

Phepo ea bophelo bo botle ba pelo



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Ho hlokomela pelo ea hau mariha.

Mariha ana ❤️

Ha boemo ba leholimo bo ntse bo bata, ho lula bo le bohlokoa. Boemo ba leholimo bo batang, ba leholimo ha boa phethe ho sesole sa hau sa 'mele feela, empa le pelong ea hao.

Lintoa tsa mariha tsa mariha li etsa hore ho be bonolo ho kula ho feta ka nako e kae ea selemo.

Likokoana-holo tse batang le tsa nthale li lula teng, 'me batho ba bangata ba fetoha mokhoa oa bona oa ho phela ha ba qeta nako e eketsehileng ka tlung.

Ha likhoeli tse batang, moleko oa ho sebelisa mefuta e mengata ea matseliso e ka eketseha. Leha ho le joalo, ho qoba bokuli ba mariha 'me ba lula ba le sebopeho, ho bohlokoa ho lula ba etsa lijo tse phetseng hantle le likhethong tse phelang. Ka ho khetha lijo tse khotsofatsang le tse nang le limatlafatsi tse ngata, o ka lula o futhumetse, o bile teng ebile o sirelelitse mariha nako eohle!



Lijo tsa boiketlo ha li hloke ho bolela lijo tse seng kotsi.

Matisong ena, re shebisisa mekhoha e bonolo ea ho u thusa hore u lule u phetse hantle 'me re thabile nakong ea mariha. Ho tloha ho ho reka meroho ea selemo le lijo tsohle, ho pheha, ho boloka lintho tse monate le ho boloka lijo tse phetseng hantle le tsa pelo tse phetseng hantle. Hape le ho leka ntho e ncha nakong ea matsatsi a malelele a batang!

Ho ja lijo tse nepahetseng nakong ea likhoeli tse



Mahala a ba shebileng ho:



Ho amohela lijo tse phetseng hantle tsa boiketlo bo phetseng hantle

Ha ho lijo tse chesang le tse bohlae le ho re boloka re futhumetse, empa hape ke tsela ea ho thusa ho boloka lits'ebetso tsa rona tsa 'mele li le matla le mafu a mariha. Ho bohlokoa ho ja bophelo bohle ba selemo, empa nakong ea likhoeli tse batang le ho feta ho ja limatlafatsi tse ngata, tse kang Vitamin E ka thusa ho phela hantle hoa mmele o phetseng hantle, hammoho le fokotsa kotsi ea lefu la pelo le stroke. Hobane meroho e mengata, litholoana le lijo tse ling tse thehiloeng limela li boetse li na le li-antioxidars, li thusa ho fokola khatello ea maikutlo.

E-ba litholoana le meroho ka nako ea tsona!



Ho na le meroho e mengata e mengata e mebala-bala ka nako ea mariha mariha eo ho leng bonolo ho e pheha, e leng lihoete, kale, li-bels, litapole, turnip.

Li-sopho ea le li-hacs ke mekhoha e metle ea ho kenyelletsa meroho ena eohle e ntle ea mariha lijong tse phetseng hantle tsa pelo. Sebelisa litloaelo tsa rona tsa sopho ho khotlaetsa meroho e fapaneng, linotlolo le litolla.



Mohopolo oa ho ja lilalad nakong ea mariha ho ka utloahala eka o sa tloaeleha. Ho ikitlaelletska ka sekotlolo sa salate ea litholoana le meroho ho ka fa 'mele oa hau ka nepo ho phahamisana phepo e nepahetseng ea ho boloka liphoso tsa mariha!



Tlhatlhobo ea lirui tsa mariha le avocado

Ho fumana risepe bakeng sa salate ena ea mariha ea mariha karolong ea Recipe.

2

Ho jala tekano e nepahetseng ea mafura



Litopa tsa bophelo bo botle tse fanang ka 'mele oa hau li fana ka matla le atis of acid a amids tseo a lokelang ho li ntlafatsa mosebetsing oa' mele. Lijo tse ruileng li-acid tse bohlokoa li kang Omega-3 dha thuso ea ho khothaletsa mahlo, boko le bophelo bo botle ba pelo. Ha se feela Li-flats tse nepahetseng feela li bohlokoa ts'ebetsong ea sesole sa 'mele, empa ho boetse ho hlokahala ho monya livithamini tse qhibilihileng li-vithamine.

