

# Umsoco Wempilo Yenhliziyo



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## Ukunakekela inhliziyo yakho ekungenisweni kwebhasiika



Njengoba isimo sezulu siba sibanda, ukuhlala upholile kubalulekile. Isimo sezulu esibandayo, singakulimaza amasosha omzimba wakho, nenhliziyo yakho.

Amakhaza asebusika enza kube lula ukugula. Igciwane loMkhuhlane lihlala isikhathi eside emoyeni, futhi abantu bagcina bahlala emakhaya ukuze baphephe.

Kulezintsku ezibandayo, isilingo sokudla ukudla okunethezeka singakhula. Kodwa ke, ukuvikela ukugula okusetshenzisiwe nokuqalwa kokusebenzisa imishini, okwenza kube yimiphumela kwezempi, kanye nokukhetha indlela yokusebenzisa. Ngokukodwa kokusebenzisa okuyiyo ezizimweni zomsoco, ungahlala ufu demele, wenze kahle futhi uvule bonke ubusika!



### Ukudla okududuzayo akudingi ukuthi kube ukudla ogulisayo.

Kulolu shicilelo, sigxila ekwenzini izindlela ezelula zokukusiza uhlale upholile futhi ujabule phakathi nobusika. Kuqala ekuthengeni imifino yesizini kunye nokudla okuphelele, ukuhlaselwa kokuqalwa, ukudla okunomsoco, okunempilo nokugcina amasosha akho omzimba oqinile, lapho kutholakala ukudla okummandi okunomsoco nenhliziyo ephile kahle. Kanye nokuzama ukuthuthukiswa okusha phakathi nezinsuku ezibandayo ezinde!

## Ukudla okungukuthi phakathi kwezinyanga ezibandayo



## Kulobusika ake sigxile ku:

## 1

## Ukwamukela ukudla okunempilo

Akukhona nje kuphela ukuthi ukudla okushisayo nokunesibindi kuyasiduduza futhi kusigcina sifudumele, kodwa futhi kuyindlela yokusiza ukugcina **amasosha omzimba eqinile** ekulweni nezifo zasebusika. Kubalulekile ukudla okunempilo ngazo. Zonke izinkathi zonyaka, phakathi kwezinyanga ezibandayo kubaluleke kakhulu ukudla izithelo nemifino eningi, ngoba lokhu kunikeza izakha-mzimba, njenge-beta-carotene, uvithamini C novithamini E okungasiza ekugcineni **ukusebenza komzimba** okunempilo, futhi kwehlise nengozi yesifo senhliziyo nesifo sohlangothi.

**Yidla izithelo nemifino  
ngesizini!**



Kunemifino ehluke ngemibala, ngezikhathi ezithile lapho kusetshenziswe okulula ukuyipheka, njenge-artichokes, ama-brussel sprouts, i-broccoli, i-beetroot, i-bok choy, ikhabhishi, i-pepper, izaqathe, ukholfulawa, ama-kale, amalikhi, ama-parsnips, ithanga, amazambane, itheniphu.

Amasobho nezitshulu ziyyizindlela ezinkulu kakhulu zokufaka yonke le mifino ebusika ekudleni okunempilo. Sebenzisa ngokuvikela ukuthi imifino ehlukene, amadumbe kanye nama-pulse.



Umqondo wokudla amasaladi  
ngesikhathi sasebusika  
kungabonakala  
kungajwayelekile. Ukuzitika  
ngesitsha sesaladi lesithelo ne  
semifino kunganikeza umzimba  
wakho umfutho owenele  
wokudla okunomsoco ukuze  
uqinisekise ukuvikela amakhaza  
asebusika!



**Isaladi lezithelo  
asebusika eline  
avocado/ukwatapeya**

Thola iresiphi yaleli saladi  
ephelile yasebusika  
esigaben seresiphe.

## Ukudla ibhalansi elifanele lamafutha



Ukudla amafutha avikela umzimba anikeze amandla kanye nama-asidi abalulekile ukuze uqine ukuze usebenzise amandla omzimba wawo. Ukudla okushoyo okunamafutha ne acid okubalulekile njenge-Omega-3 DHA ne-EPA ekusizeni ukukhuthaza impilo yakho, nenhliziyo yakho. Amafutha anempilo awabalulekile ngaphandle kwezimpawu zomzimba, kodwa ukuze azokwazi ukuthola amavithamini ancibilikayo anamafutha A, D, E & K – ukugcina amasosha omzimba enempilo.

