

1. Thokozela ukudla okunhlobonhlobo

- ❖ Yidla ukudla okunhlobonhlobo okunezondlo ezinhlobonhlobo
- ❖ Qikelela indlela okupheka ngayo ukudla kwakho
- ❖ Kugweme ukudla ukudla ukunezondlo ezincane nalokho okungakuniki umdlandla owenele
- ❖ Kugweme ukuphila impilo engakuholela ezifeni ezingamahlalakhona (chronic disease).

Kufanele udle ukudla okuhlukahlukene okungu

20 kuya ku 30 esontweni ngalinye

2. Yina ngumuntu ojwayele ukunyakazisa umzimba

- ❖ Zijwayeze ukuthi uvamise ukunyakazisa umzimba nsuku zonke isikhathi esingaba yimizuzu engamashumi.
- ❖ Lokhu kuyakuvikela kumahlalakhona (chronic diseases, noma izifo ezikuphatha isikhathi eside, ogcina uphila nazo) anjenge "hayihayi", isifo sikashukela, isifo senhliziyo kanye nomdlavuzi.

Nyakazisa umzimba izikhathi eziyimizuzu engamashumi amathathu cishe nsuku zonke

3. Akungenzeki kungabibikho ukudla okunesitashi ekudleni okudlayo

- ❖ Yidla ukudla okusanhlamvu (cereals) kanye namaveji ayizimpande (root vegetables) kunjengoba kuvela ensimini kungaphekiwe noma kuphekwe nje kancane. Lokhukudla kunomhadlahadliso (fibre) omningi. Kanti futhi lokhukudla kunawo futhi umsoco (micro nutrients), amafutha kanye namaprotein.
- ❖ Abesifazane abadala kufanele bathole lokhukudla okungu 260gram/ngosuku (ipuleti elijwayelekile), bese kuthi abesilisa banikezwe okungango 325gram/ngosuku (ipuleti eliqongile) ukuze bathole umfutho owenele.

Yilowo nalowo muntu omdala kufanele athole u 50 gram/wesitashi ngosuku (cishe okungangenkomishi)

4. Yidla amaveji amaningi kanye nezithelo eziningi ngosuku, nsukuzonke

- ❖ Yidla izithelo ezisa olintshi (citrus), u anyanisi, u-garlic, ukherothi noma izaqathi kanye notamatisi (ngoba kuno vitamin C no A omningi) kanye nokudla okusakhabishi (crucifers) okunjenge khabishi, kale, u-broccoli kanye no kholiflawwa.
- ❖ Yidla ukudla ukudla okunamacembe aluhlaza ngokujulile kanye nanombala osa-olintshi.
- ❖ Kufanele umuntu omdala athole izinxenyanana ezinhlanu noma u-400gram/ngosuku zalokhukudla

Yidla izithelo ezimbili kanye namaveji amahlanu ngosuku

5. Ukuze impilo ibe yinhle kakhulu, kumele kudliwe ukudla okusabhontshisi okuthe xaxa

- ❖ Yidla ubhontshisi owomile, uphizi, ama"lentils", kanye ne "soy" njalo nje
- ❖ Grain legumes are beans, lentils, cowpeas, chickpeas, peas, etc.
- ❖ Izimbewu ezinowoyela, njenge "soya" kanye namantongomane esinye isibonelo.
- ❖ Lokhu kwenza ukuthi umzimba uthole lezizondlo ezilandelayo: amaprotein, ama"carbohydrates" I "fibre" noma umhadlahadliso, amavitamini kanye nama "minerali".

Umuntu omdala kufanele adle amagram ayikhulu kuya emakhulwini amabili (100-200gram) okudla okusabhontshisi (legumes) ngosuku. Lokhu kusho inxenye yenkomishi.

6. Ukudla okuvela ezilwaneni kungadliwa nsuku zonke

- ❖ Lokhu kusho lokhu okulandelayo: inyama, inhlanzi, inyama yenkukhu, ubisi kanye namaqanda.
- ❖ Ngaphandle kokuthi lokhu kudla kunika amaprotein, kuphinde futhi kondle umzimba bge "calcium", "iron" noma insimbi, I "zinc", kanye ne "omega-3 nama "fatty acids".
- ❖ Yidla ukudla okungenawo amafutha kakhulu kanti futhi akumele ube ngumngane awo amafuthe.
- ❖ Thatha imbijana yalokhukudla okuvela ezilwaneni, ukufake esidlweni sakho esenziwe ngezitshalo.

Thatha isilinganiso esingu 400-500ml wokudla okwenziwe ngobisi/ngosuku (okunjengo bisii, iyogathi, amasi, ishizi...)

Yidla mamqanda amane ngesonto

Yidla ukudla okunenhlanzi kabili noma kathathu ngesonto

NOMA

Akufuneki ukuthi udle inyama ebomvu noma yenkukhu engaphezulu kuka 560 grams ngesonto

7. Akufuneki udle ukudla okunamafutha kakhulu

- ❖ Awangabi maningi amafutha enyama owadlayo, kanjalo futhi nasobisi okungelona lwenkomo.
- ❖ Yidla imajarini engenawo amafutha amaningi (low fat).

8. Ungabowudla usawoti omningi

- ❖ Ukudla kakhulu usawoti kungaholela ekutheni uzithole usunehayihayi. Uma ungumuntu one "hayihayi" kufanele udle ukudla okunamaveji amaningi kanye nezithelo. Uma wenze lokho isikhathi esingangamasonto ayisishiyagalombili, umfutho wegazi emzimbeni odala I"hayihayi" uyehla.

Wufafaze usawoti, ungawuxukuzi

9. Amanzi, ngesinye isondlo somzimba esinganakekile

Phuza okungenani amalitha amabili ngosuku

**10. Uma ungumuntu ophuza uphuzo
oludakayo, phuza ngokuzicabangela.**