

Dijo tsa boikekanelo jwa pelo



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Mariga ke setlha se se botlhokwa mo matshelelong le boitekanelo a rona le go re fa tshono ya go iketla, go akanya ka mokgwa wa botshelo le go re dire maikaelelo a boitekanelo jwa pelo jo bo botoka. Le fa go ntse jaalo, mariga a tla le megotlholo le setlha sa mofikela, gape, bangwe ba rona, go nona thata mo marigeng. Go tlhokomela go ja dijo tse di itekanetseng go tllile go thibela malwetsi a mariga, mme a thuse go itwela kgatlhanong le malwetse.

Gape fa o lwala, dijo tse di nang le dikotla di ka go thusa go fola ka bonako. Ke nako e e botlhokwa ya go itlhokomela, go ja sentle, le go okotla. Mariga ke nako e dijalo di iphitlhela mariga le go iikutsha go fitlha dikgakologo di di tsosa, gape go botlhokwa go re mmele wa gago o ikhutse le go iketla.



Dijo tsa mariga tse di ka go itumedisa:

- Maungo – tlhopa a a sukuri, botshe, dinamune, o di je di le bothito.
- Merogo ya medi - besa mo ontong, tshela mo di-stew le disopo, tse di go kgorisang le go go futhumatsa.
- Ditlhaka tse di sa silwang, di tletse tatso, faeba, di-vitamin, jaaka di-vitmain B, go akaretsa niacin, thiamine, le folate le di-mineral, jaaka zinc, iron, magnesium, le manganese.
- Matokomane le disata di na le diprotene le mafura a mariga tse re di gallang thata mo marigeng
- Dino tse di bolelo le bothito di siametse mariga (itilele khafeine) le go leka mefuta e e farologaneng ta ditee tsa ditlhatsana, jaaka ditee tse di fo siametseng tse di futhumatsang le go ritibetsa maikutlo (cardamom, chamomile, cinnamon, cloves, ginger, matlapi a namune)

Go fetola mokgwa wa botshelo le go amogela mekgwa ya go tlhokomela pelo go ka nna kgwetlho, mme o ka go fitlhelela ka tsela e e siameng le tsela ya go akanya.

Go go thusa mo tseleng:



Maikaelelo a a tlhomameng: Tlhalosa maikalelo a gago le go tlhomamisa go re di a kgonagala. Di kwale le go di etsa go re di bonagale go re di go gopotse ka se o batlang go se fitlhelela. Fa o etsa maano a boitekanelo jwa pelo, ke go laletsa go nagana bonnye eseng bogolo. Di tsenye go nako e ntse e tsamaya go fitlhelela ditshusumetso tse di tsayang lobaka lo lo leele.



Dira leano: Dira leano le le bontshang ditiro tse o tla di tsayang go fitlhelela maikaelelo a gago. Robelela maano a gago mo dikgatong tse di nnye, tse di kgonagalang go re go nne botlhofo go di latela (dirisa Khalentara ya gago ya tirisanyo ya dibeke tse 4).

Dikgato Tse Tlhanu Go Ka Dira Diphetogo Tse Di Kgolo Tsa Boitekanelo Jwa Pelo.

Go diragatsa se mo mokgweng wa gago wa botshelo:

1. **Jaa dijo tse di itekanetseng pelo:** Simolola go tsenya maungo, merogo, ditlhaka tse di sa silwang, diprotene tse di senang mafura, le mafura a a itekanetseng tse di ntsi mo dijong tsa gago, le go fokotsa go ja dijo tse di sitsweng thata le tse di nang le mafura a mantshi. Akanyetsa go latela dijo tsa Mediterranean-style, tse di bontshitseng go tlhabolola boiketanelo jwa pelo.
2. **Tshikinya mmele thata:** Ikemisetse go ikatisa mmele bonnye jwa metsotso e 30 mo matsatsing a mantshi a beke. O ka simolola ka bonnye, ka go tsamaya sekgala se se khutshwane ka nako ya dijo kgotsa go dirisa di-steps mo boemong ba elevator. Fa nako e ntse e tsamaya, oketsa nako ya go ikatisa mmele bonya ka bonya. Tswela kwa ntle le go leka go nna mo letsatsing metsotso e 15-30, fa go kgonagala.
3. **Tlogela go goga motsoko:** Fa o goga motsoko, go tlogela ke molemo o o ka o eletsang boitekanelo jwa pelo ya gago. Bua le modiri wa tlhokomelo ya boitekanelo ka dithusi tsa go tlogela motsoki le maano a a ka go thusang.
4. **Laola dingalo:** Dingalo tse di sa foleng di na le diphelelo tse di sa siamang mo boitekanelong jwa pelo ya gago. Tsaya nako go dira ditiro tse di ka go thusang go iketsa le go fokotsa dingalo, jaaka go tlhatlhanya, yoga, kgotsa go fetsa nako mo tlolegong.
5. **Tlhokomela kgatelelo ya madi (blood pressure) le cholesterol:** Kgatelelo e e kwa godimo ya madi le cholesterol di baka gore go nne motlhofo go tsenwa ke bolwetse jwa pelo. Bua le modiri wa tlhokomelo ya boitekanelo ka go tlhatlhobiwa ka metlha le dikgato tsa go laola malwetse a fa a le teng. Se se ka akaretsa go fetola mekgwa ya botshelo kgotsa meriana jaaka go tshwanela.



