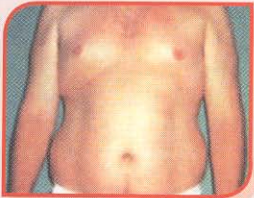


Siyini Isifo Senhliziyo?

Ziningi izinto ezibangela isifo senhliziyo. Enye yalezizimbangela yenziwa ukwenyuka kwezinga lamafutha athize egazini (blood fats) (i-cholesterol nama-triglycerides) lokhu okubangela ukunqwabelana kokusamafushana emithanjeni yegazi enhliziyweni. Lokhu kubangela ukuvaleka kwalemigudu yegazi bese kuba ukuqala kwesifo senhliziyo.

Izindaba ezimnandi ukuthi ngokwenza izinguquko ezingatheni endleleni yokudla nempilo yakho, unganciphisa izinga lamafutha egazini bese unciphisa nengozi yesifo senhliziyo.

Ezinye izinto eziyingozi yilezi:



Ukukhuluphala ngokweqile



I-High blood pressure



Ukungazilongi ngokwanele



Impilo ene-stress



Ukubhema



Ukudla ukudla okungenampilo

Uma unesifo senhliziyo kumele usebenzise ulwazi olukwi-Healthy Eating Booklet njengepulani yakho yokudla ewuhlaka bese usulwenza loluhlelo lube ngendlela ezohambisana nawe. Ungalandela lezizindlela ezingezansi.

Ukuze uvikele inhliziyu yakho kumele :

- Ulandele uhlelo lokudla olunempilo
- Hlala usesisindweni esinempilo njengokululeka kwabazempilo.
- Umkhaba noma amafutha amaningi okhalo kubangela ukwenyuka kwamathuba okuba nesifo senhliziyo.
- Ngokuhlenganisa ukudla ngendlela enempilo kanye nokuzilolonga, ukwehliswa kwesisindo kungenzeka.

Kodwa kubalulekile ukuxhumana nodokotela wakho ngaphambi kokuqala ngohlelo lokuzilolonga.

Idla Izinhllobonhlobo Zokudla

Uma udla izinhlobonhlobo zokudla, ungakwazi ukugcina izinga lamafutha egazini lakho lisezingeni elamukelekile.



Sebenzisa Amafutha Amancane

Ukudla ukudla okunamafutha amaningi kwandisa amathuba okuphathwa isifo senhliziyo.

- Kungabangela nokwenyuka kwesisindo ngoba amafutha anamandla (energy) amaningi.
- Bheka itebhula elingasegcineni ukuze uthole eminye imininingwane.

Yenza Isitashi Sibe Isisekelo Sokudla Kwakho

Ukudla okunesitashi



Njenga amazambane athosiwe, u-roti owenziwe nge-margarine. Amafutha owafaka ekudleni okunesitashi ayakhuluphalisa futhi abuye abangele nokunyuka kwethuba lokuba nesifo senhliziyo.

- Ushukela omningi ekudleni kwakho wenyasa izinga lamafutha egazini lakho.
- Ukuvikela lokhu zama ukusebenzisa isikalo sikashukela esincane ekhofini nasetiyeni.



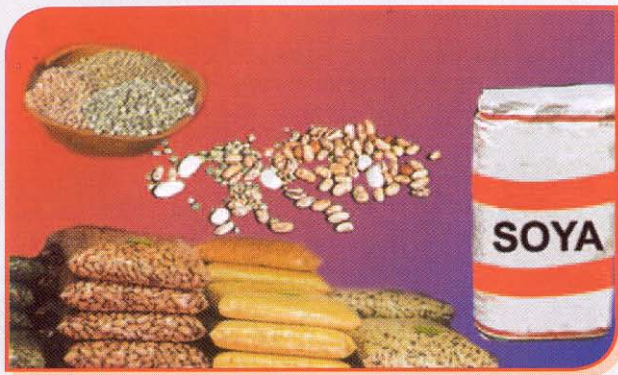
Idla Imifino Eminingi Nezithelo Nsukuzonke

- Ukudla imifino eminingi nezithelo kubalulekile emndenini wonke, kodwa kubaluleke kakhulu uma unesifo senhliziyo ngoba izithelo zinama-vitamins nama-minerals angavikela inhliziyu nemithambo yegazi yakho.



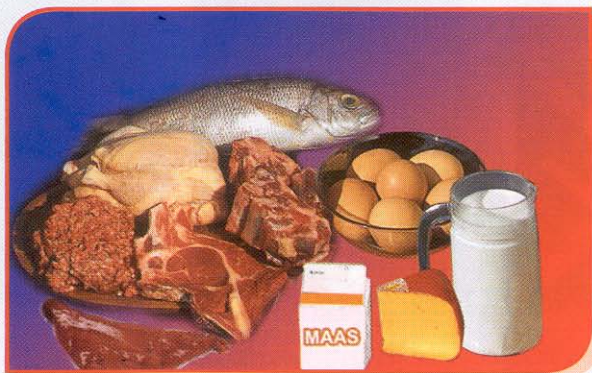
Idla Ubhontshisi, U-peas, Ama-lentils Ne-soya Njalo-njalo

- Lezizidlo zine-fibre eningi namafutha amancane kanti ziyasiza ekunciphiseni izinga lamafutha egazini lakho.



