

Phepo bakeng sa Bophelo bo Botle ba Pelo



Mariha 2023

SESOTHO

info@heffsa.org

www.heffsa.org

Mariha ke nako ea bohlokoa e nang le bohlokoa likarolong tse ngata tsa bophelo ba rona le bophelo bo botle 'me e re fa monyetla oa ho fokotsa lebelo. , ho nahana ka tsela eo re phelang ka eona le ho iphela lipakane tsa bophelo bo botle ba pelo. Leha ho le joalo, ka boemo ba leholimo bo batang ba mariha ho tla ho khohlela, sefuba le nako ea feberu, ho feta moo, ho ba bang ba rona, ho eketseha ha boima ba mariha. Ho boloka lijo tse phetseng hantle ho ke ke ha u thibela ho tšoara mafu a mariha, empa ho ka thusa ho boloka sesole sa hau sa 'mele se u sireletsa hamolemo. 'Me ha u ka kula, lijo tse nang le phepo e nepahetseng li ka u thusa ho potlakisa ho hlahoheloa . Ke nako ea bohlokoa ea ho etsa bonnete ba hore oa itlhomkela, u lula u le ka holim'a lijo tsa hau, 'me u ipoloke u e-na le phepo e nepahetseng.

Mariha ke nako eo ka eona lijalo li robalang 'me li phomola ho fihlela selemo li tsoha hape, 'me ho bohlokoa hape hore' mele oa hau o phomole butle.

😊 Lijo tsa mariha ho etsa hore u thabe:

- Khetha litholoana tse monate, tse bolila, tsa lamunu, 'me u sebelise mofuthu.
- Meroho ea metso - e halikiloeng ka ontong, eketsa sechu le sopho, e etsa hore u ikutloe u khotsofetse ebile u khotsofetse mariha.
- Lithollo tse felleletseng, tse nang le tatso, e ntle, livithamine, joalo ka livithamini tsa B, ho kenyelletsa niacin, thiamine, le folate le liminerale, joalo ka zinki, tšepe, magnesium le manganese.
- Linate le lipeo ke mohloli o moholo oa protheine ea mariha le mafura ao hangata re a lakatsang haholo mariha.
- Lino tse chesang le tse futhumetseng li loketse mariha (qoba monahano oa caffeine) 'me u leke mefuta e fapaneng ea tee ea litlama, joalo ka ho futhumala le ho khutsisa, tse u loketseng (cardamom, chamomile, sinamone, cloves, ginger, lekhapetla la lamunu)

Ho fetola mokhoa oa bophelo le ho amohela mekhoha e metle ea pelo e ka ba phephetso, empa e ka fihleleha ka mokhoa o nepahetseng le mohopolo o nepahetseng.

Ho u thusa ts'ebetsong ena ,



Ipehele lipakane tse hlakileng le tse tobileng : Hlalosa lipakane tsa hau 'me u netefatse hore ke tsa sebele ebile lia finyelloa.li ngole fatše 'me u etse hore li bonahale ho u hopotsa seo u batlang ho se finyella.Ha u ntse u rera lipakane tsa bophelo bo botle ba pelo ea hau, ke u mema hore u nahane ka tse nyenyane ho e-na le tse kholo.nahana ka mekhoha e bonolo le e bonolo ea bophelo bo botle eo u ka e sebelisang bophelong ba hau.Tsena li eketsa ha nako e ntse e ea bakeng sa tšusumetso e tšoarellang nako e telele .ho boloka pelo ea hau e phetse hantle ke senotlolo sa ho phela bophelo bo botle.



Etsa moralo : Etsa moralo o hlalolang mehato e tobileng eo u tla e nka ho finyella lipakane tsa hau.Etsa bonnete ba hore o arola moralo oa hau ka mehato e menyenyane, e laolehang ho etsa hore ho be bonolo ho e latela (sebelisa khalendara e sebetsanang ea libeke tse 4).

