

# Izondlo/Ukutya kwentliziyo okusempilweni



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## Ukunakekela intliziyo vakho kou busika ❤

Njengokuba imo yezulu ijika ibanda, ukuhlala usempilweni kubalulekile. Ingqele ayichaphazeli amajoni omzimba akho qha, kodwa nentliziyo yakho.

Ngexesha lobusika kubalula kakhulu ukugula kunamanye amaxesha onyaka. Ingqele nentsholongwane yomkhuhlane zihlala ixesha elide, kwaye abantu abaninzi baye babone utshintsho kwidelela abaphila ngayo ngexa bechitha ixesha elininzi ngaphakathi ezindlini.

Ngexesha leenyanga zasebusika, ukurhanelu ukutya okushushu kuye kwenyuke. Kodwa ke, ukuze untaguli kwaye ugcine umzimba wakho kwimo elungileyo, kubalulekile ukwenza nokutya ukutya okusempilwemi. Loo nto ke ithi, ukukhetha ukutya okunezakha-mziba ezininzi kulwa ingqele, uhlala ufudumele, wondleke kwaye ukhuseleke ubusika bonke.



**Ukutya okushushu  
akunyanzelekanga ibe kukutya  
okungekho sempilweni.**

Kolu hlelo, siqaphela indlela ezilula zokunceda ukuba uhlale usempilweni kou busika. UKusuka ekuthengeni imifuno yexesha-lonyaka, ekwenzeni ukutya okusempilweni nokugcina amajoni omzimba omelele. Nokuzama into entsha yokwenza kwezi ntsuku zinde zibandayo kubalulekile.

## Ukutya ukutya okusempilweni ngexesha



**Kou busika masingqale apha:**



## Ukuqhaya ngokutya okusempilweni

Ukutya okushushu akusigcini sifudumele qha, kodwa kuncedisana **namajoni omzimba** wethu ngelixesha lengqele. Kubalulekile ukutya ukutya okusempilweni ngawo onke amaxesha onyaka, kodwa ngexesha lobusika kuye kubaluleka ngakumbi ukutya iziqhamo nemifuno, ngokuba zinikeza izondlo ezifana beta-coretene, vitamin C noE ezincedisana nogcina **amajoni omzimba**, ukwehlisa amathuba okuba ubenezifo ezifana nokufa icala nesentliziyo. Uninzi **lwemifuno**, iziqhamo nokunye ukutya okutyalwayo zityebile kwizondlo ezifana ne antioxidants.

**Yitya iziqhamo  
kwakunye  
nemifuno!**



Mininzi imifuno yemibala ngemibala ngexesha lobusika eye ibelula ukuyipheka, loo mifuno yiArtichoke, ihlumelo lebhrashi, brokholi, bitruthi, brok choy, ikhaphetshu, ipepa, iminqatha, cauliflower, kale, leeks, parsnips, ithanga, amazambane neThenipu.

Isuphu nesitu zezona ndlela zilula zokwenza ukutya kwasebusika. Sebenzisa le resiphi ukukhuthaza ukwenza isuphu ezahlukeneyo zemifuno, iimbotyi.



Umbono wokutya isaladi ngexesha lobusika kujongeka iyinto engaqhelekanga.

Ukudibadisa esityeni esingquku imifuno neziqhamo wenze isaladi kunika umzimba wakho izondlo zokukucina ukhuselekile kobi busika.



Isaladi yeSitrasi nePonyoponyo ngexesha lobusika.

Kolu hlelo, fumana iresiphi zeesaladi ezelungele ubusika.

## Ukutya amafutha ngokwendlela efanelekileyo



Ukutya amafutha asempilweni kunika umzimba wakho amandla eziwadingayo ukuqinisa amajoni omzimba. Ukutya okutyebileyo kwi-Fatty acids ezifana noOmega-3 DHA & EPA incedisa ekuboneni, ingqondo nentliziyo. Amafutha asempilweni awancedisi amajoni omzimba qha, kodwa abaluncedo nasekufunxeni amafutha anyibilikayo ko-Vitamin A, D, E, & K- ukugcina amajoni omzinba esempilweni.

