

ukudla okunomsoco kanye
NOMDLAVUZA



ukudla okunomsoco kanye NOMDLAVUZA

Uzihlangula

Le ncwadi ingeyakwa-Pfizer. Ngisho noma le ncwadi ingeyakwa-Pfizer, i-Pfizer noma izinkampani ezingaphansi kwayo noma amanxusa ayo ngeke bathweswe icala nganoma yimuphi umonakalo, isimangalo, izikweletu, izindleko noma izibopho ezibangelwa ukusebenzisa kabi ulwazi olukule ncwadi.

Akusiyo inhloso yale ncwadi ukudlulisela iseluleko sezokwelapha noma ukuthatha indawo yeseluleko esinikezwa yisisebenzi sezempilo kodwa iwukunika abafundi bayo ulwazi oluzobasiza baziqonde kangcono izinkinga zempilo. Abafundi belulekwa ukuba baxhumane nesisebenzi sabo sezempilo ukuze bathole ulwazi oluqondene nezinkinga zabo zempilo. I-Pfizer ngeke ikhiphe izeluleko eziqondile zokwelapha, futhi i-Pfizer ayikwazi ukuncomela indlela ethile yokunakekelwa kweziguli noma ukukhulumela iziguli kochwepheshe bezempilo. Ngokuphathelele nalokhu i-Pfizer ayikusekeli ukusetshenziswa kwemikhiqizo ekwelapheni izifo engahloselwe yona, noma ukusetshenziswa komthamo oweqela ngale kokutswa ilebula eligunyaziwe futhi abafundi kufanele bafunde Ipheshana Lemininingwane Yomuthi lanoma yimuphi umkhiqizo ukuze bathole iziqondiso eziphelele zokusebenzisa lowo mkhiqizo.

Lezi zinto ezituswayo zokulawula indlela yokudla ekulwisaneni nokugula okubangelwa ukwelashwa zisekelwe emaphepheni esayensi. I-Pfizer ayinikezi izeluleko ngokuphathelele nokusetshenziswa kokudla nezindlela zokwelashwa kweziguli futhi izinqumo ezinjalo kufanele zishiyelwe kuchwepheshe wezokwelapha onakekela isiguli.

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Isidingo onaso sokuthola ukudla okunomsoco okuzokuxhasa

Ukudla okunomsoco kuyingxeny ebalulekile ekunakekeleni nasekuphatheni abantu abanomdlavuzwa osuthuthukele ezigabeni ezibucayi. Imigomo yokungenelela endabeni yokondleka komzimba kufanele igxile ekulawuleni izimpawu ezibangelwa ukungondleki kahle njengezinhlungu, ubuthakathaka, ukungakuthandi ukudla, ukusheshe usuthe, ukuphelelwa amandla, umlomo owomile, nokuphelelwa umoya.¹

Omunye umgomo obalulekile ukulondoloza amandla nomdlandla ukuze kuthuthukiswe izinga lokuphila, ukuzimela, namandla okwenza imisebenzi yansuku zonke.¹

Ukufinyelela nokulondoloza isisindo somzimba esinempilo, nokudla ukudla okunomsoco kanye nokuzivocavoca njalo, kubalulekile ekuthuthukiseni impilo iyonke nenhlalakahle kanye nokusinda.²

I-American Cancer Society itusa izinto ezine:

1. ukudla ukudla okunempilo okuhlukahlukene, kugcizelelwa ukudla okuvela ezitshalweni (ukudla imifino nezithelo ezihlukahlukene kahlanu noma ngaphezulu, ukukhetha okusanhlamvu, nokunciphisa ukudla inyama ebomvu);
2. ukuzijwayeza ukuvocavoca umzimba;
3. ukufinyelela nokulondoloza isisindo somzimba esinempilo ukuphila konke; kanye
4. nokunciphisa ukuphuza utshwala.