Mehato e Mehlang e Menyane ea ho etsa Liphetofo tse kholo tsa Bophelo bo Botle ba Pelo

Mokhoa oa ho sebelisa sena bophelong ba hau:

1. **Ja pelo - phetse hantle lijo:** lean proteins, and healthy fats into your diet while reducing your intake of processed and high-fat foods. Qala ka ho kenyelletsa litholoana tse ngata, meroho, lijo-thollo,Nahana ka ho ja lijo tsa Mediterranean,e bontšitsoeng ho ntlafatsa bophelo bo botle ba pelo.
2. **Tsamaisa ho feta :** Ikemisetse bonyane metsotso e 30 ea boikoetliso bo itekanetseng matsatsing a mangata a beke. U ka qala hanyane, ka ho nka maeto a makhutšoane nakong ea khofu ea lijo tsa mots'eare kapa ho sebelisa litepisi ho fapana le lifti.Ha nako e ntse e ea, butle-butle eketsa nako ea boikoetliso ba hau,E-tsoa ka ntle 'me u leke ho fumana khanya ea letsatsi bakeng sa 15-30minutes ha ho khoneha.
3. **Qhaotsa ho tsuba :** Haeba u tsuba, ho tlohela ke e 'ngoe ea lintho tse molemohali tseo u ka li etsang bakeng sa bophelo bo botle ba pelo ea hau.Bua le mofani oa hao oa tlhokomelo ea bophelo ka lithuso tsa ho qhaotsa le mekhoha e ka u thusang.
4. **Laola khatello ea maikutlo :** Khatello ea kelello e sa feleng e ka ba le phello e mpe bophelong ba pelo ea hau.Iphe nako ea ho etsa lintho tse u thusang ho phomola le ho theola khatello ea maikutlo, joalo ka ho thuisa, yoga, kapa ho qeta nako linthong tsa tlhaho.
5. **Lekola khatello ea mali ea hau le maemo a k'holeseterole :** Khatello e phahameng ea mali le maemo a k'holeseterole ke mabaka a ka sehloohong a kotsi bakeng sa lefu la pelo.Bua le mofani oa hao oa tlhokomelo ea bophelo ka ho hlahlojoa khafetsa le ho nka mehato ea ho laola maemo ana haeba a le teng.Sena se ka kenyelletsa liphetofo tsa mokhoa oa bophelo kapa meriana e loketseng.



Eja Smart , Tsamaisa Tse ling

“Ja ka bohlae, sisinyeha ho feta” ke lepetjo le bonolo empa le sebetsa hantle bakeng sa ho ntlafatsa bophelo bo botle le bophelo bo botle ka kakaretso. Malebela ke ana a tla u thusa ho kenyelletsa mokhoa ona tšebetsong ea hau ea letsatsi le letsatsi :

1. **Rera lijo tsa hau:** Iphe nako ea ho rera lijo tsa hau le li-snacks bakeng sa beke e tlang. Sena se tla u thusa ho etsa khetho e nepahetseng le ho qoba moleko oa ho nka lijo tse potlakileng kapa lijo tse bobebe ha u ntse u tsamaea.
2. **Lokisetsa lijo tsa hau esale pele:** Qeta nako e itseng mafelong a beke u lokisetsa lijo tse phetseng hantle le lijo tse bobebe tseo u ka li nkang le ho tsamaea har'a beke .Sena se tla u bolokela nako le ho u thusa hore u lule u latela sepheo sa hau sa ho ja hantle .
3. **Fumana mekhoha e monate ea ho tsamaea :** Ho ikoetlisa ha ho hloka hore e be ntho e tenang kapa e tenang. Fumana lintho tseo u li ratang, tse kang ho tantša, ho hloa lithaba kapa ho bapala lipapali, 'me u li etse karolo ea kamehla ea mesebetsi ea hau.
4. **Etsa hore motsamao e be karolo ea bophelo ba hau ba letsatsi le letsatsi :** Batla menyetla ea ho ba mafolofolo letsatsi lohle, tse kang ho palama litempi ho e-na le lifti kapa ho otlolla maoto nakong ea khefu ea lijo tsa motšehare.
5. **Lula u kothala :** Ipehele lipakane tseo u ka li finyellang 'me u shebe tsoelo-pele ea hau, keteka katleho ea hau 'me u se ke ua ikhathatsa haholo haeba u ka thella nako le nako. Hopola hore mohato o mong le o mong o monyane oo u o nkang mabapi le ho ja ka bohlae le ho falla ho feta ke mohato o lebisang ho bophelo bo botle le bophelo bo botle.
6. **Litaelo tse akaretsang tsa lijo tse ratang mofuthu, phomolo le ho nchafatsa lijo tsa hau tsa mariha le tloaelo li:**
 - boloka metsi
 - Leka ka litlama tse fapaneng le linoko
 - Leka ho eketsa lijo tse bolila tse bolila ,ka tloaelo e sebelisoang mariha litsong tse ngata, 'me li na le thuso nakong ea mariha.
 - bakeng sa lijo tse theolelang ,leka liapole tse futhumetseng/tse phehiloeng ka sinamone kapa lipere tse phehiloeng ka cardamom.
7. **Tsepamisa maikutlo ho lihlahisoa nakong ea selemo .** kaha ho na le melemo e mengata ea ho ja lijo tsa lehae le tsa nako ea selemo. Sehlahisoa sa nakong ea selemo se secha e bile se latsoeha hamolemo, kaha se butsoe ka tlhaho 'me se kotuloa ka nako e nepahetseng 'me se na le tekanyetso ea lichelete.