Joang ho ea

1. Kenyelletsa linatse tse 'maloa (30g) letsatsi le letsatsi

- U ka ba eketsa ho salads, yogurt, lijo-thollo, salate le li-fries. Khetha mefuta e sa lokang, e halikiloeng kapa e tala kapa e tala. Linatse ke mohloli o motle oa mafura a sosong, le mafura a 6 le Omega - li-fats tse 6 tse tsoang Omega 6.

2. Beha lithhapi tse eketsehileng

- Kenyelletsa le lithhapi kapa lijo tsa leoatleng tsa leoatile lijong tsa hau tsa lelapa la hau ho ja makhetlo a 2-3 ka beke bakeng sa lethali la Omega-3.

3. Sebelisa oli e phetseng hantle

- Lioli tse ling li loketse ho pheha le tse ling li thusa ho eketsa thabo ho isa tatso.
- Bakeng sa liaparo tsa salate le ho pheha ka mocheso o tlase (e.g. ho futhumatsa paneng, peankolo, kobo ea sobo).
- Bakeng sa ho pheha mochesora-bophara, haholo-holo lipalesa, khetha oli e eketsehileng ea mohloaare, oli e phahameng ea olec ea setso, kapa oli e phahameng ea penaut. Mefuta ena ea oli e tsitsipane haholoanyane mochesong o phahameng.
- Etsa bonnete ba hore u boloka oli ea ho tsamaea letsatsi le tobileng 'me u se ke ua sebelisa oli e seng e futhumetse.

4. Sebelisa mafura a bophelo bo bottle

- Ho fihlela karolo ea 50 ea likarolo tse 50 tsa mafura ka botoro e tletse mafura le liperesente tse 4 ke mafura. Fetoha ho li-butters tsa linatse, avocado, Tahini kapa maralla a entsoeng ka mohloaare, calala, soneblow.

5. EMPA Lijo tsa lijo tse se nang bophelo

- Lijo tse kang li-Biscuits, likuku, pizza, e halikiloeng ka ho teba le ho fetisa mafura a mangata lijong tsa rona.

6. Tlosa mafura afe kapa afe a bonahalang

- Khaola mafura le letlalo le le leng ho tsoa nama le likhoho. Sena se thusa ho leka ho tlatsoa le ho fetisa mafura.

7. Qoba nama e sebetsoang

- Lima nama tse fetileng tse kang mehloli ea liprotheine tse ntle, joalo ka li-chickpeas, li halikiloeng kapa tse halikiloeng kapa li-salmon.

8. Ja lintlha tse ling tse ngata (joalo ka linaoa, lensisi le li-chickpeas)

- Leka ho kenyelletsa lintlha tsa bohlokoa bonyane lijong tse peli ka beke. Ho ja bana seabakeng sa nama le likhoho ho thusa ho fokotsa le mafura a mangata.

9. Bala li-labls tsa lijo

- Sheba lenane la ho kopanya lihlahisoa tsa lijo tsa lijo bakeng sa 'Oils "oils" kapa' Oils ea meroho e sa tloaelehang. U lokela ho qoba lijo tsena ha li na le mafura a seng kotsi.

10. Lokisetsa ho tloha qalong - sebelisa litlolo tse phetseng hantle tsa pelo

- Theha lijana tseo u li ratang ka ho sebelisa lisebelisoa tse mafura tse phetseng hantle, tse kang linatse, lipeo, li-avocado, mehloaare le oli ea tsona.



3

Ke kenyeletsa lijo tse ling tse sebetsang kapa tse phahameng ka ho fetisisa lijong tsa hau tsa mariha mariha

Lijo tse fetang tse fetang ho fana ka phepo ea motheo ka lebaka la phepo ea tlhaho ka lebaka la seo li nang le sona. Mohlala, oatmeal e nkoa e le lijo tse sebetsang hobane lifopo tsa eona tse qubung li ka thusa ho theola cholesterol - molemo o fetang mookameli oa phepo e nepahetseng oa lijo tseena. Meroho e ncha, microgreen le litlama - lijo tsohle tse sebetsang. Lijo tse phetseng hantle tse ka jang tse ka bakang mahalapa le poleiti.

Leka ho hong ho hocha!



Microgreens

Ha e tuke e tukang ka bongata, ke mohloli o thata oa limatlafatsi tse ngata tse kang liminerale (potasiamo, tšepe e jang ka bongata.