Jaa ka botlhale, Tshikinya mmele thata

“Jaa ka botlhale, Tshikinya mmele thata” ke sekapuo se se bonolo le fa go ntse jalo se na le bokgoni sa go tokafatsa botsogo jo tlhe le kemophelo.

Dintlha tse di ka go thusang go kopanyaletsa mokgwa o mo tsamaong ya letsatsi:

1. **Rulaganya dijo tsa gago:** Tsaya nako go rulaganyetsa kwa pele dijo le di-snacks tsa gago tsa beke. Se se tlile go go thusa go tlhoba dijo tse di itekanetseng le go tila go reelwa go ja di-fast food kgotsa di-snacks tse di sa itekanelang.
2. **Ipakanyetse dijo kwa pele:** Mo mafelong a beke ipakanyetse dijo tse di itekanetseng le di-snacks tse go a di jang mo magareng a Beke. Go dira jaana go tlile go go somarela nako le go go thusa go nna mo tseleng ya maikaelelo a go ja dijo tse di itakenetseng.
3. **Batla go ikatisa mmele go go go itumedisang:** Go itakisa ga go a tshwana go lapisa pelo kgotsa go lapisa. Batla ditiro tse di go itumedisand, jaaka go bina, palama thaba ya ntlha ka matlhagatlhaga, kgotsa go tshameke metshameko, le go didira ka metlha.
4. **Dira go itshikinya karolo ya botshelo ya gogo ka matsatsi otlhe:** Batla ditshono tsa go itshikinya mo tsamaong ya letsatso, jaaka to palama di-step mo boemong ba elevator kgotsa tsamaya ka nako ya dijo tsa motshegare.
5. **Tlhotlheletsega:** Tlhome maikaelelo a boammaruri le go latedisa kgatelopele. Keteka dikatlego tsa gago mo tseleng, o seka wa ikgatella fa o fapoga ka gale. Gopola gore kgato nngwe le nngwe e o e tsayang go ja ka botlhale le go itshikinya thata ke kgato go ya go tokafatsa botsogo jo tlhe le kemophelo.
6. **Dikaelo tsa dijo tsa kakaretso tse di ratang bofutho, boikhutso le go tsosolositse mo dijong tsa mariga le thulaganyo ke:**
 - Nwa metsi,
 - Leka go dirisa mefuta ya ditlhatsana le di-spice
 - Leka go ja selekanyo se sennye sa dijo tse di bidisitsweng, tse di dirising mo dittoing tse di ntsi, tse di mosola mo marigeng.
 - Leka diapole tse di bothito/ tse di apeilweng le cinnamon kgotsa dipieri cardamom fa o batla dessert.
7. **Ela tlhogo mo dijalong tse di mo setlheng,** ka gonne di na le mesola e mentsi ya go ja dijo tse di tthagang mo lefelong le mo setlheng. Dijo tse di mo setlheng di foreshe le go nna monate, ka gonne di budusitswe ka tlhago le go kotulwa ka nako e e siameng le go nna tlhwatlhwa e e kwa tlase.





DIJO TSA SETLHA SA MARIGA MO SOUTH AFRICA (Seetebosigo, Phukwi, Phatwe)

Maungo: Diapole, di-avocado, di-date, di-grapefruit/ dipomelo, kiwi, di-kumquat, disurunamune, di-lime, di-loquat, magapu, dinnareki, dinamune, di-pawpaw kgotsa di-papaya, dipiere, di-pineapple, di-gooseberries, di-guava, di-granadilla, di-tamati.

Maungo a a leng teng ngwaga o tlhe: : di-banana, di-pineapple, diapole, mango o o omisitsweng, difeige tse di omisitsweng, diperekisi tse di omisitsweng.

Merogo: Asparagus, artichokes, beetroot, broad (fava) beans, broccoli, brussels sprouts, khabetšhe, digwete, cauliflower, celeriac, celery, cucumber, endive, fennel, garlic, horseradish, Jerusalem artichokes, Kale, kohlrabi, mushrooms, parsnips, peas, peppers, ditapole, lephutshe, radishes, rhubarb, spinach, spring onion, squash, dipotata, swiss chard, turnips, waterblommetjies, watercress.