### INDLELA



#### 1. Faka nedlanzana lamantongomane (30g) nsuku zonke

- Ungawangeza kumasaladi, iyogathi, okusanhlamu, amasaladi, stirfries. Khetha izinhlobo, ezomile, ezigazingiwe noma engavuthiwe. Amantongomane angumthombo omuhle wamafutha e-monounsaturated, namafutha e-omega-3 ne-omega-6 polyunsaturated.

#### 2. Yidla izinhlanzi eziningi

- Faka inhlanzi noma lokho kwasolwandle ekudleni komndeni wakho ama-2-3 ngesisindo sokuthola umthamo we-omega-3.

#### 3. Sebenzisa amafutha aphilile

- Amanye amafutha alungele ukupheka kanamanye asiza ukwengeza ukunambitheka kokudla:
- Okokwenza isaladi nokupheka ngokishisa okulingene (isib. Ukugovuza ukuthosa noma ukufudumeza ukudla) khetha i-olive, extra virgin olive, peanut, i-canola, i-sunflower, i-avocado noma i-sesame oil.
- Uma upheka ngokushisa okuphezulu, ikakhulukazi ukuthosa, khetha uwoyela wamafutha omnqumo owengeziwe, uwoyela we-canola, noma uwoyela we-peanut. Lezi zinhlobo ziyamelana nokushisa okuphezulu.
- Qiniseka ukuthi ugcina uwoyela kude nelanga eliqondile futhi ungawasebenzisi amafutha asevele efudunyeziwe.

#### 4. Sebenzisa ukusabalala okunempilo kwamafutha

- u50% wobhotela ungamafutha ayingozi emzimbeni ungamafutha angenampilo. Shintshela kuma-nut, ukwatapheya, i-tahini noma imajarini okwenziwe ngomnqumo, i-canola, uwoyela we-sunflower.

## **5. Ukusetshenziswa kwezimali okwensiwe ngezimpahla ezimbalwa kanye nezindlela zokuthatha impilo yakho ngezimpawu**

- Ukudla okufana namabhisikidi, amakhekhe, i-pizza, izidlo ezithoswe kanye nama-takeaway engenza ihlale isesimweni esihle kakhulu ne-Trans-amafutha okwenza izindlela yokudla kanye nempilo yomzimba wethu.

## **6. Susa noma yimaphi amafutha abonakalayo**

- Susa amafutha nesikhumba enyameni yenkukhu. Lokhu kusiza umkhawulo elihlahle futhi Trans-amafutha.

## **7. Gwema inyama elungisiwe**

- Shintsha inyama elungisiwe njenge-salami ne-bacon ngalezo ezinika amaprotheni enempilo, njemgama-chickpeas, inyama eyosiwe, amaqanda, noma i-tuna esethinini noma i-salmon.

## **8. Yidla imidumba eyengeziwe (njengobhontshisi, udali kanye namashontsho)**

- Zama ukufaka imidumba okungenani ekudleni kibili ngesonto. Ukudla lezi esikhundleni senyama nenkukhu kwehlisa amafutha ayingozi emzimbeni kungasetshenziswa ngamakhemikhali angabili okuhlala kuyi-Trans-amafutha.

## **9. Funda amalebula okudla**

- Bheka izithako zemikhiqizo yokudla akunamafutha 'we-hydrogenated' noma 'uwoyela wemifino ongapheelele we hydrogenated'. Kufanele ukugwene lokhu kudla ngoba kuqukethe amafutha angenampilo.

## **10. Lungiselela kusuka ekuqaleni- sebenzisa izindlela zokupheka ezinempilo**

- Hlela ukupheka kwakho, usebenzise, amafutha anempilo, njengana amantongomane, imbewu, okusanhlamvu, olives noma i olive oil, iminqumo namafutha awo.



3

## Faka ukudla okusebenzayo noma ama-superfood ekudleni kwakho kulobu busika

Ukudla okusebenzayo ukudla okungaphezulu kokunikeza ukondla okuyisisekelo ngenxa yalokho okuqukethe.

Isibonelo, i-oatmeal ibhekwa njengokudla okusebenzayo ngoba i-fiber yayo encibilikayo ingasiza ekwehliseni i-cholesterol-inzuzo edlula inani lokudla okunomsoco kulokhu kudla. Imifino emisha, ama-microgreens Kanye namakhambi – konke lokhu kungukudla okumandi okusebenyо. Ukudla okunempilo okwensiwe yokwelapha ulwanga nolwe-plate.

