

Ukudla Okunempilo Nokukhulelwa

Amafutha nowoyela



Amaprotheni ne Ayoni



Amanzi



Folate



Ukudla kwakho kufanele kube nesitashi, kuhlanganiswe nezinye zalezi zinto...

Amavithamini



Ubisi nezinye izinto ezakhiwa ngobisi



Isitashi



Ukwengeza ekudleni, umama okhulelwe, kufanele athathe amaphilisi ane ayoni nefolate nsukuzonke. Lamaphilisi athola kala emitholampilo.

