

Phepo ya Bophelo bja Pelo



Marega 2023

SEPEDI

info@heffsa.org

www.heffsa.org

Marega ke sehla se se bohlokwa seo se bago le khuetšo maphelong le go phelegeng gwa mebele ya rena, sona se refa menyetla ya go ema, re ele hloko mokgwa wo re phelago ka wona le go bea diphihlelelo tše kaone tša phelego ya pelo(Heart-healthy) .

Marega ke sehla seo mehlare e robalago le go khutša go fihlela ge nako ya Springs e e tsošološa, ka go realo, go bohlokwa gore le mmele wa gago o hwetše maikhutšo le go e ketla.



Dijo tša marega go go thabiša:

- ✚ Fruits – choose sweet, sour, citrus, o di sole di sa fiše e bile di sa tonye eubja di le magareng.
- ✚ Root vegetables – gadika ka oven, o lokele go stews and soups, go go khoriša le go go kgotsfatša.
- ✚ Whole grains, diloketšwe tatso, fibre, vitamins, bjwalo ka B vitamins, gammogo le niacin, thiamine, le folate le minerals, bjwalo ka zinc, iron, magnesium, le manganese.
- ✚ Nuts(ditokomane) le seeds(dipeu) ke hlolo ye botse ya diproteins le makhura ao re felago re a duma ka marega .
- ✚ Dino tša go fiša le tša magareng ke loketše marega (eubjwa o efoge caffeine) o leke le diherbal teas, bjwalo ka di tea tša go huthumetša le go iša moya fase (cardamom, chamomile, cinnamon, cloves, ginger, orange peel)

Go fetola mokgwa wa go phela ka mehla le go amogela mediro le mekgwa e meswa yeo e amanego le go phetlega ga pelo e kaba tsela e thata, eubja o ka kgona go fihlelela ka mo gopolo o mobotse le ditšela tšeo diswanetšego.

Go go thuša mo tseleng ye,



Bea di Goals tša go bonala le go tsebalega: . Hlalosa di Goals tša gago o dire bonnete bjwa gore ke tša nnete ebile o ka kgona go di fihlelela. Dingwalelo fase o di bonagatše gore o kgone go gopola seo o nyakago go se fihlelela. Mo peakanyong ya gago ya diphihlelelo tša phelego ya pelo , ke go lakaletša gore o naganele fase(think Small)



E ba le peakanyo : Hlola peakanyo yeo e thalela go ditiro tše o swanetšego go di dira go fihlelela di goals tša gago. Peakanyo ya gago e arolwe ka di hlopha tše nnyane, go dira gore go be bofelo go latela peakanyo ya gago (use the 4-week interactive calendar).

Dikgato tše nnyane tše hlano go dira diphetogo tše kgolo tša phelego ya pelo

Tsela ya go fihlelela se mo bophelong bja gago :

1. **Eja dijo tša go lokela pelo:** Thoma ka go lokela difruits, merogo(vegetables), whole grains, lean proteins, le makhura ao a loketše mmele ka gare dijo tša gago o fokotša tsela ya go ja processed le dijo tša makhura a mantšhi. .
2. **Itšhidulle kgafetsakgafetša :** Phegelela metsotso e ka bago e 30 ya boitšhidullo bjo bo tseneletšego matšatšing a mantšhi mo bekeng. O kana wa thoma ga nnyane, ka tsela ya go sepela sepela ka nako ya gago ya goi khutša mosegare goba go šomiša distairs ntle lebakeng la elevator. Ge nako e tšwela pele o oketše metsotso ya go itšhidulla. Tšwela kantie o dule letšatšing metsotso ya go lekana le ye 15-30.
3. **Tlogela go kgoga:** Ge eba oa kgoga, go lesa ke yengwe ya di tsela tše dibotse go thuša pelo ya gago. Bolela le a Healthcare provider Ka mokgwa wo o ka go thušang tseleng yeo.
4. **Manage stress:** kgatelelo ya monagano yeo e keneletšeng e ka hlola dipelo tše di kabago kotsi for pelo ya gago.. Ka fao tšea nako o le ka gare ka tlogo o le ke go relax, meditate le yoga.
5. **Šetša di cholesterol le highblood pressure levels tša gago:** Highblood pressure ya gago le cholesterol levels ke di risk tše kgolo di ka hlolago bolwetši bja pelo. Bolela le healthcare provider ya gago ka taba ya go hwetša di Screening le go tšea dikgato tša manage dilo tša mohuta wo ge di tšwelela. Se se ka sepela le go fetola mokgwa wa tlwaelo wa go phela goba dihlaire ka tswanelo.



Eja gabotse oe itšhidulle kgafetsakgafetša.

