

# Swakudya swa rihanyo rambilu



**Xixika 2023**

XITSONGA

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Xixika ingura ya nkoka leyitisaku swiyenge swotala eka vutomi na rihanyo rahina na nkateko wo hunguta rililu, hi ehleketa hi vuketa hi mahanyelo naku antswisa rihanyo rambilu. Hambu swiri tano xixika xitisa ku khohlola, xirhami na mukhuhlwana, ramwani ra hina ku engeteleka ka ntiko. Swakudya leswi ngana rihanyo a swinge sireli vurabyi bya xixika, kambe swapfuna masocha ya mirhi ku sirhelela. Naswana loko u rabya, swakudya leswi ngana rihanyo swingapfuna ku hatlisa ku hola kawena. Swina nkoka ku teka nkarhi u tiyisisa leswaku watihlanyisa utira swakudya swawena, u tilayiseka.

Xixika ingura leyi swimilana swi etlekaku swi wisa kufukela swipfuka hi ximumu, hikwalaho swiri na nkoka na mirhi wawena u wisa u hunguta rivulu.



**Swakudya swa xixika swotsakisa wena:**

- ✚ Mihandzu- hlawula swotsokombela, swo phyama, citrus phamela u kufumela.
- ✚ Miroho ya timints – Oxa hi ovenengetela eka xiculu na supu, ku utitwa ushurhile u eneriseka.
- ✚ Marele lama heleleke, ya pakiwile hi nantswo, fibre, vitamin, kufan na vitamin B ku katsa na niacin, thiamine na folate na swicelwa kufana na zinc, nsimbi, magnesium, manganese
- ✚ Tinyawa na mbewu l swihloro leswikulu swa ti protein ta xixika na mafurha lama kotala hi manarelako hi xixika.
- ✚ Swakunwa swo hisa naswo titimela swikahle hi xixika (papalata caffeine hambiswiritano) uringeta tinxaka to hambana-hamba ha tiya ya swimilana, kufana ni tiya leti tiku kufumetaku naku rhurisa mbilu, leswi swinene eka wena (khadimo chamomile, sinamono, ti cloves, xiphemu xa lamula).

Ku cinca mahanyelo ya vutomi nak u amukela mikhura leyi hanyeke kahle ya mbilu swi ngava ntlhonthlo, kambe swingava leswi fikelelekaku hi maendlelo na miehleketo leyi nene.

## Kuku pfuna eke endlelo leri,



***Veka xikongomelo xinga erivaleni lexi kongomeke:*** Hlamusela xikongomelo u tiyiseka leswaku iswa xirirhi naswana swa fikeleka. Tsala hansi swironaka leswaku swi kutsundzuxa leswi ulavaka swona. Loko uri karhi u hlela hita rihanyo rambilu yawena, ndzi ku rhamba leswaku u ehleketa switsongo ku ngari leswikulu anakanya mikhura yo olova u nga endlaka yona ku antswisa mahanyelo yawena. Leswi swi engeta nkarhi na nkucetelo, ku hlayisa mbilu yawena yi hanya kahlei xilotlelo xo hanya vutomi lebyinene.



***Tumbuluxa pulani:*** Endla pulani leyi hlamuseleka swiendloswocarhi leswi u ngata switeka kukota ku fikelela. Tiyiseka leswaku u aranyisa pulani yawena hi switsongo, swi lawuleka leswaku swi olova ku swilandzela (tirhisa khalendara ya ruhlanganisi bya mavhiki ya 4).