Mekhatlo ena e monkoana ena e monko o monate, e tsejoang hape e le lithibelo tsa Micro kapa meroho, li na le tatso e ntle ebe u eketsa sekhechana sa mebala lijana tsa mefuta e fapaneng.



Hola ea hau!



Likotsi tsa **microgreens** li bonolo ebile ho loketse ho hola, kaha li sa hloke lisebelisoa kapa nako e ngata. Li ka ba tse kholo tsa selemo, ho pota, ka tlung.

U tla hloka: lipeo tse ntle, bohareng bo hola, joalo ka setshelo tse tlatsitsoeng ka mobu kapa manyolo ka bongata. Ntle le moo, u ka sebelisa maunta a holang a le mong ka kakaretso le tsebisitsoeng ka mokhoa o le mong bakeng sa ho hola, mabone a nepahetseng - ebang ke khanya ea letsatsi, ka nepo.

Litaelo tse:

- Tlatsa setshuo sa hau ka mobu, ho etsa bonnete ba hore ha u e hatelle feela, 'me le metsi habobebe.
- Fafatsa peo ea khetho ea hau ka holim'a mobu ka mokhoa o ka khonehang.
- Hatisa namisa lipeo tsa hau ka metsi ebe u koahela setshelo sa hau ka sekwahelo sa polasetiki.
- Shebella ho bolaea metsi a hau letsatsi le leng le le leng moo ho hloka halang ho boloka peo e motime.
- Matsatsi a 'maloa ka mor'a hore peo e mele, u ka tlosa sekoaelo sa polasetiki hore e pepese leseli.
- Ha e le metsi hang ka letsatsi ha li-microgreens tsa hau li hola 'me li na le' mala.
- Kamora matsatsi a 7-10, li-microgreens tsa hau li lokela ho etsoa tse lokiselitsoeng ho kotuloa.



Pelo - e phetseng hantle ka nako e nepahetseng



Mefuta e bonolo le e phetseng hantle ea ho kenyelletsa meroho ena eohle e ntle ea mariha, mashano, litopo le li-microgerine lijong tsa hau.



Minestrone Soup

Ena ke mofuta o motle o entsoeng ka zucchini le basil e ncha.

Metsoako:

°Mohope o le mong o neng o saroloha

- Li-gespoon tse 2 li otloa e le 'ngoe ea mohloaare, hammoho le tse ling bakeng sa kharebe
- Linomoro tse 3 tse nang le onion
- Khanya e le 'ngoe e khethiloeng ea konofolo
- Kopo e 1 ea lihoete
- Kopi e le 'ngoe ea senoelo sa celery
- Litšoantšo tse 1 tse ommeng ea Setaliana
- $\frac{3}{4}$ teaspoon
- Likopi tse 6 tsa meroho
- zucchini e le 'ngoe e nyane kapa masea a masea, a bitsa
- Lithaere tse tharo tse halikiloeng le tse halikiloeng le tse halikiloeng
- Li-Gang tsa Cup tsa $\frac{1}{4}$
- Sekopi se khaotsoeng se senyehileng • Li-Gang tsa Cup tsa $\frac{1}{4}$
- Sekopi se khaotsoeng se senyehileng

Ditaelo:

Pheha bijouta: tlisa sopho e bohareng ea metsi ho pheha. Kenya Macaroni 'me u phehe ho latela litaelo tsa sephutheloana. Tšela.

Sauté Ke Meroho: Khabareng, litapole tsa mocheso li-pig tsa sopho e kholo ea settoe. Kenya onion le konofolo ebe u pheha, ho hlohlelletsa hangata ho fihlela Oion e se e qala ho sootho hanyane, metsotso e ka bang 3. Eketsa lihoete, celery, 'mapanian oa Setaliana le letsoai le letsoai le mosifa ho kopanya. Tsoela pele ho pheha, ho hlohlelletsa khafetsa, ho fihlela meroho e nolofatsoa, 'me pane e lla ka tlase, metsotso e 3 ho isa ho e 5.

