloeng ka avocado e nang le oli ya mohloaare,
- Li-veggies Omelette,
- Kenya spinach goba pepere go chisi yeo gao kapa mahe a sandwich,
- Kenya beetroot kapa meroho e lefifi go
- quinoa ya smoothie le squash ya butternut.

4

## Dira diphetogo ye tee ya letsatsi ka letsatsi

Diphetoho tse nyane tsa letsatsi le letsatsi dika ntsphafatsa bophelo ba gao gago ka ditholoana tse ding tse kgethegilwego, kgetha dinate bakeng sa seneke, tshentsha soda lebakeng la metsi, berikisha oli ya mohloare bakeng sa botoro go theola tsoekere.



Khotsofatsa takatso ya gao ya ntho e monate ka apole e monate, e tsoekere e tsoekere kapa fragole e butsoitseng ka go phethagetseng goba magapu.

Natefalelwa ke dinako tse fapaneng tsa ditholoana ka mehla bonyane ditholoana tse mahareng tse 2-3, dinoelo tse 1-2!

Tsa selemo dienywa Avocado, apricots, guava, kiwi, suru, limes, mahapu, liperekisi, fragole le mahapu.



5

## Itlwaetse go ja ka kgopolو

Tla tafoleng ka takatso ea dijo empa eseng ga o lapile gagolo. Gaeba o sa je, u ka labalabela go gomana eng kapa eng ka mpeng go ntho ya pele eo o e tseang e le lefeela ho fapana le ho natefeloa ke dijo. Thoma ka dikaroloana tse nyane ho ka thusa ho fokotsa bogolo ba poleiti ea ya go isa ho 23 cm kapa ka tlase, Ananela dilo tsa gao, tlisa maikutlo a hau kamoka setsing sa mabenkele, u lome hanyane, u hlafune ka bottlalo, oje bohole.



# Dipepepe tsa nako e phetseng gabotse



Kakaretso ye bonolo, e phetseng botse le e kgathollang ya selemo go amogela boemo ba legodimo bobo futhumetseng ka ditatso tse kganyang le metsoako ya dinako selemo.

(Sepedi)



## Diaartichokes tse halikiloeng

Go bonolo go e dira le go phatlola ka swiri, herby, galiki motswako.

(Tekano ya batho ba 6)



### Ditlabakelo:

- 3 yadi artichokes
- 2 yadi swirilemoni, jusi
- 2 ya malepula a magolo a makhura a merogo
- 6 ya konofolo, eboloa le ho kaba hoo e ka bang
- Rosemary ye ncha, thyme, oregano goba yona sage
- Letsoai la lewaatleng le pepere e ntšo e sa tsoa khuoa

### Hathollo ya phepo ya maleba (tsa palo):

Matsato: 480 kJ, Diprotheine: 1g,

Palo ya makhura: 7g, Carbs: 4g, Fiber: 2g, Sodium : 648 mg

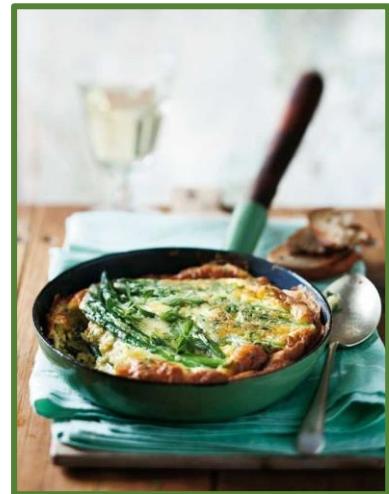
### Ditaelo:

