



Ucwangingo olwenziwe eNingizimu Africa luthini?

- Abesifazane abalinganiselwa kwabayishumi (65%) batholakala bekhuluphele
- Abasilisa abalinganiselwa kwabathathu kwabayishumi (31%) batholakala bekhuluphele
- Abasebenzi abadla ngendlela engenayo impilo batholakala bengakhoni ukuwenza kahle umsebenzi abawunikwayo uma kuqhathaniswa nabasebenzi abadla ngendlela enempiilo efanele

Ukukhuluphala kungakubeka engcupheni yokuba nalezinkinga ezilandelayo:

Izifo ezihambisana nesifo senhliziyo okubalwa nomfutho wegazi opezulu (BP), isifo sikashukela (Diabetes), ezinye izinhlobo zomdlavuza, ingcindezi | Ukukhubazeka | Ukulimala

Ukudla ngendlela kubalulekile ukunyusa amathuba empilo efanelekile.

Ukuthokozela izinhlobonhlobo ezahlukene zokudla ngesikali esincane esifanelekile yikho okulungile: Khetha isikali sokudla ngokuqaphela.

IZIBONELO ZOKUDLA NGENDLELA ENEMPILO

Ukudla kwasekuseni	Ukudla kwasemini	Ukudla kwasebusuku
Iphalishi lempuphu noma ama cereal anamahadla (High Fibre cereal) noma i-Oats, i-Muesli okuhambisana nobisi olumafutha amancane	Isemishi elifakwe ushizi, noma amaqanda noma ufishi we-tuna okufakwe utamatasi noletisi ezingcezwini ezimbili zesinkwa esinsundu esinamahadla	uphuthu nesishebo sikabhontshise, isipinashi, kanye nokherothi obilile noma i-rice kanye nesishebo senyama yenkomo esuswe amanoni kanye nesaladi likabhithrudi
Amaraskhi enziwe ngokolo noma Isemishi elenziwe ngebhotela yamantongomane ezingcezwini ezimbili zesinkwa esinsundu esimahadla	I-wrap eyenziwe ngenyama yenkukhu/ noma /ufishi owomiswe kuhavini/ okufakwe ukwatapheya nohlobo lukashizi i-feta noma ukudla okusale esidlweni sasebusuku, qaphela isikali	noma Amazambane aphekwe kuhhavini, nofishi owomiswe kuhhavini (grilled), kanye nesaladi eliluhlaza
	i-salad le pasta noma inyama yenkukhu eyomiswe kuhavini, nezitshalo eziluhlaza, kanye nama bhanisi	noma u-briyani ohamba ne salad yakherothi, no -cucumber noma ibhathanathi eliphekwe kuhhavini, nenyama yenkukhu ephekwe ngokomiswa kuhavini (grilled), no broccoli, nesobho elinosawoti namafutha amancane

IZIBONELO ZOKUDLA OKULULANA (SNACKS)

Ama crackers akolo anosawoti omncane kungadluli kwamathathu kanye noshizi (cottage cheese)	Isithelo noma isaladi lezithelo noma Izithelo ezomisiwe (dried fruits)	Amantongomane anganasawoti, anama rezini noma izimbewu ezomisiwe zethanga, noma iyogathi enamafutha amancane, noma ile ephuzwayo
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IZIPHUZO

Phuza amanzi ahlanzekile angangamalitha amabili ngosuku. Ungaphuza neziphuzo njengalezi ezilandelayo:

- Itiye noma I khofi elingenayo I khafini noma ibencane
- Ungafaka ubisi olunamafutha amancane (low fat) noma olungenawo nhlobo (fat free)
- Iziphuzo ezibhalwe light/ zero/ diet (ungeqi esilinganisweni senkomishi)
- Ijusi yezithelo 100% ungeqi esilinganisweni esingangenkomishi. Xuba namanzi ukudambisa ushukela wemvelo
- Ijusi yezitshalo 100% vegetable juice engangezwangaushekela, qaphela ukuthi uhlobo likasawoti i- sodium ayeqi ku 200mg (ungeqi esilinganisweni esingangenkomishi) Xuba namanzi

Ukudla ukudla okuqukethe isikali esincane kakhulu sesitashi kanye namafutha amaningi akusekelwa njengoba kungaba nomthelela ongemuhle emzimbeni. Isidlo kumele sibe nesikali esisodwa senyama noma izitshalo ezingengobhontshise, isoya, noma amalentili kulabo abangayidli inyama, isitashi esisodwa, izitshalo ezimbili, isithelo esisodwa kanye namanzi. Ungasebenzisa lendlela engezansi yokukala izilinganiso:



Clenched fist = 1 cup:
Cooked pap, rice, samp, pasta, potato, fruit



Size of palm:
Meat, fish, chicken



Handful:
Nuts, raisins



Tip of thumb = 1 teaspoon:
All oils, mayonnaise, margarine

- Isilinganiso senqindi silingana nesikali senkomishi esingasetshenziswa ukukala isilinganiso sesitashi njengelayisi, isitambu, ipapa, pasta kanye nesithelo
- Intende yesandla ingasebenziswa ukulinganisa isikali senyama, ufishi noma inkukhu. Uma kuyisitshulu kungalinganiswa ngohafu wenkomishi.
- Izandla ezimbili ezivulekile zingasetshenziswa ukulinganisa isikali sezitshalo (isilinganiso sesandla ngasinye silingana nohafu wenkomishi).
- Isandla esisodwa esivulekile singasetshenziswa ukulinganisa isikali sikabhontshisi ophekiwe/uphizi peas/ amalentili, noma amantongomane anama rezini
- Ilunga eliphezulu lesithupha lingalinganiswa nethisipuni elilodwa lingasetshenziswa ukulinganisa isikali samafutha, imajarini, noma i- mayonnaise
- Isithupha singasetshenziswa ukulinganisa isikali se bhotela lamantongomane noma ushizi

Isidlo sasekuseni sibalulekile njengoba sinikeza umzimba imisoco namandla kakhulukazi ngoba umzimba usuke ugcine ngayizolo ebusuku ukuthola imisoco.

Isidlo sasemini naso sibalulekile, ukungasidli kungadala ukuthi umuntu adle ngokweqile esidlweni esilandelayo sasebusuku. Isidlo sasemini kumele sivele ekudleni okuyihlobonhlobo sibe yisilinganiso esifanele esincane.

Isidlo sakusihlwa kumele sidliwe kusazoba namahora noma amabili kuya kwamathathu ngaphambi kokuyolala ukuvumela ukugayeka kahle kokudla emzimbeni njengoba usuke ungakalali. Khumbula ukukhetha isikali sokudla kwakho ngokuqaphela.

Zivocavoce Zama ukunyakazisa umzimba imizuzu engamashumi amathathu kuya emashumini amahlanu kathathu ngesonto, ungxhumana nomsebenzi wezempilo ngaphambi kokuqala ukuzivocavoce.