

Ukudla okunempilo okuvikela isifo senhliziyo



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ZULU

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Ubusika buyinkathi ebalulekile ebamba ukubaluleka ezicini eziningi zokuphila kwethu nempilo futhi businika ithuba lokwehlisa ijubane, sicabange ngendlela yethu yokuphila futhi sizibekele imigomo yokuzwa kangcono. Nokho, lapho kubanda kakhulu ebusika kubanda ukukhwehlela, imikhuhlane kanye nenkathi yomkhuhlane, futhi, kwabanye bethu, ukuzuza isisindo sasebusika. ukugcina ukudla okunempilo ngeke kukuvimbele ekuthatheni ukugula kwasebusika, kodwa Kungasiza ukugcina amasosha akho omzimba ukuze akuvikele kangcono. Futhi uma uwela ngizo ,ukudla okunomsoco kungasiza ukusheshisa ukululama kwakho.yisikhathi esibalulekile sokuqinisekisa ukuthi uyanakekela Wena, hlala phezulu ekudleni kwakho, futhi uzigcine wondlekile.

Ubusika yisikhathi lapho izitshalo zilala khona futhi ziphumule kuze kube intwasahlobo iphinda izivuse, futhi kubalulekile ukwenza lokho Ukuze umzimba wakho uphumule futhi wehlise ijubane



Nokho Ukudla kwasebusika ukuze ujabule:

- ✚ Isithelo - khetha okumnandi, okumuncu, okusawolintshi, futhi uphake ngokufudumele.
- ✚ Imifino egazingiwe - eyosiwe kuhhavini, yengeza esitsheni nasesobhoni, ikwenze uzizwe ugcewele futhi wanelisekile ebusika.
- ✚ Okusanhlamvu okuphelele, okugcwele ukunambitheka, i-fiber, i-vitamin, efana ne-vitamin B, kuhlanganise ne-niacin, i-thiamine, ne-folate namaminerali, njenge-zinc, insimbi, i-magnesium, ne-manganese
- ✚ Amantongomane kanye nembewu kuwumthombo omkhulu wamaprotheni namafutha asebusika esivame ukuwafisa kakhulu ebusika
- ✚ Isiphuzo esishisayo nesifudumele silungele ubusika (gwema i-caffeine noma kunjalo) bese uzama izinhlobo ezahlukeni zetiye le-herbal, njengokufudumala kanye namatiye okupholisa akulungele.(i-cardamom, i-chamomile, isinamoni, i-clove, i-ginger, ikhasi lewolintshi)

Ukushintsha indlela yokuphila kanye nokwamukela imikhuba enempilo yenhliziyi kungaba inqubo eyinselele, kodwa kufezeka ngendlela efanele nengqondo.

Ukukusiza kule nqubo



beka imigomo ecacile neqondile: beka imigomo ecacile neqondile: Chaza Imigomo yakho futhi zingokoqobo ukufeza. njengoba uhlela umgomo wakho wenhliziyo -impilo, ngiyakumema ukuba ucabange okuncane kunokukhulu.cabangela imikhuba enempilo elula nelula ongayisebenzisa endleleni yakho yokuphila.Lokhu kuhlenganisa ngokuhamba kwesikhathi ngomthelela ohlala isikhathi eside. ukugcina inhliziyo yakho iphilile kuyisihluthulelo sokuhola impilo enempilo.



Dala uhlelo : yenza uhlelo oluchaza izenzo ezithile ozozithatha ukuze ufinyelele umgomo wakho.Qiniseka ukuthi uhlukanisa uhlelo lwakho lube yizinyathelo ezincane, ezilawulekayo ukuze kube lula ukuzilandela (sebenzisa ikhalenda elisebenzayo lamaviki ama-4).