## Magoza ya Nthlanu lamatsongo yo endla ku cinca lokukulu ka rihanyo ra mbilu

Ndlela yo tirhisa leswi hiku kongoma eka vutomi bya wena

1. **Dyana swakudya leswi ngana rihanyo rambilu:** Sungula hi mihandzo, miroho, marele, ti protein let inga riki namafurha, mafurha mamgana rihanyo, u hungusawakudya swa mafurha yotala, anakanya kulandzela swakudya swale Mediteraniya swingakombisiwa kuantswisa rihanyo.
2. **Famba swotala:** Kunguhata kuendla vutiolori bya kwalomu ka 30 wa timinete hi masiku yotaka ya vhiki. Ungasungula hika ntsongo, hikufamba hi minenge hinkarhi wa wena wo wisa ematshariweni yo tirhisa lifiti, hiku famba ka nkarhi, ka-ntsongo- kqntsongo engetela nkarhi waku titoloreta ka wena.
3. **Tshika ku dzaka:** Loko u dzaha fole, kutshika hi yinwana Ndlela leyinene ngopfu kupfuna rihanyo ra mbilu ya wena. Vula vula na muphakeri wawena wa nhlanyiso wa rihanyo mayelana na tindlela let inga kupfunaka.
4. **Lawula ntshikelelo:** Ntshikelelo ungava na vuyelo byo biha eka rihanyo rambilu yawena. Teka nkari ungenelela eka migingiri ko leswaku upfuneka ku ntshunxeka naswona u susa ntshikelelo, kufana naku ehleketa hi ruenti, yoga naku heta nkarhi uri eka ntumbuluko.
5. **Lawulo nsunsumeto wa ngati na cholesterol:** Nsunsumeto wa ngati na cholesterol swina khombo lerikulu eka rihanyo rambilu yawena. Vularula na muphakeri wa nhlanyiso wa rihanyomayelana nokuma ku kamberiwa nkarhi na nkari kulawula swiyimo leswe loko swirkona. Leswi swingaha, katsa ku cinca Ndlela ya vutomi kumbe mimirhi hilaha swifaneleke.



## Dyana hi vuthari- Famba-famba ngofu

“Dyana hi vuthari- Famba-famba ngofu” I xiga xo olora lexi tirhaka xoantswisa rihanyo hikwaro na ruhlayiseki. Hileswi switsundzuxo swo kupfuna ku nghenisa endlelo leri eka xiyimo xa wena xasiku na siku:

1. **Hlela swakudya swawena:** Teka nkarhi u hlela swakudya swawena swa vhiki leri landzeleka. Leswi swi takupfuna ku endla swiboho leswi ngani rihanyo no papalata ndzingo wo khoma swakudya swo hatlisa kumbe swakudya swo olora leswi ngariki na rihanyo.
2. **Hlela swakudya swawena ka hari emahlweni:** Teka nkari hikuhela ka vhiki uhlela swakudya swingani rihanyo u ta switirisa xikarhi ka vhiki. Leswi swi takupfuna ku hlayisa nkari na kutsama uri eka Ndlela yawena ya swakudya swa rihanyo.
3. **Kuma tindlela totsakisa to famba-famba:** Kuendla vutiolori a swi bhohi leswaku swi bora ni leswaku swikarhalisa, kuma migingiriko leyi uyi tsakelaka, kafana nocina, ku hayika, ku tlanga mintlangu, swi wndle xiphemu xa nkarhi na nkarhi xa xiyimiso xa wena.
4. **Endla ku famba-famba xiphemu xa vutomi byawena himasiku:** Lava minkarhi yo gingirika siku hinkwaro, kufana notirisa switepisi handle ka lifiti, kumbe kufamba-famba hi nkarhi wawena wo wis awa swakudya swa ninhlikanhi.
5. **Tshama uri na nsunsumeto:** Tivekele mpimo naswona u landzela nhluvuko wawena. Tlangela ku humelela kawena naswona u nga tikarhati ngopfu loko urhelela uya ehenhla nkarhi na nkari. Tsundzuka leswaku goza rinwana na rinwana leritsonga uri tekaka, kudya hi vutlahari naku famba-famba ngopfu, igoza roya eka rihanyo roantswa na vuhlayiseki.
6. **Swiletelo swakudya leswi tolovelekeke leswi tshakelaka kukufumela, ku wis ani ku pfuxetiwa, swa xixika swiyime hi Ndlela leyi:**
  - Tshama urina mati,
  - Tirhisa mimirhi yo hambana-hamban na swinun’heriso.
  - Chela swiphemu swiritsongo swa swakudya a leswi virisiweke swo phyama switirhisiwaka hi xixika eka mindhavuko yo tala naswona swina nkoka hixixika.
  - Eka dessert, ringetamaapula yo kufumela I leyi swekiweke na sinamoni kumbe mapiyere.
7. **Kongomisa ka swihumelerisiwa hi ngura,** Tani hileswi kungana mimpfuno yo tala kusuka eka kudya swakudywa leswi nga swa kwalano no swa ngura. Swibyariwa swa nguva yaleyo swatsakama naswona swina natswo woatswa, tani hileswi swinga tshoveriwa hi ntumbuluko na swona swi tshoveriweke hi nkarhi lowu.





