Ukudla izinhlobo ezehlukene zokudla, kukusiza ukuba uthole izinhlobo ezahlukene zomsoco egazini.

Yidla ukudla okunhlobonhlobo nsukuzonke ukuze uthole imisoco eyehlukene.

Khumbula ukufunda amalebuli asekudleni kwakho. Qaphela amagama athi "fortified" futhi "enriched" ngezakhamzimba ezithile.

Yenziwe Umnyango Wezempilo: Nutrition Services KZN
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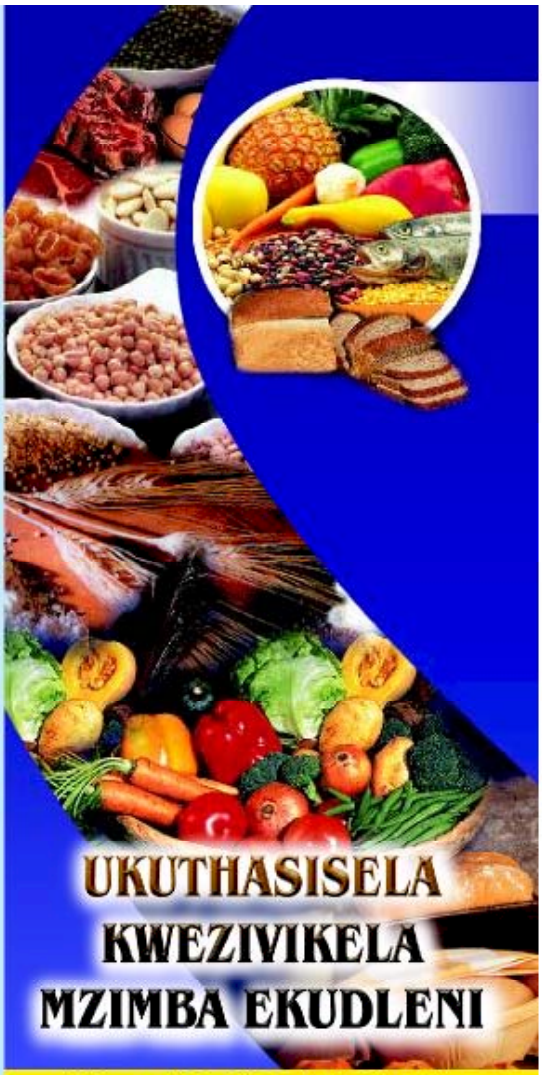

UKUTHASISELA KWEZIVIKELA MZIMBA EKUDLENI

Izinga elihle elifanele imali yakho

Onyakeni ka-1999, kwenziwe ucwaningo lokuphenya ngokudla okudliwa izingane. Ukudla okungezansi kutholakale kungokudliwa izingane kakhulu:

Kuqaphelekile ukuthi imisoco ebalulekile. njengamavithamini namaminerali asiza ikakhulukazi ekusebenzeni ngendlela komzimba azidliwa. Umnyango Wezempilo usebhekele ukwengeza lemisoco empushini, kufulawa noshukela.

Kuyini ukuthayisela?

Kuyindlela yokwandisa imisoco njengamavithamini namaminerali ekudleni okuthize okuhlabahlosile.

Ukwengeza iziyobiso ekudleni

Ukwengezwa iziyobiso kungukubuyisela imisoco elahlekayo ngesikhathi kwenziwa ukudla. Loluhlelo lwenzelwa ukwenza izakhamzimba ethize ibe khona emzimbeni, ukwenza imisoco usebenze kangcono. Qaphela ukudla okuthuthukisa amasosha omzimba nokwengeziwe ezinhlobeni zokudla. Intengo edayiswa ngakho lokhu kudla ayikho phezulu kepha uthola ukudla okuseqophelweni eliphezulu ngamali yakho.

Kungani amavithamini namaminerali ebalulekile?

Amavithamini namaminerali enza umsebenzi obalulekile emzimbeni. Lokhu kwaziwa njengezakhamuzi ezincane, ngoba kudingeka kancane. Lokhu okulandelayo kuwuhlu lwezakhamzimba ezincane (micronutrients), umsebenzi eziwenzayo emzimbeni nokudla ezitholakala kukho.