Izinyathelo ezinhlanu ezincane zokwenza impilo yenhliziyu enkulu

Ungawenza kanjani lo mkhuba empilweni yakho:

1. **Yidla ukudla okunempilo kwenhliziyo:** qala ngokuhlenganisa izithelo eziningi, imifino, okusanhlamvu, amaprotheni angenalutho, namafutha anempilo ekudleni kwakho kuyilapho wehlisa ukudla okugayiwe kanye nokudla okunamafutha amaningi.Cabanga ngokulandela ukudla kwaseMedithera, okuye kwaboniswa ukuthuthukisa impilo yenhliziyu
2. **Hambisa ngaphezulu:** Hlela okungenani imizuzu engu-30 yokuzivocavoca okuphakathi kwezinsuku eziningi zeviki. ungaqala kancane,Ngokuthatha uhambo olufushane phakathi nekhefu lakho lesidlo sasemini noma usebenzise izitebhisi esikhundleni sekheshi ngokuhamba kwesikhathi, kancane kancane khulisa ubude besikhathi sokujima kwakho.Phuma ngaphandle uzame ukuthola ukukhanya kwelanga imizuzu eyi-15-30 uma kungenzeka.
3. **yeka ukubhema:** uma ubhema, ukuyeka kungenye yezinto ezinhle kakhulu ongazenzela impilo yenhliziyu yakho. Khuluma nomhlinzeki wakho wokunakekelwa kwezempilo mayelana nezinsiza zokuyeka kanye namasu angase abe usizo kuwe
4. **Lawula ukucindezeleka:** ukucindezeleka okungapheli kungaba nemiphumela emibi empilweni yakho yenhliziyu. Thatha isikhathi sokuzibandakanya emisebenzini ekusiza ukuthi uphumule futhi unciphise ingcindezi, njengokuzindla, i-yoga, noma ukuchitha isikhathi emvelweni
5. **Qapha umfutho wegazi lakho kanye namazinga e-cholesterol:** umfutho wegazi ophezulu kanye namazinga yizici ezinkulu ezibeka engcupheni yesifo senhliziyo.Khuluma nomhlinzeki wakho wokunakekelwa kwezempilo mayelana nokuhlololwa njalo futhi uthathe izinyathelo zokulawula lezi zimo uma zikhona.Lokhu kungase kuhlenganise izinguquko zendlela yokuphila noma imithi efanele



Yidla ngobuhlakani, hambisa ngaphezulu

Yidla uhlakaniphe, hambisa kakhulu" isiqubulo esilula kodwa esisebenzayo sokuthuthukisa impilo nempilo yonke.Nawa amanye amathiphu angakusiza ukuthi ufake le ndlela esimisweni sakho sansuku zonke

1. **Hlela ukudla kwakho:** Zinike isikhathi sokuhlela ukudla kwakho nokudla okulula kwesonto elizayo.Lokhu kuzokusiza wenze ukukhetha okunomsoco futhi ugweme isilingo sokuthatha ukudla okusheshayo noma ukudla okulula okungenampilo usohambeni.
2. **Lungiselela ukudla kwakho kusenesikhathi:** sebenzisa isikhathi esithile ngezimpelasonto ulungisa ukudla okunempilo nokudla okulula ongakwazi ukukuthatha uhambe phakathi nesonto. Lokhu kuzokonga isikhathi futhi uhlale usendleleni nempilo yakho ukudla amagoli
3. **Thola izindlela ezijabulisayo zokuhamba:** Ukuzivocavoca akudingekile ukuthi kube yisicefe noma kuyisicefe.thola imisebenzi okuthandayo, njengokudansa ukuhamba ngezinyawo, noma ukudlala ezemidlalo, futhi uzenze zibe ingxenye evamile yempilo yakho
4. **Yenza ukunyakaza kube yingxenye yokuphila kwakho kwansuku zonke:** funa amathuba okuba umatasa usuku lonke,Okufana nokuthatha izitebhisi esikhundleni sekheshi noma ukuyoshaywa umoya ngesikhathi sekhefu lakho lesidlo sasemini
5. **Ugqugquzelekile:** zibekele umgomo ongokoqobo hlala ulandelele ukuqhubeka kwakho. bungaza impumelelo yakho endleleni futhi ungazibambeli mathupha uma ushelela ngezikhathi ezithile.Khumbula ukuthi zonke izinyathelo ezincane eziya empilweni engcono nokuphila kahle
6. **Iziqondiso ezijwayelekile zokudla ezithanda imfudumalo, ukuphumula kanye nokuvuselela ukudla kwakho kwasebusika kanye nenqubo:**
 - gcina amanzi,
 - zama ngamakhambi ahluhahlukene kanye
 - Zama ukwengeza amanani amancane okudla okubilile.okumuncu,okujwayele ukusetshenziswa ebusika emazweni amaningi, futhi kuyasiza ebusika.
 - Ukuze uthole uphudingi, zama ama-apula afudumele/aphekiwe anesinamoni noma amapheya abhakiwe ane-cardamom
7. **Gxila emkhiqizweni ngesikhathi sonyaka:** njengoba kunezinzuzo eziningi ngokudla ukudla kwendawo kanye nenkathi yonyaka.i Umkhiqizo wangaphakathi kwesizini usha futhi unambitheka kangcono, ivuthwe ngokwemvelo futhi yavunwa ngesikhathi esifanele futhi ihambisana nesabelomali.