Merogo e e leng teng ngwaga o tlhe: butternut, digwete, cucumber, gem squash, lettuce, onion, ditapole, pumpkin, radish, dipotata.

Dirisa khalenda e ya dibeke tse 4 go go thusa go latedisa kgatelopele le go nna o tlhotlheletsegile.



Khalentara ya tirisanyo ya dibeke tse 4 e tla go thusa go kopanyeletsa bonnye jwa tiro e le nngwe ya boitekanelo, go go thusa go dira diphetogo tse di siameng le go fitlhelela maikalelo a boitekanelo ka tsela e e tla nnelang ruri.

Khalentara ya gago ya tirisanyo ya dibeke tse 4 ya diphitlhelelo tsa go ja gogo itekanetseng le go ikatisa mmele

Dirisa khalentara e ya tirisanyo ya dibeke tse 4 ya diphitlhelelo tsa go ja gogo itekanetseng le go ikatisa tse di tsamaisanang, kgato e nngwe ka nako. Ke go laletsa go re o rulaganye, o latedise kgatelopele ya gago, o kwale dikgwetlho dingwe le dingwe, o itebogise le go ituela diphenyo ka yo ya dibaeskopong jalo jalo gape kwa bokhutlhong ba dibeke tse nne, kwala leano la gago la go fitlhelela pelo e e itekanetseng. **Ipelele o je monate!**

	MOSUPOLOGO	LABOBEDI	LABORARO	LABONE	LABOTLHANO	LAMATLHATSO	LATSHIPI
BEKE 1	<i>Simolola letsatsi la gago ka sefitlhololo sese itekanetseng (Overnight Apple Pie Oats)</i>	Tsamaya metsotso e 10 ka nako ya dijo tsa motshegare kgotsa ka thapama.	Nwa digalase tse 8 mo tsamaong ya letsatsi. (Infused water idea)	Emisetsa dino tse di nang le sukiri ka metsi kgotsa tee ya ditlhatsana .	Leka resipi e e itekanetseng ya dijo tsa bosigo (Video: Beef & Pineapple Stirfry)	Tsamaya metsotso e 20 mo tlhologong.	Direla kwa pele heart-healthy meals and snacks tsa gago tsa beke.
BEKE 2	Oketsa merogo mo dijong tsa gago (Quick Sweet Potato Hash)	Tsamaya metsotso e 30 ka nako ya dijo tsa motshegare kgotsa ka thapama.	Fokotsa seelo sa dijo tse di sitsweng thata (How to build healthy snacks).	Leka mofuta wa go itakitsa o moncha, jaaka yoga or Pilates.	Direla kwa pele salata ya pelo e e itekanetseng ya dijo tsa motshegare. (How to make a Jar Salad)	Tsamaya metsotso e 40 mo tlhologong. Apaya broth ya gago (Bone-broth: Chicken) e be o e frisa.	Leka resipi e e itekanetseng ya dijo tsa motshegare . (Freezer Frittata)
BEKE 3	Emisetsa di-snacks tse di sa itekanelang Oatmeal Bites tse di ka dirisetswang ditiro tse dintsi.	Tsamaya metsotso e 50 ka nako ya dijo tsa motshegare kgotsa ka thapama.	Oketsa ditlhaka mo dijong tsa gago (Video: Quinoa Tabbouleh)	Leka mofuta wa go itakitsa o moncha, jaaka as strength training kgotsa gothuma.	Nwa digalase tse 8 mo tsamaong ya letsatsi	Tsamaya metsotso e 60 mo tlhologong. Apaya broth ya sopo ya gago (Bone-broth: Beef) e be o e frisa.	Apaya dijo tsa motshegare tse di siametseng pelo le go itekanela (Sheet Pan Meal)
BEKE 4	Emisetsa nama e khibidu ka diprotene tse di senang mafura, jaaka nama ya kgogo, Tlhapi kgotsa tofu . (Chicken and Brown Rice Harvest Bowl)	Tsamaya metsotso e 70 ka nako ya dijo tsa motshegare kgotsa ka thapama.	Leka resipi ya ditlhakore e e siametseng pelo ka dijo tsa bosigo (e je ka tlhapi e e besitsweng) (Roasted vegetable salad with lentils)	Oketsa dijo tsa dijwalo mo dijong tsa gago. (Garlic Swiss Chard with Chickpeas)	Apaya pasta e e siametseng pelo. (Heart-healthy Pasta & Beans)	Tsamaya metsotso e 60 mo tlhologong. Apaya some e e siametseng pelo. (Butternut Squash and Apple Soup).	Keteka go fitlhelela go ja dojo tse di itekanetsing le go ikatisa ka treat e special, jaaka healthy dessert .

Khalentara ya gago ya dibeke tse 4:

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

