

Ukutya Kwentliziyo Esempilweni



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Isixhosa

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Ubusika lelona xesha lonyaka libalulekileyo elibamba intsingiselo ngendlela ezininzi ebomini nasempilweni yethu kwaye inikeza ithuba lokwehlisa, ujonge kwempilo yethu kwaye sibeke neminqweno ephucukileyo yentliziyo esempilweni. Kodwa ke, ngokuba ubusika buye bubanda buza nokhohlo-khohlo, ububanda kwakunye nomkhuhlane, kwakunye, kwabanye bethu, ubusika buza nokukhuluphala komzimba. Ukuzigcina usitya ukutya okusempilweni akuzoyinqanda into yokuba ungagiuli, kodwa incede amajoni omzimba ukuba akhuseleke. Uze ugule, ukutya okusempilweni kuzakuncedisana nawe ukuze ukhawuleze uphile. Lixesha elibalulekileyo ukuba uqiniseke ukuba uyazikhathalela, uhlala usitya ukutya okusempilweni, uzigcine wondlekile

Ubusika lixesha apho izityalo zilala phantsi kwaye ziphumle kude ibelixesha leNtlakohlaza apo zivuseleleka khona, yiloo nto kubalulekile ukuba umzimba wakho uphumle.



Ukutya kobusika kukwenza ube novuyo:

- ✚ Iziqhamo- khetha ezinencasa, ezimuncu, ama-orenji, kwaye ukunikeze kushushu.
- ✚ Imifuno zangaphantsi- yoje kwi-oven, izityu kwakunye nesuphu, okukwenza uhluthe kwaye okwanelisayo ebusika.
- ✚ Inggolowa ipheleleyo, ibekwe inencasa, fibre, vitamins, ezifana no-vitamin B, kuquka ne-niacin, thiamine, kwakunye ne-folate ne-minerals, ezifana ne-zinc, iron, magnesium, ne-manganese.
- ✚ Amantongomane kwakunye nembewu ngowona mthombo we-protein ebusika kwakunye namafutha yona nto siye siyibawele kakuhlu ngbusika.
- ✚ Iziselo esishushu zibulungele kakhulu ubusika (kodwa yiba ngcathu kwizinto ezine-caffeine) kwaye zama iintlono ezahlukeneyo zeti yemifuno, esishushu nezinikeza ukuzola, zezona zikulungeleyo (cardamom, chamomile, cinnamon, cloves, amaxolo e-orenji).

Ukutshintsha indlela yempilo kwaye wamkele ukutya ngendlela esempilweni ingayinto engumceli-mngeni, kodwa yinto enofezekiswa ngendlela elungileyo an nengqondo ezisileyo.

Ukuncedisana nawe kule ndlela

♥ **Beka izicwangciso zakho ngokucacileyo:** Cacisa ngakumbi izicwangciso zakhokwaye uqiniseke okokuba ziyinyaniseka kwaye zinofezeka. Bhala phantsi kwaye uzenze ukubona zibonakale ukuze zikukhumbuze le nto ufuna ukuyizuba. Njengokuba ucwangcisa iminqweno yakhe yokubasempilweni, ndiyakumema ukuba uqale ucinge kancinci kunokuba ucinge kakhulu. Qwalasela imikhwa elula yokuba sempilweni ogakwazi ukuyenza lula empilweni yakho. Ezi zinto ziye zongeze ekubeni okokuba zibe nomthelela empilweni yakho njengokuba ixesha lihamba. Ukuzigcina usitya kakuhle sisitixo sokuphila ubomi obusempilweni.

♥ **Yakha icebo:** Phuhlisa icebo elizothi licacise ngakumbi amanyathelo ozowathatha ukuze ufezekkise iminqweno yakho. Qiniseka okokuba uyazophula zibe ncinci izicwangciso zakho, kwazi ukulawula amanyathelo akho kwaye uwenze lula ukuba ukwazi ukuwalandela (Sebenzisa la calendar yeeVeki eziyi-4).