UKUDLA KWASEBUSIKA NGESIKHATHI EZIKHONA ENINGIZIMU AFRIKA (Juni, Julayi, Agasti)

Isithelo: I-apula, ukwatapheya, izinsuku, i-grapefruit, i-kiwi, i-kumquats, ulamula, umcako, i-loquat, ikhabe, ama-naartjies, ama-gooseberries, amagwava, ama-granadilla, utamatisi

Izithelo ezitholakala unyaka wonke: ubhanana, uphayinaphu, ama-apula, umango omisiwe, amakhiwane omisiwe, amapentshisi omisiwe.

Imifino: i-asparagus, i-artichokes, i-beetroot, ubhontshisi obanzi (i-fava), i-broccoli, amahlumela e-brussel, i-klabishi, izaqathe, ukholifulawa, i-celeriac, isilimo esidliwayo esinamagatsha anamanzi, ikhukhamba, endive, fennel, garlic, horseradish, Jerusalem i-artichokes, i-kale, i-kohlrabi, amakhowe, i-parsnip, uphizi, upelepele, amazambane, ithanga, isithombo, i-rhubarb, isipinashi, u-anyanisi wasentwasahlobo, u-squash, ubhatata, i-swiss, i-chard, i-turnips, i-waterblommetjies, i-watercress

Imifino etholakala unyaka wonke: ibhotela, izaqathe, ikhukhamba, i-gem squash, ulethisi, u-anyanisi, izambane, ithanga, isithombo, ubhatata

Sebenzisa leli khalenda lamaviki ama-4 ukuze likusize ulandelele ukuqhubeka kwakho futhi uhlale unempilo



Ikhhalenda elisebenzayo lamaviki ama-4 Intando sezempilo nsuku zonke amasonto amane, ukukusiza wenze izinguquko ezinhle futhi ufinyelele imigomo yakho yezempilo ngokuqhubekayo.

Ukusebenzisana kwakho kwekhalenda lamaviki angu-4 nokudla okunempilo kanye nezinjongo zomsebenzi womzimba

Sebenzisa leli khalenda lekhalenda lamaviki angu-4 kanye Nezinjongo Zokudla okunempilo kanye Nemisebenzi Yomzimba ezakhela phezu kwesinye isinyathelo esisodwa ngesikhathi. ngikumema ukuthi uhlele, ulandelele ukuqhubeka kwakho, ubhale noma yikuphi izinselelo, zihalalisele futhi uziklomelise ngokuwina ngokuya kumamvu njll futhi kumaviki ama-4, zenzele olwakho uhlelo olumayelana nempilo yenhliziyu **Jabulela ukuzijabulisa**