Etsa sophone: Kenya mocheso morohali, eketsa mocheso, 'me u tlise mochesong. Fokotsa mocheso ho boloka sekoti, 'me u phehe ho fihlela meroho e le bonolo, 4 ho isa ho e 6 ho isa ho e tšeletseng metsotso e 4 ho isa ho e tšeletseng. Fokotsa ka sopho 'me u kenye seachetho leha e le sefe sa tamati ho tsoa ho Hlohlelletsa linaoa le ho pheha macani le ho pheha, ho hlohlelletsa khafetsa ho fihlela futhumatsoa, hoo e ka bang metsotso e 4.

Ho qeta le ho sebeletsa: tlosa mochesong. Hlohlelletsa basil. Sebeletsa likotlolo tse phatsimang le Parmesan le oli e eketsehileng ea mohloaare haeba e lebelletsoe.

Tlhabisoleseling ea phepo e nepahetseng (ka 250 ml e sebeletsang): Matla: 466 KJ, protheine: 3g, mafura a mangata: 2g, Carbs: 18g, fiber: 4g, sodium: 648 mg

Li-sopho ea meroho e leshome



Metsoako:

- 2 tbsp oli ea meroho
- Liiee tse 2, tse khabeloang hantle
- Litapole tse peli tse monate, tse khabisitsoeng
- Lihoete tse 2, tse khabisitsoeng
- Li-parsnips tse 2, tse khabisitsoeng
- 1 e khubelu ea chilli, e senyehileng
- 1 tbsp gumin cumn
- 75 g omiso e omisitsoeng lenters e tala
- 1.3 Liters tsa meroho
- 1025 ml lebese
- 100 g Greek Yoghurt
- 1 Tbsp canriander makhasi a 1, a khoebiloeng

Litaelo tse:

1. Futhumatsa oli ka pane e kholo. Kenya lieie le Fry ka metsotso e 5 ho fihlela e bonolo. KELETSO Ho meroho e setseng ebe u pheha metsotso e meng e 5, e eketsa chilli le cumlin bakeng sa metsotso e 2 ea ho qetela.
2. Kenya lensisi le setoko sa meroho ho pane. Tlisetsa ho pheha, ebe u theola mocheso le simmer metsotso e 25 ho fihlela meroho e le bonolo ebile e le lesole e le bonolo. Ka letsoho, clend, ho fihlela e boreleli hammoho le lebese ebe o eketsa metsi a eketsehileng kapa setoko, haeba ho hlokahala. Nako ea selemo ebe u paka ho fihlela ho chesa.
3. Ka labela ka likotlolo 'me u sebeletse lijo tsa yoghur ea Greek le ho fafatsa ea coriander e khethiloeng.

Sopho ena e etsoa ka meroho ea selemo le ho paka ka livithamini le liminerale. Hona le risepe e nang le botsoalle e botsoalle, kaha meroho eohle e kotsing ebile e khona ho lengoa lapeng likhoeling.

Tlhahisoleseling ea phepo e nepahetseng:

(Ka ho sebeletsa)

Matla: 1625 KJ

Protheine: 15 g

Mafura a mangata: 14 g

Carbs: 56 g

Fiber: 9 g

Sodium: 280 mg



Sebeletsa ka Bobeto bo boholo ba lapeng (risepe ka tlase)

Bokaholim o bo bonolo

Bana ba ka thusa ka
rise e ena e bonolo ea
bohobe!



Metsoako:

- 500 G E Felatup Floor Flour
- 7 g sachet e potlakileng ea tomoso e halikiloeng
- 1 tp letsoai
- 2 Tbsp oli
- 1 Tbsp mahe a linotsi

Mokhoa:

1. Arola phofo, tomoso le letsoai ka sekotlolo se sehlo ebe u kopanya hammoho le matsoho a hao. Stir 300 ML metsi a chesang a nang le letsoho ka oli le mahe a linotsi, ebe a hlohlelletsa metsoako e omeletseng ho etsa hlama e bonolo ho etsa hlama e bonolo.
2. Phelela hlama ka holim'a bokaholimo ba metsi ka hanyane 'me u maketse metsotso e 5, ho fihlela hlama e ikutloa e ratoa, e fafatsa ka phofo haeba u e hloka.
3. Orisi oa 900 g e lobang mme o beha hlama tin, e e hanyetse ka tlhaho. Kenya ka mokotleng o moholo oa lijo oa polasetiki ebe o tlohela hora e le 'ngoe, ho fihlela hlama e tsohile ho fihlela tin le ha e e hatella ha u e tobetsa ka monwana oa hau.
4. Mocheso oven ho fihlela ho 180 degrees celsius. Etsa litsie tse 'maloa ka holim'a sebaka sa bohobe ka thipa e bohale, ebe u baka metsotso e 30 ho fihlela bohobe li tsohile le khauta. E tele ka mokotleng oa pholile ebe o tlanya botlaaseng ba bohobe ho e hlahloba li phehiloe. E lokela ho utloahala. Tlohela ho pholile.