“Eja gabotse o te itšhidulle kgafetsakgafetša ” ke molatša o monnyane eubja o nago le maatla a go fetola phelego ya mebele :

1. **Beakanya dijo tša gago:** Tšea nako ya go beakanya dijo tša gago tša beke ye e tlogo. Se se tlo go thuša go dira dikgetho tšeo di swanetše le go efoga tumo ya dijo tšeo di sa lokelago mmele.
2. **Lokiša dijo tša gago pele :** Tšea nako ka di weekends go beakanya dijo tša go lokela mmele tšeo o tla dijagobe gare ga beke. Se se tlile go go bolokela nako le go go thuša gore o dule tseleng ya gago yeo e loketšego mmele.
3. **Hwetša ditšela tša go thabiša tša go itšhidulla :** Go itšhidulla ga gwa swanela goba diragala yeo e sego bose ya go lapiša. Hwetša di activities tšeo o tlilego go di rata go swana le, go bina, Hiking, goba go raloka disports, o dire se tiragalo ya ka mehla le mehla.
4. **Dira go itšhidulla moletlo wa ka mehla :** lebelela menyetla ya go itšhidulla ka di nako ka moka, go swana le go sepela ka di stairs go na le elevator goba go sepela metsotsonyana ka nako ya go ikhutša mosegare.
5. **Dula o le motivated:** Eba le digoals tšeo di kgonago go fihlelelwa gore o kgone go šetša tšwelopele ya gago. Keteka dipihlelelo tša gago o seke wa te pea ka tlase ga kgatelelo e ntšhi. O gopole gore dikgato tše nnyane ka mehla go ja bokaone ke kgato goya bophelong bjo bokaone .
6. **Ditaelo tsa dijo tseo di futhumetsego mo maregeng,o latele Melao ee:**
 - Enwa Meetsi a Mantsi,
 - Eja dijo tsagoba ledi Herbs and spice
 - Leka go hlakanya palo ya dijo tše di sour fermented, ka setšo e šomišwa ka marega ditšong tše ntši, dikago thusa mo maregeng.
 - Geo eja dijo tseo o finishago ka tsona goswana le Dessert,leka Apola yago Apeiwa goba eo e futhumetsego ga mmogo le Cinnamon goba di Pears tseo di pakilwego le Cardamom.
7. **Tsepamiša kgopolo go ditšweletšwa ka sehla,** ka ge go na le mehola ye mentši ya go ja dijo tšeo e lego tša lefelong leo le tša sehla.I ditšweletšwa tša n-sehla di foreše ebile di latswa bokaone, ka ge di butšwitše ka tlhago le go bunwa ka nako ya maleba gomme di na le bogwera bja tekanyetšo.





DIJO TŠA MAREGA TŠA SEHLA TŠEO DI HWETŠAGALAGO KA AFRICA BORWA (June, Julae, Agosetose)

Dienywa: Diapole, diabokado, dates, grapefruit, kiwi, kumquats, disirilamunu, limes, loquat, magapu, naartjies, dinamune, di-pawpaw, dipiere, diphaenapole, gooseberries, dikgowa, di-granadilla, ditamati.


Dienywa di hwetsagala ngwaga ka moka: dipanana, phaeneapole, diapole, mango a omisitsoeng, dried figs, diperekisi tse di omilego.

Merogo: Asparagus, artichokes, beetroot, broad (fava) dinawa, broccoli, brussels sprouts, khabetšhe, dikharote, cauliflower, celeriac, celery, cucumber, endive, fennel, garlic, horseradish, Jerusalem artichokes, Kale, kohlrabi, di-mushroom, parsnips, peas, peppers, potatoes, pumpkin, radishes, rhubarb, sepenatšhe, spring onion, squash, sweet potatoes, swiss chard, turnips, waterblommetjies, watercress.

Merogo di hwetsagala ngwaga ka moka: butternut, dikharote, di-cucumber, gem squash, lettuce, eiye, letsapane, mokopu, radish, sweet potato.

Somisa khalendara ye ya di beke tse 4 go go thuša go latela tšwelopele ya gago le go dula o tutueletšega!



 **khalendara ye ya di beke tse 4 e tla go thuša go akaretša bonyane kgato e tee ya maphelo letšatši le lengwe le le lengwe dibeke tše nne, go go thuša go dira diphetogo tše dibotse le go fihlelela dipakane tša gago tša maphelo ka tsela ya go ya go ile.**

Kopantsho ya khalendara ya gago ya dibeke tse ya goja gogoloketswego mebele le tshidullo ya wona.