	UMsombuluko	ULwesibili	ULwesithathu	ULwesine	NgoLwesihlanu	NgoMgqibelo	NgeSonto
iviki lese 1	Qala usuku lwakho nge <i>Ibhulakufesi elinempilo</i> (Overnight Apple Pie Oats) (Ubusuku I-apula pie)	Thatha uhambo lwemizuzu engu-10 ngesikhathi sesidlo sasemini noma ntambama	Phuza okungenani izingilazi zamanzi eziyi-8 usuku lonke (Infused water idea) (Umbono wamanzi ofakwe)	Faka esikhundleni iziphuzo zikashukela ngamanzi noma <i>itiye le-imifino.</i>	Zama entsha <i>Iresiphi enempilo yokudla kwakusihlwa</i> (Video: Beef & Pineapple Stirfry) (Ividiyo: inyama yenkomo & uphavinaphu ugoqa)	Thatha uhambo lwamaminithi angu-20 emvelweni.	Hlela eyakho <i>heart-healthy meals and snacks</i> ukudla okunempilo kanye nokudla okulula kwenhliziyo isonto elizayo.
iviki lesi 2	<i>Faka okuningi</i> Ekudleni kwakho (Quick Sweet Potato Hash)	Thatha uhambo lwemizuzu engama-30 phakathi nesidlo sakho sasemini noma ntambama	<i>Yehlisa indlela odla ngayo ukudla okugayiwe</i> (How to build healthy snacks). (Ungakha kanjani ukudla okulula okunempilo)	Zama uhlobo olusha lomsebenzi womzimba, njenge-yoga noma i-pilates.	Lungisa kusengaphambili isaladi enempilo yenhliziyo yesidlo sasemini (How to make a Jar Salad) (Indlela yokwenza isaladi yesitsha)	Thatha uhambo lwamaminithi angu-40 emvelweni. Zenzele owakho umhluzi (Bone-broth: Chicken) (Umhluzi wamathambo: inkukhu futhi iqhwa	Zama entsha <i>Iresiphi enehliziyo enempilo</i> . Ukudla kwasemini (Freezer Frittata) (ifriza yefriji
iviki lesi 3	Shintsha ukudla okulula okungenampilo ngakho Oatmeal Bites. <i>Ukudla kwe-oatmeal</i>	Ta Thatha uhambo lwemizuzu engama-50 phakathi nesidlo sasemini noma ntambama	Faka <i>Okusanhlamvu okuningi</i> Ekudleni kwakho (Video: Quinoa Tabbouleh)	Zama izinhlobo ezintsha zokuzivocavoca ezinjengokuqeqesha amandla noma ukubhukuda.	Phuza okungenani izingilazi zamanzi eziyi-8 usuku lonke.	Thatha uhambo lwamaminithi angu-60 emvelweni. Zenzele owakho umhluzi wesobho (Bone-broth: Beef)(Umhluzi wethambo:Inyama yenkomo) futhi iqhwa	Make a Yenza a <i>Ukudla okunempilo kanye nokudla okulinganiselayo kwesidlo sasemini.</i> (Sheet Pan Meal)
iviki lesi- 4	Faka esikhundleni inyama ebomvu <i>Imithombo yamaprotheni engenamafutha, njengenkukhu, inhlanzi noma i-tofu. (Chicken and Brown Rice Harvest Bowl)</i>	Thatha uhambo lwemizuzu engama-70 phakathi nesidlo sasemini noma ntambama	Zama entsha <i>I-side dish enempilo enenhlanzi eyosiwe</i> (Roasted vegetable salad with lentils)	Faka okuningi <i>Ukudla okusekelwe ezinhlelweni</i> Ekudleni kwakho. (Garlic Swiss Chard with Chickpeas)	Lungiselela ukudla kwe-pasta impilo yenhliziyo. (Heart-healthy Pasta & Beans)	Thatha uhambo lwamaminithi angu-80 emvelweni. Lungiselela isobho lenhliziyo elinempilo. (Butternut Squash and Apple Soup).	Bungaza impumelelo yakho yokudla okunempilo kanye nomsebenzi womzimba ngokudla okukhethekile, okufana noku <i>healthy dessert.</i>

Iresiphi yakho yekhalenda lamaviki ama-4:

Iviki 1:

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

Iviki lesi 2:

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

Iviki lesi-3:

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

Iviki lesi-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