Amanyathelo amancinci amahlanu okwenza impilo yentliziyo itshintshe

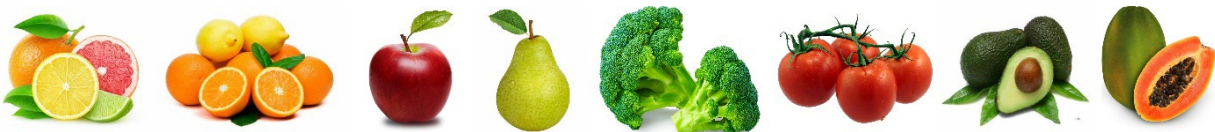
Ziphunyezwa njani ezi ndlela ngendlela ebonakalayo ebomini bakho:

1. **Yitya ukutya okusempilweni:** Qala ngokudibnisa kakhulu iziqhamo, zimifuno, ingqolowa epheleleyo, i-protein, kwakunye namafutha apheleleyo ekutyeni kwakho ngelixesha unciphisa ukutya okumfaxangiweyo kwakunye nokutya okunamafutha amaninzi. Cinga ngokulandela indlela yama-Mediterran yokutya, eye yabonakala iyindlela elungeleyo nempilo,
2. **Shukuma kakhulu:** Zama nokuba yimizuzu eyi-30 yokuzilolonga iintsuku ezininzi evekini. Ungaqala kancinci, uthathe uhambo olufutshane ngexesha lakho lokuphumlela isidlo sasemini kunokuba usebenzisa i-Lift. Emveni kwexesha, nyusa ixesha lakho lokuzilolonga. Phuma phandle kwaye uzame ukotha ilanga imizuzu eyi-15 -30 ukuba kuyenzeka.
3. **Yeka ukutshaya:** Ukuba uyatshaya, ukuyeka sesona sinqumo sihle ungasithatha ngenxa yempilo yentliziyo yakho. Thetha noMongikazi wakho ngeendlela ezingancedisana nawe ukua uyeke ukutshaya kwaye zibeluncedo.
4. **Lawula uxinzelelo:** uxinzelelo olubakho njalo lwenza umthelela ombi empilweni yakho. Tatha ixesha lokuzibandakanya ekwenzeni imisebenzi ezakuceda wehlise uxinzelelo, ezifana nokucamngca, yoga, okanye uchithe ixesha nendalo.
5. **Lawula i-Pressure kwakunye ne-Cholesterol yakho:** I-Pressure kwakunye namanqanaba e-Cholesterol ngezona zinto zizingozi kwisifo sentliziyo. Thetha noMongikazi wakho ngokufumana ukuvocwa-vocwa maxa onke kwakunye namanyathela okukwazi okokuba ulawule ezi zifo ukuba sezikho. Le nto ke ingaquka ekubeni ukuba kutshintshwe indlela yokuphila okanye amayeza ibengawo.



“Yitya kakuhle,ushukume kakhulu” yeyona ngxelo ilula yokuphucula indlela yokuphula nokuziphatha kakuhle. Nazi ezinye zeengcebiso ezizakunceda ukwazi ukukhawulelana nenkgqubo yakho yeeNtsuku zonke:

1. **Cwangcisa ukutya kwakho:** Thatha ixesha lokukwazi uhlelisa-uhlelisa ukutya kwakho kwakunye nezibiliboco zeveki ezayo. Le nto izakunceda ekukwazini wenze izinqumo ezisempilweni kwaye uzame ukuphepha ukubawela ukutya okukhawulezileyo okanye okungekho sempilweni.
2. **Lungisa ukutya kwakho kwexesha elizayo:** Chitha ixesha ngempela veki ulungisa ukutya kwakunye nezibiliboco ezisempilweni oye uzitye phakathi neveki. Le ito izakongela ixesha kwaye ukuncede ekuhlaleni emgceki ukuba utye kakuhle.
3. **Fumana iindlela zokushuma:** Ukuzilolonga akunyanzelekanga kudike okanye kuhluphe. Fumana imisebenzi oye uyonwabele, ezifana nokudanisa, ukunyuka intaba, ukudlala imidlalo, kwaye uyenze ibe yinto yesiqhelo.
4. **Yenza ukushukuma kube yingxenywe yakho yokuphila:** Khangela amathuba okuba uhlale udlamkile yonke imini, ekufana noba uthathe i-stepisi entweni yoba uthathe i-Elevator okanye uthathe uhambo ngexesha lokutya emsebenzini
5. **Hlala ukhuthazekile:** Beka iminqweno enyanisekileyo kuwe kwaye ugcine indlela owenza ngayo. Yibhiyozele impumelelo yakho kodwa ungazixheshi kakhulu ukuba uye wakhubeka ngamaxesha athile. Khumbula ukuba unyawo ngalunye oluncinci lukukhaphela phambili ukuba utye ngokusempilweni nokuziphatha kakuhle.
6. **Ukutya okuzakululeka ekugcineni ushushu, uphumle kwaye udlamkile kukutya kwakho kwasebusika:**
 - Zicine unamanzi emzimbeni,
 - Yitya iindidi ezahlukeneyo zemifuno kwakunye neziqholo
 - Zama ufake kancinci ukutya okumuncu, ngokwesintu isetyenziswa kakhulu ebusika kwiiNtlanga ezininzi, ezi zinto zilulutho ngexesha lobusika.
 - Kwi-Dessert, zama ukutya okushushu/ama-apile aphekiweyo efakwe i-cinnamon okanye amapere abhakiweyo afakwe i-cardamom.
7. **Qwalasela kakhulu kwixesha lokuvuna:** Ngokuba emaninzi amawonga ekutyeni ukutya okuqhelekileyo nokwamaxesha onyaka. Ngexesha lokuvuna iziqhamo sube zintsha kwaye zinencasa emnandi, ngokuba zivuthwe kakuhle ngexesha elifaneleyo.





UKUTYA KWASEBUSIKA OKUYE KUBEKHO EMZANTSI AFRIKA

(IsiLimela, EyeKhala, EyeThupha)

Iziqhamo: Ama-apile, avocado, dates, grapefruit, kiwi, kumquat, lemon, lime, loquat, melon, naartjies, orange, pawpaw, amapere, amapayina, gooseberries, gwava, granadilla, neTumato.

Iziqhamo ezikhona unyaka wonke: banana, amapayina, apile, mango eyomileyo, amafiya omileyo, amapesika omisiweyo.

Imifuno: asparagus, artichoke, beetroot, iimbotyi (fava), broccoli, brussel sprouts, khaphetshu, carrots, cauliflower, celeriac, celery, cucumber, endive, fennel, garlic, horseradish, Jerusalem artichoke, kale, kohlrabi, mushroom, parsnip, peas, pepper, amazambane, ithanga, radish, rhubarb, spinach, itswele, Amabhatata, turnip, waterblommetjies, watercress.

Imifuno ekhona unyaka wonke: amathanga, carrots, cucumber, lettuce, itswele, amazambane, radish kwakunye namabhatata.

Sebenzisa la-Calendar yeVeki ezine ukuze ugcine imiyalo yakho kwaye ukhuthazekile.



Le calendar yeVeki ezin izakukuncedisa ekubeni ukwazi ukuthatha amanyathelo asepilweni iintsuku zonke kwezi veki zine, ikuncedise ekwenzeni utshintsho olulungileyo kwaye uyifezekise iminqweni yakho.

Ikhalenda yakho ozoyisebenzisa nge-Veki ezi4 ekutyeni nasekulolongeni umzimba

Sebenzisa le khalenda yokutya kwakunye nozilolonga ekhwakheni kwako umzimba iiVeki ezi-4, uthathe inyathelo libe linye ngexesha. Ndiyakumema ukuba wenze isicwangciso, gcina umkhondo wemkqubo yakho, bhala phantsi nayiphi na imiceli-mngeni, zivuyele kwaye uziwonge nokokuba uye wobukela ifilimu kupheleni kwezi veki zine, zakhele ezakho izicwangciso ekugcineni impilo yakhe intle! **Yonwabele!**