### Zama ukuthuthuka!



### Ama-Microgreens

Aya ekhula ekhithandweni, anikeza izakhi eziningi ezifana namaminerali (i-potassium, i-iron, i-magnesium, i-zinc), amavitamini nama-antioxidants anamandla okuvimba amakhulu nokushoda lapho kudliwa ngamanani amancane.

Le mifino enamakha, icebile ekunambithekeni futhi inikezelwa umbala ekudleni. Ayasiza ukuvikela izifo eziningi noma zudliwe kancane.



### Khulisa okwakho!



**Microgreens** atshalwa futhi akhule kalula njengoba engadingi okunigi ngesikhathi, njengoba musa ezidinga imishini wemvelo noma isikhati. Zingakhula unyaka wonke, emnyango noma ngaphandle.

**Izodinga:** imbewu esenzingeni elifanelekile, isikhungo esihle sokutyala, esigcwaliswe ngenhlabathi yokubumba noma icompost yokuzakhelo. Ngenye indlela, ungazisebenzisi kahle izinto ongazisebenzisa ngendlela engeyona eyokusebenzisa ama-microgreen, ukukhanya – ukukhanya kwelanga noma ukukhanya kwe-ultraviolet, okungaba ngmahora ayi-12-16 ngosuku.

#### Imiyalo:

- Gwalisa isitsha sakho ngomhlabathi, namanzi kancane.
- Fafaza imbewu oyithandayo ngaphezulu kwenhlabathi ngokulinganiswa okungalinganiselwa ngakho.
- Fafaza amanzi phezu kwembewu bese uvala ngesivalo seplastiki.
- Bheka ithileyi lakho nsuku zonke namanzi udingekayo ukuze imbewu ihlale imatile.
- Uma imbewu seyiqhumile ungasusa isivalo seplastiki, ungasusa isembozo sephepha ukuze sense ukwe ithole ilanga.
- Jonga kanye ngosuku lapho ama-microgreen akho ekhula futhi abone umbala.
- Ngemuva kwezinsuku eziyi-7-10, ama-microgreens akho ase lungele ukuvunwa.



# Izindlela zokupheka zonyaka ezinempilo ezithandekayo ❤

Izindlela zokupheka ezilula ezincane zezempiro zokufaka yonke imifino ebusika emihle, amadumbe, ama-pulses nama-microgreens ekudleni



## Izithako:

- 1 inkomishi imacaroni engaphekiwe
- 2 wezipuni amafutha omnqumo virgin oil, nokunye kokuhlobisa
- Izinkomishi ezi-3 zi-anyanisi oqotshiwe
- Isipuni esingu-1 ugarlic oqoshiwi
- 1 inkomishi izaqathe eziqotshiwe
- 1 inkomishi yecelery egotshiwe izidliwayo esinamagatsha anamanzi
- Isipuni esisodwa se-dry Italian seasoning
- usawo ithisipuni kasawo
- 6 izinkomishi stock yemifino
- 1 i-zucchini encane noma isigabe esisesinama esiqotshiwe
- Utamatisi o-3 ohlutshiwe waqotshwa osayizi ophakathi ubukhulu
- $\frac{1}{4}$  inkomishi yobhontshisi obomvu wezinso, ofakwe ulaliswe emanzi ngobusuku obubodwa wathamba
- $\frac{1}{4}$  inkomishi eqoshiwe ye-basil entsha

## Isobho le-Minestrone

Le nguqulo enempilo yokwenza ne-zucchini ne-basil entsha.

### Izindlela zokwenza:

**I-Cook Pasta:** Bilisa amanzi ngebhodwe eliphakahi. Faka i-macaroni bese upheka ngemiyalo ebhaliwe. Kama ephaketheni.

**Thosa Imifino:** Okwamanje, 2 iziphwa zamafutha ebhodweni elikhulu. Faka u-u-oniyoni nogalikhi bese ugova za kaningi kuze anyanisi uqale ukushintsha umbala kancane, cishe ube nsundi mhlambe imizuzu emine. Faka ku-izaqathe, celery, usawoti kanye namakhambi omile, futhi govuza ukuhlanganisa. Qhubeka upheke, kuze kube imifino iyathamba. Pheka, imizuzu emi-3 kuye kwemi-5.

**Yenza isobho:** Faka umhluzi ne-zucchini, unyuse ukushushakwe phezulu, kuza kubile umasebubila. Nciphisa ukushisa kuze imifino ithanube imizuzu emi-4 kuya kwengu-6.