Iphrotheni, i-carbohydrate, nama-futha konke kuyimithombo yamandla (amakhadori) ekudleni, futhi ngasinye salezi zakhi zokudla ziyatholakala ezinhlotsheni ezihlukahlukene zokudla. Izinqumo ezisekelwe olwazini ngokudla okunikeza ama-macronutrient nama-micronutrient kufanele zisekelwe emigomweni yokufinyelela isilinganiso esifanele semisoco edingekayo.²

Ukwazi lokho okudingeka ukwenze ukuze ufinyelele futhi ulondoloze izinga lempilo eliphezulu kuyalidida iningi lethu, ngakho kuhlangukane ulwazi olulandelayo ukuze likusize ekufinyeleleni indlela yokudla ekahle, nenempilo phakathi nokwelashelwa umdlavuzwa nangemva kwakho. Lezi zinto ezituswayo zingawusiza wonke umndeni ukwazi ukwenza izinqumo ezisekelwe olwazini ngokudla okunomsoco kanye nokuzivocavoca.²

1 IZELULEKO NGOKUDLA OKUNOMSOCO UKUZE KUTHUTHUKISWE IMPILO FUTHI KUVINJELWE IZIFO

UKUDLA OKUNHLOBONHLOBO

Ukudla ukudla okunezilinganiso ezituswayo zemisoco ebalulekile, okuhlenganisa iphrotheni, i-carbohydrate, amafutha, amavithamini namaminerali kanye namanzi kubalulekile. Lokhu kungenziwa ngokudla izinhlobonhlobo zokudla usuku ngalunye.¹

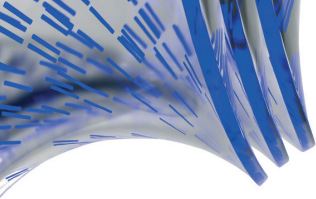
Lwisana Nokudla Okunamafutha Ashubayo

Amafutha ashubayo atholakala ngokuyinhloko emikhiqizweni yezilwane njengezingxenyane zenyama ezinonile, ukudla okufakwe izithako nokuthengwa ezitolo zokudla, isikhumba senkukhu, ubisi olunokhilimu noshizi, ukudla okuthosiwe kanye nebhotele. Ukudla kakhulu amafutha ashubayo kuye kwahlotshaniswa nobungozi obengeziwe bokuba nemidlavuza ethile nezinye izifo ezingamahlalakhona ezibangelwa yindlela yokuphila. Ngakho kufanele uzame ukukugwema nokukukhipha ekudleni kwakho ngangokunokwenzeka.^{1,2}

Enye yezindlela zokulwisana nokudla amafutha ashubayo ukuthi njalo ukhetho imithombo yephrotheni engenawo amafutha njengenhlanzi, inkukhu esuswe isikhumba, ubhontshisi owomisiwe nama-legume futhi zama ukunciphisa ukudla inyama njengenyama yenkomo, yemvu neyengulube. Gwema nohlobo olunamafutha njengamasoseji, ubhekeni, upholoni nenyama ethengwa ezitolo zokudla noma ephrosesiwe. Uma kwenzeka uyidla inyama ebomvu, khetha enganonile, sika wonke amanoyi owabonayo futhi ugcine imibengo yakho imincane.¹⁻³

Amafutha asemikhiqizweni yobisi nawo angamafutha ashubayo ngakho khetha ubisi, iyogathi noshizi okunamafutha amancane noma okungenawo nhlobo kunokunokhilimu ogcwele ngoba kunamafutha ashubayo amaningi.^{1,2}

Gwema ukusebenzisa ibhotela, ukhilimu, amasosi enziwe ngobhotela noma ngokhilimu, ukudla okuthosiwe, okucwiliswe enhlameni noma ezingcwecweni zesinkwa esomisiwe nemikhiqizo ethengwa isibhakiwe njengophaya, ama-pastry, amamafini, ama-croissant, amakhekhe namabhisikidi ngoba kunamafutha amaningi futhi kunezinga lomsoco eliphansi futhi kungayilimaza impilo yakho.^{1,2}



Iphrotheni Etholakala Ezitshalweni

Zama ukufaka ukudla okuthathwe ezitshalweni okwengeziwe ezintweni ozidlayo ngokwengeza izitshalo ezinephrotheni njengobhontshisi, amalentili no-chickpeas nangokufaka isilinganiso esincane sezinhlamvu namakinati njengesnekhi sakho noma ngokukufaka ekudleni kwakho okuyinhloko.¹⁻³

Faka amafutha “amahle”