NJANI

### 1. Galela isandla esigcweleyo samantongomane

- Ungazigalela kwi-saladi, yogathi, isisdlo sakusasa, imifuno eqhotsiweyo. Khetha izinto ezingena tyuwa, ezirostiweyo nezikrwada. Amantongomane anikeza intlobo yamafutha ekuthiwa yi-monosaturated, omega-3 ne omega-6 polyansaturated.

### 2. Yitya intlanzi kakhulu

- Faka intlanzi okanye ukutya kwaselwandle kwisidlo sosapho lwakho ibe ngumlinganiselo wamaxesha amabini ukuya kwamathathu ngeveki ukwenzela afumanek la omega-3.

### 3. Sebenzisa amafutha asempilweni

- Amanye amafutha alungele ukuphekwa kwaye amanye ona ongeza incasa ekutyeni.
- Izinto ezigalelwayo kwisaladi nakunye nokutya okuphekwe ngomlilo osezantsi (umzek. Ukuqhotsa imifuno okanye ukufudumeza ukutya epanini) khetha i-olive, extra virgin olive, amantongomane, canola, sunflower, safflower, avocado kwakunye namafutha e-sesame.
- Ukutya okuphekwa ngomlilo ophezulu, ingakumbi okuqhotswayo, khetha amafutha e-extra virgin olive, amafutha enzwe ngamantongomane ekuthiwa yi-high oleic. Ezi ntlobo zamafutha ziyakwazi umelana nomlilo ophezulu.
- Qiniseka ukuba amafutha agcinwe kude nendawo ebetha imitha yelanga kwaye ungawasebenzisi amafutha asele esetyenzisiwe.

### 4. Sebenzisa ibhotolo esempilweni

- Ukuya kwipesenti enamashumi amahlanu kwibhotolo ngamafutha acoliweyo ke zona ii-oesenti ezine ngamafutha angacolwanga.

## 5. Nciphisa ukutya okungekho sempilweni

- Ukutya okufana namaqebengwana, ikeyiki, ipitsa, intlanzi eqholiweyo kwakunye nezinye zandisa amafutha angalunganga kwindlela esitya ngayo.

## 6. Wasuse amafutha abonakalayo

- Wasuse amafele namanqatha enyameni ebomvu nakweye nkukhu. Oku kuncedisana ekuhlehliseni amafutha alungele umzimba.

## 7. Thintela inyama e-prosesiwego

- Tshintsha inyama e-prosesiwego efana ne-salami ne-bacon nenyama efana ne-chickpeas, inyama eqhotsiweyo, amaqanda, tuna kwakunye ne-salmon.

## 8. Yitya iimbotyi kakhulu ezifana ne- lentils kwakunye ne-chickpeas

- Zama ukufaka ekutyeni kwakho iimbotyi noba kukabini ngeveki. Ukutya ezi zinto ukuvala la ndawo yenyama kuncedisua ukwehlisa amafutha acoliweyo nawangacolwanga.

## 9. Funda amagama abhaliweyo ekutyeni

- Jonga isithako kwizinto ezenzwe ngokutya ‘hydrogenated oils’ okanye ‘partially hydrogenated vegetable oils’. Zama ukunciphisa ukutya okunamafutha angacolwanga.

## 10. Xa ulungisa ukutya, qala phantsi- ngokusebenzisa iresiphi ezilungele ukwenza ukutya okuncedisana nokugcina intliziyo isempilweni

- Zenzele ngokwakho ukutya okuthandayo usebenzisa izithako ezsimplweni, ezifana namantongomane, iiimbewu, isisponyo-ponyo, olives kwakunye namafutha azo.



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## Yitya ukutya okudlamkisayo kbu busika

**Functional food** kukutya okunikezela izondlo ezingapha kokuqonda. Umzekelo, i-oats ikhethwa ngokuka yi-functional food ngokuba ine-fiber enyibilikayo kwaye incede ekuthomalaliseni i-cholesterol- yimbuyekezo eyogqitha izondlo zokutya. Imifuno okusekutsha okufana ne-**microgreens** nemifuno, kona kukutya okudlamkisayo kwaye kumandi. Ukutya okusempilweni kubanomtsalane esityeni.