Gxoba utamatisi, faka itomato sauce oyithandayo, ubhontshisi nemacaroni ephekiwe. Hlanganisa ubhontshisi kanye nemacaroni ephekiwe govuza uhlanganise kahle amangqamuzana kuze kube yimiphumela yokuhlangana, cishe imizuzu engu-4.

**Ukuqedela nokusebenza:** Susa emlilweni. Hlanganisa ne-basil. Faka ezitshewi, the la ngaphezulu Parmesan ne olive oil ufisa.

## Umsebenzi wokudla okunempilo

### (ngama-250 ml ukuphaka):

Energy: 466 kJ, Amaprotheni: 3g, Ingqikithi yamafutha: 2g, AmaCarbs: 18g, Fiber: 4g, I-Sodium: 648 mg

# Isiphuzo semifino esinezinongo



## Izithako:

- 2 tbsp uwoyela wemifino
- 2 oniyonisi, oqotshiwe
- Amazambane ama-2, aqotshiwe
- 2 izaqathe, oqotshiwe
- Ama-parsnip ama-2, aqotshiwe
- 1 upepepele obomvu, oqotshiwe
- 1 tbsp ikhumini impushana
- 75 g udali oluwlaza owomile
- 1.3 amalitha isitoko semifino
- 425 ml ubisi
- 100 ml amasi
- 1 tbsp amahlamvu we-coriander, aqotshiwe

## Imiyalo:

1. Shisia amafutha ebhodweni elikhulu. Faka u-oniyonisi ngezinga imizuzu engu-5 uze uthambe. Engeza ngemifino esele bese uphakamisa ukushisa imizuzu emi-5, ufaka upelepele nokhumini emva kwemizuzu engu-2.
2. Engeza udali nesitoko semifino epanini. Govuza kuze kubile, bese wehlisa ukushintsha okuphansi bese ukushisa-25 kuze kube yimiphumela yemithi ethambile futhi udlale uthambile. Nge-blender yesandla, hlanganisa kuze kube ubushelelezi faka nobusi namanzi noma isitoko, uma kudingeka. Faka isnandisi buyosela estofini kubhundi kushise, sicela uvuselele kuze kube kushisa kakhulu.
3. Thela ezisheni zakho, ungayidla namasi uqhele nge coriander eqotshiwe.

Lesi sobho senziwa ngemifino yonyaka futhi sigcwele amavithamini namaminerali. Lokhu kubuye kube iresiphi elungele isabelomali, sonke siyakwazi ukwenza imifino isesikhathini futhi sikhululwe ekhaya lezinyangeni ezibandayo.

## Ukusebenzisa yesempilo:

(Ngokusebenza ngakunye)

Energy: 1625 kJ

Amaprotheni: 15 g

Isamba samafutha: 14 g

AmaCarbs: 56 g

Fibre: 9 g

I-Sodium: 280 mg

E

**Khonza ngesinkwa esenziwe ekhaya sonke (iresiphi engezansi)**

# Isinkwa se-wholewheat esilula esinezinyathelo ezi-4

Izingane zingasiza ngale recipe elula kakhulu yesinkwa!



## Izithako:

- U-500 g ufulawa wesinkwa
- 7 g sachet imvubelo esetshenziswa ngokushesha (instant yeast)
- 1 tsp usawo
- 2 tbsp uwoyela
- 1 tbsp uju

## Indlela:

- Faka umgubo, imvubelo nosawo esitsheni esikhulu uhlanganise ngezandla zakho. Thela amanzi afundimela. Amandla-300 ml amafutha noju, bese ndawonye ukuhlawenga ezisebenza nomgubo owomile ukuze wenze inhlama ethambile.
- Yikhiphela inhlama endaweni engenampuphu ukuze ikhukumale-5, ushove, uvuvuzele ngomgubo kancane ize inhlama iyeke kukunamathela ezandleni zakho.
- Faka nhlama yakho ethimvulokubhaka elingwi 900g ikindezelo ngokulinganayo bese. Ngomba ithini lokubhaka namafutha. Faka ithini kuphlastiki ukuze inhlama ikhukhumale kahle. Shiya isikhathi esingange 1 hour.
- Ihoveni elishisayo libe ngu-180 degrees Celsius. Shaya kancane, kancane ngaphezulu kwesinkwa ngommese obukhali, bese ubhaka kuhoveni imizuzu embalwa-30-35 isinkwa sesikhukhumisele futhi saba segolide. Sikhupheli endoweni yokupholisa bese ubheka ngphanisi, uqinisekise ukuthi sivuthwe kahle sesinkwa ukuze wazi ukuthi. Kufanele sizwakale sagobongo, noma sengathi asimalutho ngaphakathini. Sishiye siphole kahle.