Mefuta e Meholo ea ho Jala ka Bohobe:

Avocado. E phetse hantle, ea tlhaho ebile e ntle ebile e ntle bakeng sa mafura a phatlalalitsong a phatlalalitsong.

Hummus (chickpea e hasoa). E phahameng ka ho qhibiliha moriri oa mafura ebe o sotla mafura.

Oli ea mohloaare. Mohala oa Mediterranean o motle o hatelletsoeng o phatlohileng o phahamisitse mafura a mangata ebile o finyeletse lijo tse telele tse phetoang!

Peanut botoro. E-ea bakeng sa sethunya se kentsoeng letsoai sebakeng sa botoro kapa margarine. Ho phahama ha protheine e thehiloeng lemang ea limela le bana ho e rata!

Lintlha tsa phepo e nepahetseng

(ka ho sebeletsa):

Matla: 970 kJ, protheine: 10 g, Feela mafura: 4 g, Carbs: 42 g, Fiber: 4 g, sodium: 630 mg (letsoai le tlase)



Selati sa litlolo se nang le avocado

Salate e khanyang, e ntle e bonts'ang lilamunu tsa mali tse koahetsoeng ke ngoana tse tsoakiloeng ka lesea le kopaneng le mahe a linotšing la tayicrerette.



Litaelo:

Ho roala:

Ho kopanya metsoako ea 4 ea pele ka sekotlolo se mahareng. Butle butle whisk ka oli. Nako le letsoai le pepere. Behelle ka thoko (e ka tsoele pele, koahela le sehatsetsi ho fihlela beke e le 1).

Salate:

1. Ka thipa e bohale, khaola ka hara le pōli ho tloha lilamunu. Li liletsa. Behelle ka thoko.
2. Ka sekotlolo se seholo, sesetsana hammoho le meroho e meroho, halofo ea li-khalase tsa Orange, le Onion.
3. Li-Drizzle tse ka moaparo o lekaneng oa ho apara kobo; Se ke oa soaa. Boloka liaparo tse eketsehileng ho feta ka thoko kapa li boloka ts'ebeliso e 'ngoe.
4. Hlophisa li-slices tsa le lamunu le avocado ka holimo. Sebeletsa ka moaparo o eketsehileng ka lehlakoreng. Thabela!

Metsoako:

Seaparo:

- 1/3 senoelo sa lero la lamunu
- 2 Tbsp Asene e khubelu ea veine
- 1 Tbsp mahe a linotsi
- 2 tsp dijon mosetareta
- Sekopu sa ¼ Cyola
- Letsoai le pepere ho latsoa

Salate:

- Li-oranges tse 15 tse mahareng
- Li-oranges tse peli tsa mali
- ½ kopi e kopaneng ea lesea kapa ea masea kapa ea salate ea masea a masea
- ½ onion e khubelu, e halikiloeng e halikiloeng
- 1/3 Cup ea khauta ea khauta
- avocado e nyane

Tlhahisoleseling ea li-phepo tse(ka ho sebeletsa): Matla: 970 KJ, mafura a mangata: 9.5 g, feberu: 10 mg

Ho pheha le microgreens



Pasta ka veggies le pea e le letlobo

Metsoako ea:

- 250 g pasta ka khetho ea hau, e phehiloeng
- 1 Shallot e halikiloeng
- Li-clove tse peli tsa konofolo, tse sithabetseng
- Li-guspoon tse 2 li ka le oli
- Senoelo se le seng sa lierekisi tse ncha
- Li-coops tse 3 tsa pea letlobo
- Litšoantšo tse 3 tse 3 li ne li ikoalla chisi e halikiloeng ea Parmesan



Litataiso tsa:

1. Fafatsa pako e fetang mocheso o mahareng.
2. Emisa oli ea mohloaare, shallot le konofolo le li hlohletso.
3. E eketsoa liperekisi le ho pheha ho fihlela.