1. Gotetsa ovene go 200°C.
2. Berekisha thipa go sega bofase 1½ cm (makhasi a kagodimo) .a tlosa le go lahla makhasi afe kapa afe a manyane go leba tlase ya stems. Hlatswa artichokes ka metsi.
3. Segu di-artichokes ka bogare go ya godimo. Shomisha thipa go ntša "ho bipetsoa" ho pherekano bohareng ba artichoke. ebe u shomisha dokero tsa kichineng go tlosa karolo ea 1/2 cm ya artichoke. ebe u sebelisa likere tsa kichineng go u tlosa ha u dija gohla lesela la lemone hohle go thibela go boso.
4. Beha hafo ya artichoke ka sejwaneng sago baka kapa ka lehlakoreng la go baka. hlatsoa mahlakore a artichoke ka ho lekana le mahlakore a segillweng ho artichoke ka mokhoa o ts'oanang le oli ea mohloaare. Gomme o tlatsa dikoti ka go lekana ka konofolo, e latelwa ke dikhahla tse nyane tsa ditlama tse ncha. nako le letsoai le pepere.
5. Phetola artichokes golimo, u sebelisa ditlama go thusa ho tswara konofolo, e le gore di khaoloe-lehlakoreng. Hlatswa dithoro tsa artichokes ka oli, 'gomme odi nokele ka letsoai le pepere fela.
6. Paka senotsue metsotso e 15. joale tlosha ebe u koahela pane ka aluminium foil, ebe o nokela sebaka sa metsotso e 25-35, goba go fihlela di-artichokes di le bonolo 'me bofase obo goga gabonolo.
7. Beya terei golim'a rack e fodileng . tlosa ka hlakomeko, lahla ditlamo (kapa odi hlakomeko ka gare ga sopo ya gao lebakengla tatso e oketsegileng), 'gomme otshole di-artichokes ka lero la lemone.
8. Sebeloi.berekisha di-artichokes tse galikiloeng tse futhumetseng ka oli ea mohloaare ea balsame goba mayonnaise asenang mafura. Di-artichokes dia tlala gobane odija butle, e leng se u thusang gore o gopole kudu ka seo o se jang, u natefeloe ke boiphihlelo, 'gomme di na le fiber e tshi ye tsholegang (7 gram), gape e na le di-kilojoules (240 Kj / artichoke e mahareng). nka lebakeng la soppo e tsenang botoro ka e 'ngoe e dirilwego ka yogurt e se nang mafura a mantshi e entsoeng ka yogurt e se nang mafura a mangata le konofolo goba koena le chives goba vinaigrette e dirilwego ka oli ea mohloaare pesto.

## Asparagus le chives frittata

Ena e monate e loketse dijo tsa mosegare tse bobebe tsa selemo tse natefeloang kantle le salate e ncha ea jareteng e tala. Geeba o sa rate asparagus,o ka tsea sebaka sa zucchini goba broccoli.

(o elekana 6)



### Metsoako:

- 150 g asparagase ya lesea
- 1 lelepolo la makhura a merogo
- 4 ya mae
- 4 Boswell ba mae
- 15 g konofole
- ½ Kopitar ya makhura a fase a chisi
- ditlama tse ncha bakeng sa go kgabisa jwalo ka di-cilantro tse kgethilihweng
- Pepere le lets wai go latswa

### *Hlathollo ya phepo ye nyakegago:*

(Ka go sebeletsa )

Matla: 420 kJ

Diprotheine:9 g

Makhura a khotsofatsang: 1g

Dicarbs: 3 g

Di fibre: g

Sodium:119 mg

Potasiamo: 226 mg

### Ditaelo:

1. Bea setofo go 200°C.
2. Godimo ga setofo, bea makhura ka pane esa mamareleng, lokela asparagus le sauté gofi hlelela di gadikega.
3. Ka gare ga baolo, hlakantsa kamoka mae le lets wai le pepere go humana tatso. lokela konofolo o tshele godimo ga asparagus.
4. Tshela chisi godimo gomme o fasafe ka lets wai le pepere.
5. Bea pane go mollo wa fase o tlogel go apeye.
6. Paka frittata nako ya mitsotsi ye 15.
7. Segu gomme o solele disa fisha ka salate ye tala.



Asparagus ke memerogo e nang le phepo e ngata le mohlod i mobotse oa fiber, folate le divithamini A, C, E, gammogo le chromium. Gammogo le avocado, asparagus ea kgale le ea Brussels e tletse di-antioxidants e bille e na le diuretic e botse, kage e na le asparagine e ngata ea amino acid e nang le di-antioxidants le diuretic ye botse, kage e na le asparagine ea amino acid, e berekiswang joalo ka diuretic ya tlhaho.



## Salate ye monate ya beetroot ye e apereng yogurt

Makhasi le metso ya di-beet di tletse dimatlafatsi 'me di na le betalains, antioxidant 5 gape matla e fang beet' mala oa bona o phatsimang gomme e thusa ho itšireletsa go lefu la pelo le mofetše. Di-beet di humane botumo go theosha le dikgwedi di sebedisa kudu ka disalateng.