DIJO TSA SEKAKA TSA MARIHA TSE FUMANEHANG AFRIKA BORWA(Phuptjane, Phupu, Phato)

Litholoan:Liapole, li-avocado, matsatsi, li-grapefruit, kiwi, kumquats, lemone, lime, loquat, Melo, naartjie, lilamunu, pawpaw, kapa lipapaya, lipere, liphaenapole,li-geeseberries, li-guava, li-grenadilla, tamati.

Litholoana li fumaneha selemo kaofelalibanana, liphaenapole, liapole, mango e omisitsoeng, lifeiga tse omisitsoeng, liperekisi tse omisitsoeng.

Meroho :Asparagus, artichokes, beetroot, linaoa tse pharaletseng (fava), broccoli, Limela tsa Brussels, k'habeche, lihoete, cauliflower, celeriac, celery, likomkomere, endive, fennel, Garlic, horseradish, Jerusalem artichokes, kale , kohlrabi, li-mushroom, parsnips, lierekisi, pepere, litapole, mokopu, radishes, rhubarb, spinach, spring onion, squash, litapole tse monate, Swiss chard, turnips, likhahla tsa metsi, sekgala sa metsi.

Meroho e fumaneha ho pholletsa le selemo : .butternut, lihoete, likomkomere, lehakoe squash, lettuce, onion, litapole, mokopu, radish, litapole tse monate.



libeke tse 4 ho u thusa ho lekola tsoelo-pele ea hau



Khalendara e sebetsanang ea libeke tse 4 e tla u thusa ho kenyelletsa bonyane ts'ebetso e le 'ngoe ea bophelo bo botle ka letsatsi bakeng sa libeke tse nne, ho u thusa ho etsa lipheto ho tse ntle le ho fihlela lipheo tsa hau tsa bophelo bo botle ka mokhoa o tsitsitseng.

Almanaka ea hau e sebetsang ea libeke tse 4 e nang le Lipheo tsa ho ja hantle le ho ikoetlisa.

Sebelisa almanaka ena e sebetsanang le almanaka ea libeke tse 4 ka ho ja bophelo bo botle le holipakane tsa boikoetliso ba 'mele tse hahang holim'a tse ling, kgato ka nako. Ke o mema ho rera, boloka tlaleho ea tsoelo-pele ea hau, ngola mathata afe kapa afe, leboha 'me u ipuse ka ho hapa ka ho ea lifiliming joalo-joalo 'me qetellong ea 4 weeks, u iketsetse moralo oa bophelo bo botle ba pelo. **Natefelo a 'me u ithabise!**