UMDLANDLA

ISAKHAMZIMBA
Isilashi, amakhabhohayidilathi
IZINHLOBO EZEJWAYELEKILE
Ukudla okunesitashi: ummbila, isinkwa, uphuthu, amazambane, amadumbe nobhatata
UMSEBENZI EZIWENZAYO
Zinikeza umzimba amandla ukuze usebenze ngendlela, ukuhamba, ukucabanga, ukugijima

B6

ISAKHAMZIMBA
B6
IZINHLOBO EZEJWAYELEKILE
Obhontshisi, amazambane, ubhanana
UMSEBENZI ESIWENZAYO
Sisiza ekugayekeni kwamakhabhohayidilethi

UVITHAMINI C

ISAKHAMZIMBA
Uvithamini C
IZINHLOBO EZEJWAYELEKILE
Izithelo ezimungcu,utamatisi, ikabishi, isipinashi, ikholifulawa, amazambane, ubhatata
UMSEBENZI ESIWENZAYO
Sisiza ekutheni umzimba ukwazi ukubamba i-ayoni futhi sisebenza njenge-antioxidant

UVITHAMINI A

ISAKHAMZIMBA
Uvithamini A
IZINHLOBO EZEJWAYELEKILE
Ubisi, ibhotela, amaqanda, inyama yangaphakathi, amavejithebuli asaluhlaza okotshani, ithanga
UMSEBENZI ESIWENZAYO
Sisiza ekutheni umuntu abone kahle, sikhulisa amathambo, umzimba nengqondo sigcine isikhumba siphilile.

CALCIUM

ISAKHAMZIMBA
Calcium
IZINHLOBO EZEJWAYELEKILE EZIBALULEKILE
ubisi, maas
UMSEBENZI ESIWENZAYO
yakha futhi igcine amathambo namazinyo aqinile.

UVITHAMINI E

ISAKHAMZIMBA
Uvithamini E
IZINHLOBO EZIJWAYELEKILE
uwoyela ovela elangeni
UMSEBENZI ESIWENZAYO
siyi Antioxidants

Ama antioxidants amasotsha avikela umzimba ekuhlaselweni izinkinga ezidala imidlwuso. Aphinde abaluleke ekuvikeleni umzimba esifweni senhliziyo.

NIACIN

ISAKHAMZIMBA
niacin
IZINHLOBO EZEJWAYELEKILE
inyama yangaphakathi, ufishi, inyama yenkukhu, inyama ebomvu
UMSEBENZI ESIWENZAYO
Sisiza ekugayeni ushukela namafutha ukuze umzimba ubenamandla

RIBOFLAVIN

ISAKHAMZIMBA
Riboflavin
IZINHLOBO EZEJWAYELEKILE
ubisi, amasi, amaqabunga aluhlaza okotshani ezitshalo nesipinashi
UMSEBENZI ESIWENZAYO
Sisiza ekugayeni ushukela namafutha ukuze umzimba ube namandla

SELENIUM

ISAKHAMZIMBA
Selenium
ISELENIUM IZINHLOBO EZIJWAYELEKILE
inyama yangaphakathi, ukudla kwasolwandle, inyama yezicubu izithelo, imifino, nelayisi
UMSEBENZI ESIWENZAYO
sisiza ukuthi {izicubu} zikhule ngendlela

ZINC

ISAKHAMZIMBA
Zinc
IZINHLOBO EZIJWAYELEKILE
inyama ebomvu, lentil, amaqanda,amasi,ubisi, ubhontshisi owomisiwe
UMSEBENZI ESIWENZAYO
sisiza ekugayeni amafutha ukuze umzimba uthole umdlandla

IRON

ISAKHAMZIMBA
Iron
IZINHLOBO EZIJWAYELEKILE
inyama ebomvu, amaqanda, inkuku nobisi
UMSEBENZI ESIWENZAYO
Ukwakheka kwegazi

FOLATE

ISAKHAMZIMBA
Folate
IZINHLOBO EZIJWAYELEKILE
isibindi, izinso, amaqabunga aluhlaza okotshani imifino, amakinati, ubhontshisi nombila
UMSEBENZI ESIWENZAYO
sisiza umzimba ukuthi ukhule kahle futhi senza izinhlayiya zegazi zibenempilo