### Metsoako :

- 1 kopi e hlakileng ya yogurt ya mafura
- 2 di-teaspoon peo ea kumine fatše
- 1 konofolo ye kgabeletsweng
- Letswai le pepere ya tatso
- ½ 'mela vinika
- 750 g beetroot yeo e apeilwego e hlobilwego
- 250 g lesea la spinatshe
- 1 sehlopha se segolo sa koena se siea makhasi a kgethiloeng ka majwae, a kgaogatshitsweng
- 1 sehlopha se sego sa makhasi a cilantro le dimela, tse kgethiloeng ka majoe, di kgaogatshitsweng

**Tharollo ya phepo e nyakegago**  
(Tekano):

Matla: 878 kJ, Diprotheine: 10 g  
Palo ya makhura: 2 g, Carbs: 41 g

### Ditaelo:

1. Dira moaparo: Ka sekotlolo se Sunyani, hlakantsha yoghurt, kumine le konofolo ka lets wai le pepere ho latsoa. Tshentsha sehatsetsing moaparo ka awara goba go feta.
2. Kenya vinika ka sekotlolo se bohareng. Kgaola beetroot gore e be li-wedges tse bogolo bo lekaneng, o fetisetsa di-wedges ka sekotlolo se nang le vinika ga di ntse di kgaola. lahlela metsots e 10. Thoma di-beet.
3. Pele o berekisha,fafatsa moaparo ka godimo ga salate, jwale gao itukisetsa go fetsa felletsa ka go fafatsa ditlama tse setseng.



Berikisha ka bo eona ka bogobe bo shitswing goba sejwana sa lehlakoreng le nama goba tlhapi goba e le karolo ya go gashana ga salate e ngoe.



## Sipinatshe se apeilwego se monate

Selekana 4 – palo: ekaba  $\frac{1}{2}$  komiki

Matla a curry a oketsa mofuthu le botsoalle mohuteng o kapela le go bonolo ba sepinichi se kerime, yogurt e fa sena phetogo ye phetseng botse ka molomo o monate le 'mele o mongata.



### Motswalo:

- 1  $\frac{1}{2}$  lelepola la oli ya dimela
- $\frac{1}{4}$  lelepola la pepere ye shitswing
- 3 Li-clove tse 3 tsa konofolo
- $\frac{1}{2}$  komiki ya eiye ye e segeletswego
- $\frac{3}{4}$  lelepola la carry
- 500 g sepenatshe se se hlatswitsegoo
- $\frac{1}{2}$  ya Amasi
- $\frac{1}{4}$  lelepola la Letswai
- Pepere ya tatso

### *Lesedi la dimatlafatsi*

(ka go berekiswa):

Matla: 450 kJ, Palo ya makhura: 7 g, Protein: 6 g, Carbs: 10 g, faeba : 4 g, Sodium: 221 mg

### Metswako:

1. minutes.apea oli ya dimela, chilli le konofolo ka pane e kgolo go feta bohareng go fihlela konofolo e thoma go fifala, metsotso ye ka bang ye 2.
2. Oketsa sepinichi se khethiloeng go pan ka di-batches, se hlohllelletsa ho fihlela se omella pele o se oketsa.
- 3.hlohllelletsa ka yoghurt goba maas le letsawai le pepere.



## Di-chips tsa kgale

Ditlhapi tseo go bofeso hodidira, tse bobebe, tsa goja di jewa lege le dija goba avocado sandwich e bulegileng, goba tse dingwe tse monate tse nang le popi ya chickpea go tshela!



### Metsoako :

- khale
- Oli ya mohloaare, bakeng la go phatsima
- Letsoai la lewatle

### *Hlagiso ya phepo e nyakegago* (tsagoberikiswa):

Matla: 336 kJ, Protein: 2g, Total fat: 10 g, Carbs: 7 g, Fiber: 3 g, Sodium: 380 mg

Khale ke naledi e kgolo ya phepo e nyakegago - e na le divithamini tse mmalwa A, k, b6 le c, gammoho le calcium, Potasiamo, koporo le mankanese.



### Metswako:

- 2 beetroot, di segeletswe
- 2 potata, tse kgolo,
- Makhura a merogo gofafatso
- 1 teaspoon cumin, fase
- Letswai la lewatle

*Lesedi la dimatlafatsi* (tsa go berekiswa):  
matla: 567 kJ, Palo ya makhura: 9 g, Carbs: 14 g, Potassium: 309 mg, Sodium: 134 mg.