	u-Mvulo	u-Lwesibini	u-Lwesithathu	u-Lwesine	u-Lwesihlanu	u-Mgqibelo	i-Cawa
Iveki 1	Qala usuku nge- <i>Brakfesi esempilweni</i> . (<i>ebusuku yenza i-payi ye-apile kwakunye ne-oats</i>) (Overnight Apple Pie Oats)	Thatha imizuzu eli-10 uhamba ngenyawo ngexesha lesidlo sasemini okanye emalanga.	Sela ii-glasi zamanzi eziyi-8 imini le. (<i>Ufaka ezinye iingcebo zamanzi</i>) (Infused water idea)	Tshintsha iziselo ezineswekile ngeziselo ezinezityalo.	Zama i-resiphi entsha esempilweni yoktya kwasemini (Video: Beef & Pineapple Stirfry)	Thatha uhambo phakathi kwendalo imizuzu eyi-20.	Cwangcisa <i>ukutya kwakho okusentliziweni nasempilweni</i> (heart-healthy meals and snacks) kwiveki elandelayo.
Iveki 2	<i>Dibanisa imifuno emininzi</i> ekutyeni kwakho. (Quick Sweet Potato Hash)	Thatha imizuzu eyi-30 uhamba ngexesha lesidlo sasemini okanye emalanga.	<i>Nciphisa indlela otya ngayo ukutya okumfaxangiweyo</i> . (<i>Ukwakha njani ukutya okusempilweni</i>) (How to build healthy snacks).	Zama indlela entsha yokuzilolonga, into ezifana ne-yoga kwakunye ii-Pilates.	Lungisa i-salad esempilweni yokutya kwasemini (How to make a Jar Salad)	Thatha imizuzu eyi-40 uhambe phakathi kwendalo. Zenzele ngokwakho isuphu (<i>isuphu yamathambo: iNkukhu</i>) (Bone-broth: Chicken) uyenze ibengumkhenkce	<i>Zama i-risiphi entsha esempilweni yokudla kwasemini</i> . (Freezer Frittata)
Iveki 3	Tshintsha i-snacks ezingekho sempilweni ngezinto ezininzi (Oatmeal Bites) kanje.	Thatha imizuzu eyi-50 ngexesha lesidlo sasemini okanye emalanga.	Dibanisa <i>iingqolowa ezipheleleyo zibeninzi</i> ekutyeni kwakho. (Video: Quinoa Tabbouleh)	Zama indlela entsha yokuzilolonga, into zifana nokuzolula okanye ukudada	Sela ii-glasi zamanzi zibeyi-8 imini le yonke.	Thatha imizuzu eyi-60 uhambe phakathi kwendalo. Zenzele isuphu (<i>Amathambo enyama ebomvu</i>) (Bone-broth: beef) kwaye uwenze umkhenkce.	Yenza <i>ukutya okusempilweni kwaye nee-zondlo zibekhona ngokomlinganiselo</i> . (Sheet Pan Meal)
Iveki 4	Tshintsha inyama ebomvu ngezinto <i>ezine-protein phakathi, ezifana neNkukhu, intlanzi okanye itofu</i> . (<i>INkhukhu kwanye ne-Rice emdaka</i>) (Chicken and Brown Rice Harvest Bowl)	Thatha imizuzu eyi-70 ngexesha lesidlo sasemini okanye emalanga.	Zama into entsha <i>ekufana nesitya esisecaleni ezisempilweni emveni kwisidlo sasemalanga (ufake nentlanzi e-grillweyo)</i> . (<i>Roasted vegetable salad with lentils</i>)	Dibanisa kubeninzi <i>ukutya okuyimifuno</i> ekutyeni kwakho. (Garlic Swiss Chard with Chickpeas)	Lungisa ukutya okusempilweni kwe-pasta. (<i>i-Pasta kwakunye nee-Mbotyi ezisempilweni</i>) (Heart-healthy Pasta & Beans)	Thatha uhambo imizuzu eyi-80 uhamba phakathi kwendalo. Zilungiselele isuphu esempilweni. (<i>Ithanga kwakunye ne-Apile</i>). (Butternut Squash and Apple Soup).	Bhiozela ukutya kwakho ngokusempilweni nozilolonga ngento emnandi, efana ne- <i>Dessert esempilweni (healthy dessert)</i> .

i-Calendar yakho yeVeki eziyi-4 yeResiphi:

iVeki 1:

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

iVeki 2:

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

iVeki 3:

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

iVeki 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**