## SWAKUDYA SWA XIXIKA LESWI KUME KA KA E AFRIKA DZONGA (Khotavuxika, Mawuwani, Mhawuri)

**Mihandzu:** Apula, avocados, ti dates, grapefruit, kiwi, kumquats, xikwarara, ti limes, loquat, karatla, naekisi, lamula, pawpawa, mapiyere, xihenge, gooseberry, ti guavas, granadillas, matamatisi.


**Mihandzu ya lembe hikwaro:** mabanana, xihenge, apula, mangwa yo oma, makuwa yo omisiwa, mapecisi lama omisiweke.

**Miroho:** Asparagus, artichokes, beetroot, broad (fava) tinawa, broccoli, brussels sprouts, kharici, ti kerotsi, cauliflower, celeriac, celery, cucumber, endive, fennel, garlic, horseradish, Jerusalem artichokes, Kale, kohlrabi, xi kowa, parsnips, peas, peppers, mazambane, nkwembe, radishes, rhubarb, spinach, spring onion, squash, sweet potatoes, swiss chard, turnips, waterblommetjies, watercress.

**Miroho ya lembe hikwaro:** butternut, ti kerotsi, cucumber, gem squash, lettuce, onion, zambane, nkwembe, radish, sweet potato.

**Tirhisa khalendara ya mavhiki ya 4 kukupfuna ku landzela nhluvuko naswona u tsama uri na nsunsumeto!**



 **Khalendara ya mavhiki ya 4 yita kupfuna eku ngeniseni ka goza rinwe ra rihanyo siku na siku ka mavhiki ya 4 ku ku pfuna ku endla ku cinca lokunene nak u fikela swikongomelo swawena.**

**Khalendara ya wena ya mavhiki ya 4 leyi tirhisanaka.**

Tirhisa khalendara ya vhavhiki ya 4 leyi tirhisanaka leswi akaka ehenhla ka xinwana ni xinwana, goza nhuvuku wa wena, tsala mintlhontho yihi na yihi, tifilimu, na swinwana, naswona hiku hela ka mavhiki rambilu leri hanyeke kahle. **Tiphene u thlela u!**