Somisa khalendara ye ya di beke tse 4 go go thusa go fihlelela digoal tsa gago tsa goja dijo tsa go lokela mmele le ditsela tsa go o šidulla, ka diripana. Kea go mema go lokisetša, le go ela hloko Tswelopele ya gago, ngwala fase dichallenge tse dingwe le tse dingwe, o te lebogise le go keteka diphenyo ka tsela ya gpya go bogela dimovie bj.bj ge o fihla mafelelong a beke ya gago ya bone. Hlola tsela ya gago goisa go phelegonga ya pelo. **Enjoy and have fun!**

	MOŠUPULOGO	LABOBEDI	LABORARO	LABONE	LABOHLANO	MOKIBELO	SONTAGA
Beke 1	Thoma letšatši la gago ka dijo tsa mesong tseo di loketšego mmele. (Overnight Apple Pie Oats)	Tsea metsotso ye 10, ya go te tšidulla ka mokgwa wa go sepela sepela, e kaba mosegare goba thapama.	Enwa digalase tšeo di ka bago tse 8 tsa meetse ka letšatši. (Infused water idea)	Enwa meetse lebakeng la dino tseo dinago le swikiri goba herbal tea.	Leka ditsela tse diswa tsa go apea dijo tsa matena tseo di loketšeng mmele. (Video: Beef & Pineapple Stirfry)	Sepela sepela metsotso ye 20 ka gare ga tlhago.	Beakanya heart-healthy meals and snacks tsa beke ye etlago.
Beke 2	Lokela merogo ka gare ga dijo tsa gago tsa ka mehla. (Quick Sweet Potato Hash)	Tsea metsotso ye 30, ya go te tšidulla ka mokgwa wa go sepela sepela, e kaba mosegare goba thapama.	Fokotsa tabeng ya go ja dijo tseo di lego processed . (How to build healthy snacks).	Leka ditsela tse diswa tsa go itšhidulla, bjalo ka yoga or Pilates.	Lokišetša pele salad yeo e loketšego pelo bjwalo ka dijo tsa mosegare. (How to make a Jar Salad)	Sepela sepela metsotso ye 40 ka gare ga tlhago. E tirele sopo ya gago (Bone-broth: Chicken) oe freeze.	Leka heart-healthy recipe e mpsha for dijo tsa mosegare. (Freezer Frittata)
Beke 3	Legatong la disnacks tseo disa lokelago mmela, leka mehuta ye efapanego ya di Oatmeal Bites.	Tsea metsotso ye 50, ya go te tšidulla ka mokgwa wa go sepela sepela, e kaba mosegare goba thapama.	Lokela di whole grains tse ntshi dijong tsa gago. (Video: Quinoa Tabbouleh)	Leka ditsela tse diswa tsa go itšhidulla, bjwalo ka strength training goba swimming.	Enwa digalase tšeo di ka bago tse 8 tsa meetse ka letšatši..	Sepela sepela metsotso ye 40 ka gare ga tlhago. E tirele sopo ya gago (Bone-broth: Beef) and freeze.	Dira heart- healthy and balanced meal for lunch. (Sheet Pan Meal)
Beke 4	Legatong la nama e khubedu be e lela ka di lean protein sources, bjwalo ka chicken, fish or tofu. (Chicken and Brown Rice Harvest Bowl)	Tsea metsotso ye 70, ya go te tšidulla ka mokgwa wa go sepela sepela, e kaba mosegare goba thapama	Leka di site dish tšeo di loketšego pelo(disotšwe le hlapi yeo e bešitšwego) (Roasted vegetable salad with lentils)	Lokela dienywa ka gare ga dija tša gago tša ka mehla. (Garlic Swiss Chard with Chickpeas)	Beakanya a heart-healthy pasta meal. (Heart-healthy Pasta & Beans) (Butternut Squash and Apple Soup).	Sepela sepela metsotso ye 70 ka gare ga tlhago	Keteka diphihlelelo tsa gago tsa goja gabotse le goe tshidulla ka tsela ya dijo tseo dikgethegilego ,bjwalo ka healthy dessert.

4 – Week Calendar Recipes Ya Gago:

Beke 1:

Overnight Apple Pie Oats | Infused Water Ideas | Beef and Pineapple Stirfry (video) | Planning Heart-healthy meals and snacks

Beke 2:

Quick Sweet Potato Hash | How to Build Healthy Snacks | How to make a Jar Salad | Bone-Broth: Chicken | Freezer Frittata

Beke 3:

Oatmeal Bites | Quinoa Tabbouleh (video) | Bone-Broth: Beef | Sheet Pan Meal

Beke 4:

Chicken and Brown Rice Harvest Bowl | Roasted Vegetable salad with lentils | Garlic Swiss Chard with Chickpeas |
Heart-healthy Pasta & Beans | Butternut Squash and Apple Soup | Healthy Dessert