### Ditaelo:

1. Bea setofosa gago go 160°C.
2. Hlatswa lego omisha kale.
3. Segelela kale yagago ebe e nyane
4. jala khale godimo dithereing tse peli tsa go baka, go dira bonnete ba hore ha di kopane le makhasi kage a ka se a omella botse ka tsela e ngoe
5. Fafatso ganyane ka oli ya mohloaare le nako le letsawai
6. tshentsha ka oveneng ebe o bea metsotso e 15-20 goba go fihlela e oma ka go felletseng (lebella gore e se ke ya fisha).
7. Tlosha godimo ga ovene otlogele go file pele okaja

## Beetroot tse besitsoeng le potata tsa patata

Di berekisa ka sesepa seo se phetseng gabotse se dirilweng ka yogurt e se nang makhura a mantshi, pepeta ya lero la lemone / kalaka koena e ncha goba cilantro, e hadikiloeng, Letswai le pepere go latsoa.

### Ditaelo :

1. Fisa onto go fihlela go 120°C.
2. Segella beetroot le potato.
3. Fafatso ka makhura a merogo.
4. Tshela godimo ga pane yago baka.
5. Hlakantsha letsawai le cumin kamoka.
6. Tshela godimo gadi Selassie tsa gago.
7. O apeye lebaka metsotso ye 40 goba go fihlela go gadika.
8. Gotswa dikomiki tse 4-6.

## Dkhetho tsa yoghurt ea fragola

Sena sebakeng sa ka, ke dijo tse tsoekere tse phethagetsego tsa selemo! fragole tse diswa di tšoantšetsa tsa lelapa la rosa 'me dina le monkgo o ikhethang le tatso,' me di tletse di-vithamine le diminerale, jwalo ka divithamini c le k, folate le potasiamo, manganese le magnesium. Dinala di-kilojoule tse fokolang, dina le fiber ebole di na le di-antioxidant le polyphenols tse ntshi ebole di ka thusa ho theola khatello ya madi le go fokotsa kotsi ya lefu la pelo.



### Metswako:

- 600 g fragole, gammogo le di-fragole tse 3 tsa halve bakeng sa go kkgabisha
- 2 ya malepolo kganya sukiri goba sweetener lekana le tatso
- 1 lelepola la swiri, e kgaogatshitsweng
- ½ kopi e seng lebese la kremi
- 3 lelepola lerwele la sukiri goba senate se lekanang le tatso
- 1 ½ dinoelo tse nang le molatsoana o phoroselang

### *Lesedi la dimatlafatsi* (go lekana):

Matla: 907 kJ, Diprotheine: 5.2 g, palo ya makhura: 6 g, Carbs: 23 g Fiber: 4 g, Sodium: 30 mg (letsawai la fase).

### Ditaelo:

1. kgaola dithlōrō tsa di-fragole tsa 600 g ebe o di kgaola ka bolele go di-wedges. Agela ka swikiri e sootho goba sejo se swikiri le 1/2 lepolo ya fase ya lemone ka sekotlolo se bohareng e ke e dule gofisheng ga kamora go fihlela lero, metsotso e ka bang 20 goba go tonya diawara tse 2.
2. go sa le jwalo, hlakantsa tranelate le swikiri ye lerwele kapa senotlolo ka sekotlolo ho fihlela ditlhoro tse thata. mena ka khabone ya lelepola ye 1/2 ya sehlaha le yoghurt. koahela le ho bata go fihlela o shumisha, go fihlela diawara tse 2.
3. kgaoganya hafo ya motsoako oa fragola gare ga dikhalse tse 6 tsa parfait goba dikotlolo tsa dijo tse swikiri. Godimo le hafo ya motsoako wa tranelate, go kgaogantsha ka mokgwa otswang go busheletsa le go kgabisa ka hafo ya fregola.

Selemo se se ja mehuta e fapaneng ya meroho le ditholoana letsatsi le letsatsi - bonyane dikarolo tse 3 tsa meroho e meswa le dikarolo tse ding tse 2 tsa ditholoana tse diswa. (karolo e le 'noshi ea meroho goba ditholoana = mowe e ka bang 1cup e tala goba senoelo sa 1/2 se apeilwego goba 80 g e ncha 30 g e omisitsoeng).