**Ezinye izinto ezinempilo zokusetshenziswa kanye nesinkwa:**

**Ukwatapheya.** Iphilile, yemvelo futhi inhlakuwe, futhi iphezulu kumafutha we-monounsaturated.

**IHummus (Chickpea isakazekile).** High in fiber encibilikayo namafutha we-monounsaturated.

**Amafutha e-Olive.** Amafutha omnqumo ayintandokazi aseMedithera, acindezelwe futhi ashiye amafutha omnqumo wezemvelo asetshenziswayo enza-monounsaturated futhi abe nomthelela ekuphazanyisweni kwezikathini eziningi amafoodies aseMedithera aziwa ngawo!

**Ibhitela lamantongomane.** Yiya ngosawoti ongeziwe esikhundleni sebhotela noma imajarini. Amaprotheni azo asezitshalweni futhi izingane ziyayithanda!

## Ukusebenzisa yesempilo (ngokusebenza ngakunye):

Energy: 970 kJ, Amaprotheni: 10 g, Isamba samafutha: 4 g, amaCarbs: 42 g, Fiber: 4 g, ISodium: 630 mg (usawo ophansi)



# Isaladi lezithelo asebusika eline avocado/ukwatapheya

Isaladi elikhanyayo, elihle elibonisa amawolintshi egazi enkathi ethile aphonswe ngemifino esemisha exubene ku-vinaigrette we-orange no-tangy orange.



## Imiyalo:

### Indlela yokwenza:

1. Hlanganisa isiphuzo ezine esitsheni esiphakathi. Hlanganisa kancane emafutheni. Uqhole ngosawoti nopelepele. Beka eceleni (kungenziwa Kabilo, ikhava bese ufaka esiqndisini isonto eliodwa).

### Isaladi:

1. Ngommese obukhali, usike amakhasi, ukhiphe izinhlomvu. Sika amawolintshi uwavundlise. Abeke eceleni.
2. Faka ndawonye imifino esemisha, ingxenyen yama-wolintshi, uanyamisi obomvu namareyizimi.
3. Cunsulela idressing eyanele, kungaowili. Shiya enye idressing yakho, iyosebenza ngokuzayo.
4. Cunsulela futhi enye idressing ngaphezulu. Ungasijabulela lesisidlo/ isaladi.

#### Izimangaliso zokudla okunempilo (ngokusebenza ngakunye):

Energy: 970 kJ, Amaprotheni: 3g, Ingqikithi yamafutha: 13.8 g, AmaCarbs: 29 g, Fiber: 9.5 g, I-Sodium: 10 mg

## Izithako:

### Ukuchuma:

- Indebe ye-1/3 ijesi entsha yewolintshi
- 2 tbsp iwayini elibomvu uviniga
- 1 tbsp uju
- 2 tsp lwasinaphi se-Dijon
- Wo uwoyela we-canola
- Usawo & pepper ukunambitha

### Isaladi:

- 2 amawolintshi aphakathi
- 2 amavolintshi egazi
- ½ inkomishi yemifino ehlanganisiwe esemisha nomi isipinasi esisesisha nomi amahlamvu esaladi asemasha
- Anyanisi obomvu, osikiwe izincezu ezincane
- 1/3 amaraisins omisiwe anombala osagolide
- 1 ukotapeya omncane

## I-pasta enama-veggies nama-pea amahlumela

### Izithako:

- 250 g i-pasta oyithandayo, ophekiwe
- 1 shallot lisikiwe kancane
- 2 ikharave kagalikhi, ochotshoziwe
- 2 wezipuni kawoyela we-canola
- 1 inkomishi ekukhuphukeni okusha
- 3 izinkomishi ipea amahlumela
- 3 wezipuni ushizi weparmesan osanda kushaywa



### Indlela yokwenza:

1. Shisa ipani emililweni ongashisi kakhulu.
2. Faka amafutha, u-shallot negalikhi bese ugovuza, kuthoseke kancane.
3. Faka uphizi bese upheka kuze kushise imizuzu encane.
4. Faka amahlumela wepea bese upheka umzuzu owodwa bese ufaka ipasta. Qhola nge-parmesan egreyithiwe (grated).

## Ukupheka nge Microgreens



Inkomishi yamahlumela e-pea inika umzimba 35% (i-RDA) wamavithamini C no-15% i-RDA kavithamini A. Futhi angumthombo omuhle kakhulu kavithamini K, ongaba 66% e-RDA enkomishini ngalinye.