### Zama into entsha!



### Microgreens

Zezona zityalo zilinywayo mvanje, ngoba ninikezela izondlo ezininzi ezifana ne-minerals (potassium, iron, magnesium, zinc), vitamins kwakunye ne-antioxidants zona zinamandla ekukhuseleni izifo ezininzi nokwaphuka kwempilo xa zithe zatiwa kancinci.

Ezi zinto ziluhlaza, zikwa saziwa ngokuba zi-micro herbs okanye imifuno ye-confetti, zityebile kwincasa kwaye imibala yazo inikisa umda esityeni.



### Khulisa eyakho!



i**Microgreens** zilula ekuzikhuliseni njengokuba zingadiki izixhobo nexesha elininzi. Ziye zikhule unyaka wonke, kwaye ziyakwazi ukukhulisela ngaphathi nangaphandle.

**Uzodinga:** iimbewu ezesemgangathweni, indawo yokhulisela izityalo, isipoponi esigcwele ngumhlaba okanye umgquba owenzwe ekhaya. Okanye, ungasebenzisa imethi eyenzelwe ukukhulisa i-microgreens, zifumane imitha eyaneleyo yelanga, ukusuka kwiyyure eziyi 12-16 ngosuku.

#### Imiyalelo:

- Zalisa isipoponi ngomhlaba, uqinisekise ukuba awucinezeli umhlaba, ugalele amanzi kancinci.
- Fafaza imbewu phezu komhlaba uwanga-wangise.
- Yimanzise imbewu yakho ngamanzi wakuggiba ugqume ngesiciko sesipoponi.
- Yi-jonge itreyi yakho rhoqo umane ufafaza ngamanzi ukugcina imbewu yakho ifumile.
- Emveni kwentsuku ezimbalwa wakube utsyalile imbewu yakho kufuneka ibe kanti intshulile, ungasiusa isiciko ukwenzela zibethwe lilanga.
- Nkcenkceshela kanye ngosuku ngelixa i-microgreens zakho zikhula kwaye zifumana umbala.
- Emveni kwentsuku eziyi 7-10, i-microgreens zakho zilungele ukuvunwa.



# Iresiphi yokutya kwentliziyo okusempilweni ❤

Iresiphi elula kwaye esempilweni yokudibanisa yonke imifuno, iimbotyi kwakunye ne-microgreens ngelixesha lobusika.



## Izithako:

- Ikomityi enye ye-macaroni ekrwada
- Amacephe amabini amafutha e-extra virgin olive nangaphezulu ukwangeza incasa nokuhombisa
- Ikomityi ezintathu zetswele elinqunqiweyo
- Ikomityi enye yeminqatha enquunqiweyo
- Ikomityi enye yesileri enquunqiweyo
- Ikomityi ibenye ye-dry Italian seasoning
- Ikota yetyuwa
- Ikomityi ezintandathu zesitokhwe semifuno
- iZucchini enye okanye i-baby marrow, inqunqwe
- Iitumata zibenthathu ezichutywe zanqunqwa
- Ikota yembotyi, zibe zithwiniwe

**Ulwazi lwezondlo** ( 250ml umntu ngamnye)

Energy: 466kJ, Protein 3g, Total fat: 2g

Carbs; 18g, Fiber: 4g, Sodium: 648 mg

## Isuphu ye-Minestrone

Le yindlela elula eyenzwe nge-zucchini ne-basil entsha.

### Imiyalelo:

**Ukuphekwa ipasta:** Zisa ipani elinamanzi abilisiweyo. Galela imacaroni uyipheke ngokwemiyalelo ebhaliwego apha kuyo ngaphandle. Ugqibele ngokhama amanzi.