	Mantaha	Labobeli	Laboraro	Labone	Labohlano	Moqebelo	Sontaha
Beke 1	Qala letsatsi la hau ka ho phfumoloho e phetseng hantle . (Bosiu ba Apple Pie oats) (Overnight Apple Pie Oats)	Nka metsotso e 10 ho tsamaea ka maoto nakong ea lijo tsa motšehare kapa thapama	Noa bonyane likhalase tse 8 tsa metsi letsatsi lohle (Mehopolo ea metsi a tšetsoeng) (Infused water idea)	Fetola lino tse tsoekere ka metsi o tee ea litlama .	Leka e ncha recipe e phetseng hantle bakeng sa di (Video: nama ea pineapple e tsosang fry) (Video: Beef & Pineapple Stirfry)	Tsamaea 20 ka tlhaho	Etsa moralo oa hau pelo - lijo tse phetseng hantle le lijo tse bobebe (heart-healthy meals and snacks) bakeng sa beke e tlang
Beke 2	Kenyelletsa meroho e mengata lijong tsa hau . (Hashe ea litapole tse monate) (Quick Sweet Potato Hash)	Tsamaea ka maoto metsotso e 30 nakong ea lijo tsa motšehare kapa thapama.	Fokotsa ho ja lijo tse feliloeng (Mokhoa oa ho etsa li-snacks tse phetseng hantle) (How to build healthy snacks).	Leka boikoetliso bo bocha ba 'mele ,joalo ka yoga kapa pilates.	lokisetsa pele pelo -e phetseng hantle salate bakeng sa . (Mokhoa oa ho etsa salate ea jar) (How to make a Jar Salad)	Tsamaeaka 40 ka tlhaho. iketsetse brot ea hau (Bone-broth: Chicken) and freeze.	Leka e ncha risepe ea pelo e phetseng hantle bakeng sa lijo tsa motšhare . (Frittata sehatsetsi) (Freezer Frittata)
Beke 3	Kenya sebaka sa li-snacks tse sa pheleng ka mefuta e mengata Lijo tsa Oatmeal (Oatmeal Bites)	Tsamaea ka maoto metsotso e 50 nakong ea lijo tsa mots'eare Kapa thapama.	Kenyelletsa Lithollo tse ngata tse felletseng lijong tsa hau (Video: Quinoa Tabbouleh)	Leka boikoetliso bo bocha, joalo ka ho otlolla kapa ho sesa.	Noa bonyane likhalase tse 8 tsa metsi letsatsi lohle.	Tsamaea ka 60 ka tlhaho . iketsetse sopho ea hau (Brown-broth : nama ea khomo) ho hoama.	etsa a pelo -e phetseng hantle le lijo tse leka-lekaneng bakeng sa lijo tsa mots'eare . (Sheet Pan Meal)
Beke 4	Kenya sebaka sa nama e khubelu ka mehloli ea liprotheine tse mafura, joalo ka khoho, tlhapi kapa tofu . (Khoho le Brown Rice Harvest Bowl) (Chicken and Brown Rice Harvest Bowl)	Tsamaea ka metsotso e 70 nakong ea lijo tsa mots'eare Kapa thapama .	Leka e ncha with dinner pelo bophelo bo botle lehlakoreng - sejana pelo -le di (sebeletsa ka tlhapi e halikiloeng) . (Salate ea meroho e halikiloeng ka lentile) (Roasted vegetable salad with lentils)	kenyeletsa ho feta lijo tse thehiloeng limela lijong tsa hau (Garlic Swiss Chard with Chickpeas)	lokisetsa pelo - phetse hantle pasta lijo . (Pasta ea pelo e phetseng hantle) (Heart-healthy Pasta & Beans)	Nka metsotso e 80 ho tsamaea ka tlhaho.prepare a heart -healthy . (Butternut Squash le mohloli oa liapole) (Butternut Squash and Apple Soup).	keteka lijo tsa hau tse phetseng hantle le likatleho tsa boikoetliso ba 'mele ka pheko e khethehileng joalo ka hlijo tse theolelang hantle (healthy dessert) .

Recipe ea hau ea 4-beke ea khalendara:

Beke ea 1:

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

Beke ea 2:

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

Beke ea 3:

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

Beke ea 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