Inkukhu, Inhlanzi, Izidlo Zase-dairy Ezinamafutha Aphansi Ubisi/Amasi, Inyama Engacebile Noma Amaqanda Kungadliwa Nsukuzonke.

- Inkukhu engenasikhumba, inhlanzi esethinini noma e-fresh, ubisi olunamafutha amancane/namasi kanye nenyama engacebile kungadliwa nsukuzonke.
- Ezinye izidlo zinamafutha amaningi, ikakhulukazi amaqanda, isibindi, izintso nezinye izidlo zasolwandle. Uma lezidlo zidliwa ngokweqile zingalinyusa izinga le-cholesterol egazini.
- Uma ungajwayele ukudla inyama, ungazidla lezizidlo
- Zama ukuthi ungadli izidlo ezine-cholesterol eningi kuze kube kabili ngelanga.



Uphuzo Oludakayo

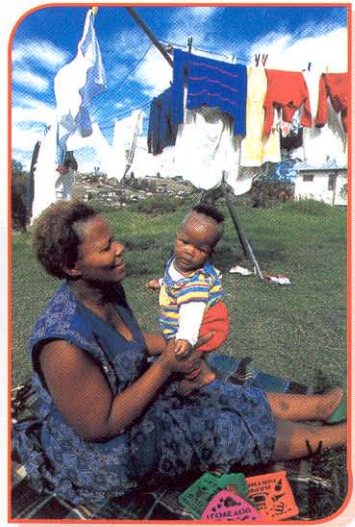
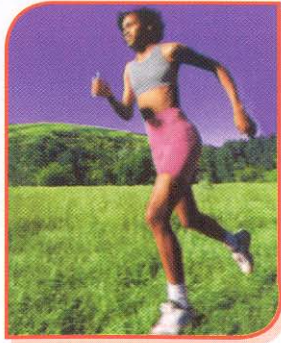
- Uma izinga lama futha liphezulu, kuba ngcono ukuthi ugcine izinga lophuzo liphansi uxhumane nodokotela mayelana nalokhu.
- Uphuzo oludakayo lunamandla amaningi njengamafutha. Uphuzo lungalimaza isibindi sakho futhi lunganyusa isisindo sakho.
- Uma uphuza zama ukulandela izeluleko ezisencwadini ebizwa nge-Healthy Eating Booklet



Inhlalo Enempilo (Healthy Living)

Ukwehlisa izinga lamafutha egazini luyindlela enhle ebheke ekuncishisweni kwamathuba okuba nesifo senhliziyo. Nazi ezinye izinyathelo ongazithatha :

- Yeka ukubhema
- Yiba nesisindo esinempilo
- Zama ukuzilolonga njalo (bonisana nodokotela wakho kuqala)
- Iba nesikhathi sokuphumula



Eminye Imininingwane Ngamafutha

Kunezinhlobo ezintathu zamafutha :



Amafutha aqinile (saturated fat) wona atholakala ezilwaneni njengamasi, ubisi, ushizi, nenyama ecebile. Lezizidlo zinyusa izinga le-cholesterol egazini.

Ama-Monounsaturated fats atholakala ezitshalweni e.g. i-olive oil ne canola oil, kodwa abuye atholakale nasenyameni ebomvu. Amazinga amancane alamafutha ekudleni kwakho acatshangelwa ukuthi awusizo.



Ama-Polyunsaturated fats atholakala ezitshalweni sunflower noma corn oil and nama-margarine abhalwe "high in polyunsaturated". Ayatholakala futhi nasenhlanzini njenge tuna.



Ushintsho olubalulekile ongalwenza ekudleni kwakho ukuthi wehlise izinga lamafutha owadlayo. Qinisekisa ukuthi unciphisa kakhulu kuma-saturated fats. Kodwa qaphela ngoba ama-polyunsaturated fats angaba yingozi ngakho zama ukunciphisa amafutha owasebenzisa uma upheka.

Uma ugcobisa isinkwa sebenzisa i-monounsaturated noma i-polyunsaturated margarine.

Uhlobo lwamafutha	Umthombo wawo ekudleni
Monounsaturated fat	Olive oil, Canola oil Avocado pears Nuts e.g. Almonds, pecans, hazelnuts nama-peanuts
Polyunsaturated fat	Sunflower oil, corn oil Margarine "High in polyunsaturates" Tuna, sardines, salmon nezinye izinhlanzi zasemanzini abandayo
Saturated Fat	Butter, ghee, lard, dripping, white margarine, hard margarine, Full cream milk/ maas, yoghurt, cream Coconut and palm kernel oil (coffee creamers)