**Ukuqhotsa imifuno:** Okwa lo mzuzu, tshisa amacephe amabini amafutha embizeni enkulu. Galela itswele kwakunye negalikhi, zamisa rhoqo lide itswele lijike libe mdaka imizuzu emithathu. Galela iminqatha. Sileri, italian seasoning kwakunye netyuwa, use uzizamise zidibane. Qhubeka ngokupheka kwaye uzamisa ide imifuno yakho ithambe, loo nto yenze imizuzu emithathu ukuya kwemihlanu.

**Yenza isuphu:** Galela i-broth kwakunye ne-zucchini, wandule unyuse umlilo westovu sakho, ube sowuzisa isitya esingqoko. Thoba isitovu sakho ukuze kungemki ncasa ukusuka kwimizuzu emine ukuya kwesthandathu. Cubha itumato yakho esuphini kwaye ugalele nayiphi na isosi yetumata. Zamisa, ugalele iimbocyi kwakunye ne-macaroni, uzamise rhoqo imizuzu emine.

**Xa sele ugqibile wandule ukuphaka:** Susa imbiza yakho esitovini esishushu. Zamisa i-basil. Phakela kwizitya ezingquku ugalele namafutha e-olive ngaphezulu.

# Isuphu yemifuno eqholiwego



## Izithako:

- Amacephe amabini amafutha emifuno
- Amatswele amabini anqunqiweyo
- Amabhatata amabini anqunqiweyo
- Iminqatha emibini enqunqiweyo
- Li-parsnips ezimbini ezinqunqiweyo
- Itshilisi enye nayo inqunqwe
- Icephe libelinye le- ground cumin
- 75g ye-lentils
- 1.3 yelitha ye-vegetable stock
- 425 ml yobisi
- 100g ye-yogathi yesiGrike
- Icephe libelinye yamasebe ekhoriyanda, inqunqwe

Le suphu yenzwa ngamaxeshha ohlukileyo onyaka kwaye izaliswa zizakha-mzimba. Le suphu imnandi ngendlela yoba sonke isivuno silungelene ekwenzeni yona nkakumbi ngeemini zengqele.

## *Ulwazi lwezondlo:*

(umntu ngamnye)

Energy: 1625 kJ

Protein: 15g

Total fat: 14g

Carbs: 56g

Fibre: 9g

Sodium: 280 mg

## Imiyalelo:

1. Yenza shushu amafutha kwapani enkulu. Galela itswele uliqhole imizuzu emihlanu lide lithambe. Galela ezinye izifuno ezi zishiye kileyo imizuzu emihlanu, kwimizuzu emibini eshiye kileyo, galela itshilisi ne-cumin.
2. Galela i-lentils kwakunye ne-vegetable stock epanini. Zisa isitya esingquku, ule ngothoba isitovu uyiyekileyo esitovini imizuzu emashumi amabini anesihlanu zide izifuno ne-lentils zithambe. Galela ubisi phezu kwesuphu yakho kwakunye namanzi. Sivuthise isitovu ide ibe shushu imbiza yakho.
3. Galela kwizitya ezizingqoko unike abantu ikhatshwe yi-yogathi yesiGrike ufafaza i-coriander phezu kwe-yogathi.



**Ungayitya nesonka sengqolowa esibhakwe  
ekhaya**

# Indlela ezine zokwenza isonka sengqolowa

Abantwana  
bangancedisa  
ngendlela elula  
yokwenza isonka!



## Izithako:

- 500g yomgubo wengqolowa
- 7g ye-yeast
- Itispuni libe linye letyuwa
- Amatispuni amabini amafutha
- Itispuni libe linye lobusi

## Imiqathango:

1. Galela umgubo, iyisti kwakunye netyuwa kwisitya esikhulu sengqoko kwaye uzipube ngezandla zakho. Galela amanzi adikidiki anamafutha kwakunye nobusi angumlinganiselo engu 300 ml, wandule uzamise zonke izithako ukwenza intlama.
2. Khuphela intlama esicikweni wandule ucoce isitya sentlama. Fafaza umgubo ide intlama yakho ingabincangathi.
3. Galela amafutha angange-900g kwisitya sobhakela. Gquma intlama yakho uyishiye iyure ukuze inyuke. Emveni koko yakube inyukile yigalele kwisitya sobhakela umane uycinezela ngeminwe.
4. Layita isitovu usibeke ku-180°C. Sika intlama ngebhozo wandule ufake esitovini imizuzu emi 30-35 side isonka senyuke sitshintshe nombala ube bumdaka. Khuphela isonka etreyini ujunge ukuba sivuthiwe kakuhle wakugqiba usiyekе siphole.