|             | MUSUMBUNUKO   | RAVUMBIRI   | RAVUNHARHU  | RAVUMUNE  | RAVUNTLHANU  | MUGQIBELA  | SONTO   |
|-------------|---|---|---|---|--|--|---|
| VHIKIE<br>1 | Sungula siku hi swakudya swa nimixo leswi ng ani rihanyo<br><br><a href="#"><u><i>(Overnight Apple Pie Oats)</i></u></a>  | Taka riendzo ra timineteta khume hi nkarhi wa swakudya swa ninhlikanhi. | Nwana kwalomu ka 8 wa tinghilaza ta mati. Mianakanyo ya mati lama ngenisiweke.<br><br><a href="#"><u><i>(Infused water idea)</i></u></a>                                  | Cincaswakunwa leswi ngani chukeela hi mati kumbe tiya ya swimilana  | Ringeta recipe leyintswa ya swokudya swa nimadyambu<br><br><a href="#"><u><i>(Video: Beef &amp; Pineapple Stirfry)</i></u></a> | Teka riendza ra timinete ta 20 hi ntumbuluko.  | Hlela swakudya ( <a href="#"><u><i>heart-healthy meals and snacks</i></u></a> ) swawena swa vhiki leri landzela   |
| VHIKI<br>2  | <b><i>Nghenisa miroho yo tala eka swakudya swa wena</i></b> <a href="#"><u><i>(Quick Sweet Potato Hash)</i></u></a>   | Teka ri endzo ra timinete ta 30 hi nkarhi wa swakudya swa ninhlikanhi.  | Hunguta kudya kawena swakudya leswi tsamela swi sweleiwini <a href="#"><u><i>(How to build healthy snacks)</i></u></a> .  | Ringeta muxaka lowuntswa wa ku endla vutiolori, byo tanihi yoga na Pilates.   | Lunghisela salasi ya rihanyo ra mbilu eka swakudya swa ninhlikanhi <a href="#"><u><i>(How to make a Jar Salad)</i></u></a>     | Teka riendzo ra timinete ta 40 hi ntumbuluko, tiendele broth ya wena <a href="#"><u><i>(Bone-broth: Chicken)</i></u></a>                           | Ringeta recipe leyintswa ka swakudya swa ninhlikanhi<br><br><a href="#"><u><i>(Freezer Frittata)</i></u></a>  |
| VHIKI<br>3  | Sira swakudya swo olora leswi nga riki na rihanyo hileswi ngana swilo swotala<br><br><a href="#"><u><i>(Oatmeal Bites)</i></u></a> .  | Takariendzo ra timinete ta 50 hi nkarhi wa swakudya swa ninhlikanhi.    | Nghenisa Mavele yo tala eka swakudya swa wena. <a href="#"><u><i>(Video: Quinoa Tabbouleh)</i></u></a>  | Ringeta muxaka wuntswa wa vutiolori byo tanihi ku titoloveta matimna kumbe ku hlambela.   | Nwana kwalo mu ka 8 wa tinghilaza ta matii siku hinkwaro.  | Teka riendzo ra timinete ta 60 hi ntumbuluko, tiendele broth ya wena <a href="#"><u><i>(Bone-broth: Beef)</i></u></a> nak u titimela.              | Endla swakudya leswi ng ani rihanyoleswiringa nisiweke swa ninhlikanhi <a href="#"><u><i>(Sheet Pan Meal)</i></u></a>   |
| VHIKI<br>4  | Cinca nyama yotshuka hi swihloro swa ti protein letinga na mafurha yo fan ana nyama yah uku, nhlampfi kumbe tofu.<br><br><a href="#"><u><i>Chicken and Brown Rice Harvest Bowl)</i></u></a> | Teka riendzo ra timinete ta 70 hinkarhi wa swakudya swa ni nhlikanhi.   | Ringeta swakudya leswintswa swa rihanyo rambilu ka swakudya swa nimadyambu, na nhlampfi leyi oxuweke <a href="#"><u><i>(Roasted vegetable salad with lentils)</i></u></a> | Nghenisa swakudya swotala leswi endliweke hi swimilana eka swakudya swawena <a href="#"><u><i>(Garlic Swiss Chard with Chickpeas)</i></u></a> | Lunghisela swakudya a swa pasta swa rihanyo<br><br><a href="#"><u><i>(Heart-healthy Pasta &amp; Beans)</i></u></a>             | Teka riendzo ra timinete ta 80 hi ntumbuluko, tiendlele supu ya rihanyo rambilu. <a href="#"><u><i>(Butternut Squash and Apple Soup)</i></u></a> . | Hoyozela ku humelela ka wena ka swakudya leswi ng ani rihanyo niku endla vutiolori kawena hi xidlodlo xo hlawuleka kufana na <a href="#"><u><i>healthy dessert.</i></u></a> |

## Ti recipe ta wena ta khalendara ya mavhiki ya 4:

### Vhiki 1:

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

### Vhiki 2:

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

### Vhiki 3:

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

### Vhiki 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