## Ezinye indlela eziempilweni zoqaba isonka:

**Iponyo-ponyo.** Isempilweni, yindalo, iwlungele umziba wakho, kwaye iphezulu kumafutha e-monounsaturated.

**Hummus (into yoqaba ye-chickpea).** Iphezulu kwi-fibre enyibilikayo kwakunye namafutha –monounsaturated.

**Amafutha e-Olive.** Ayincasa e-mediterranean, inamafutha aphezulu e-extra virgin olive kwi-monounsaturated kwaye anomthelela wobomi obude.

**iPeanut butter.** Thenga engagalelwanga tyuwa kunebhoto. Ityebile kwi-protein efumaneka kwizityalo kwaye abantwana bayayithanda!

## Ulwazi lwezondlo

(Umntu ngamnye):

Energy: 970 kJ, Protein: 10g

Total fat: 4g, Carbs: 42g

Fiber: 4g, Sodium: 630 mg  
(enetyuwa esezantsi)



# Isaladi yasebusika yeSitrasi neponyo-ponyo

Isaladi entle eyenzwe ngama-orenji abomvu,  
baby greens kwakunye nobusi be-tangy  
orange vinaigrette.



Imiyalelo:

Ukuhombisa/incasa:

1. Dibanisa izithako zokuqala ezine kwisitya sengqoko. Fafaza amafutha esityeni. Galela ityuwa nepepa. Yibekele ecaleni (ungayigquma emveni koko uyifake efrijini into epha kwiveki).

iSaladi:

1. Ngebhoso elibukhali, sika uchube ama-orenji akho uwabekale bucala.
2. Kwisitya esikhulu, dibanisa ii-baby greens, amacula ama-orenji, itswele elibomvu kwakunye ne-raisins.
3. Fafaza amafutha encasa ngaphezulu ungawabaxi. Gcina amanye ozowasebenzisa kwanye into.
4. Dibanisa lama-orenji ashekileyo kwakunye neponyo-ponyo uwabeke ngaphezulu kwisaladi. Thatha la mafutha encasa buwashiyile unike abantu. Uyonwabele!

**Ulwazi Iwezondlo** (umntu ngamnye): Energy: 970kJ, Protein: 3g, Total fat: 13.8g, Carbs: 29g, Fiber: 9.5g, Sodium: 10mg

## iPasta kwakunye nemifuno ne-ertyisi

Izithako:

- 250g yePasta oyithandayo, iphekwe
- iShallot ibenyi isikwe
- Amagaqa amabini egalikhi, anqunqwe
- Amacephe amabini amafutha e-canola
- Iikomityi enye ye-ertyisi
- Iikomityi zibenthathu ze-pea shoots
- Amacephe amathathu esonka samasi enqunqiweyo



Imiqathango:

1. Fudumalisa ipani yakho ngomlilo ophakathi.
2. Galela amafutha e-olive, shallot kwakunye negalikhi uzamise.
3. Galela i-ertyisi zide ziphekeke imizuzwana.
4. Galela i-pea shoot uzipheke umzuzu omnye phambi kokuba uzidibanise nepasta. Galela phezulu isonka sakho samasi.

**Ukuphekwa nge-Microgreens**



Ikomityi enye ye-pea shoot inikeza u35% we(RDA) ofumaneka kuVitamin C kwakunye no15% weRDA ofumaneka kuVitamin A. kwaye zikwanikeza uVitamin K yena ono66% weRDA kwikomityi enye.