Khetha amafutha anempilo **okungamafutha angashubi**. La mafutha atholakala emafutheni e-olive nawe-canola, emafutheni okugcoba isinkwa enziwe nge-olive nange-canola, kukotapeya, kuma-olive, emakinatini angaphekiwe nangafakiwe usawoti naku-peanut butter. Zibekele umgomo wokufaka isilinganiso esikahle salawa mafutha anempilo ekudleni kwakho nsuku zonke, kunamanye amafutha, amabhotela namafutha ashubayo. Gcina isilinganiso sawo sisincane ngoba nakuba enempilo, anamakhalori amaningi futhi ukuwadla kakhulu kungenza ukulawula isisindo somzimba kuphazamiseke kunyuse nezinga lamafutha ekudleni kwakho aze abe ngaphezu kwalokho okufiselekayo.²

Ama-omega 3 fatty acid abalulekile kanye nenhlanzi

Faka nokudla okune-omega 3 fatty acid eningi. 1,2;Ukudla okune-omega 3 fatty acid eningi kuhlangukisa inhlanzi enonile, amafutha e-flaxseed, amakinati e-walnut nezinhlobo ezithile ze-algae.^{1,2}





ukudla okunomsoco kanye NOMDLAVUZA

Ama-carbohydrate agcwele imisoco

Yandisa ukudla okune-fibre eningi, ama-carbohydrate atholakala kuma-whole grain futhi ukhethe lokhu esikhundleni sokudla okugayiwe, okunoshukela omningi.^{1,2}

Ukudla ama-whole grain nokudla okune-fibre eningi kuzoxhasa umzimba wakho ngamavithamini abalulekile, amaminerali kanye ne-fibre okuzokusiza ukwazi ukuvikeleka ezifweni ezithile nakumdlavuza.¹

Izibonelo zama-whole grain ane-carbohydrate zihlanganisa i-brown rice, ummbila, uphophukhoni, imilethi, ibhali, amabele, i-quinoa, ispelthi, i-bulgur wheat ne-buckwheat.

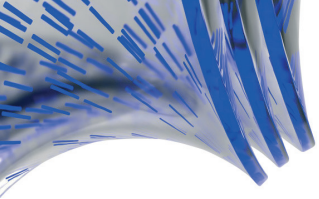
Amanye ama-carbohydrate ane-fibre eningi ongawafaka ekudleni kwakho isinkwa esinezinhlamvu, i-rye nesinkwa esinempilo, amakhrekha e-whole wheat, ubhatata namazambane abaliswiwe (ungasushi isikhumba ukuze uthole i-fibre eyengeziwe), isiriyeli eyenziwe ngebhreni ene-fibre eningi ne-oat engagayisiwe.^{1,2}

Yeka ukudla ama-carbohydrate atholakala kushukela nahlungiwe

Gwema ukudla okunoshukela omningi nama-carbohydrate ahlungiwe ngokugwema noma ngokunciphisa ukudla okwenziwe ngofulawa omhlophe (isibonelo, isinkwa esimhlophe, amaroli, i-pizza, ama-pastry, ophaya nezinto ezibhakiwe). Gwema noma unciphise ukudla kanye neziphuzo ezinoshukela omningi njengonemenayidi abanoshukela, uswidi, amakhekhe namadizethi. Lokhu kudla ngokuvamile kunomsoco ophansi namakhalori amaningi futhi kunyusa ingozi yokungenwa izifo ezithile ezingelapheki.²

Izithelo nemifino esanda kukhiwa: imisoco mingi kukokhu kudla

Ukudla izithelo nemifino esanda kukhiwa kondla umzimba wakho ngokuwuxhasa ngamavithamini, amaminerali, i-fibre, ama-antioxidant nama-phytonutrient athuthukisa impilo naqinisa amasosha akho omzimba.²



Ukunyusa izinga lokudla izithelo nemifino kuhlotshaniswa nokuncipha kwengozi yokuthola imidlavuza ethile nezifo ezingalapheki. Kucatshangwa ukuthi yinhlanganisela yezakhi ezihlukahlukene ezitholakala ezithelweni nasemifinweni ezisebenza ngokubambisana ukuze uthole lokhu kuvikeleka nale miphumela ezuzisayo.¹

Beka umgomo wokufaka izinhlobo, imibala nokunambitheka okuhlukahlukene ekudleni kwakho ukuze uqinisekise ukuthi uthola imisoco ehluhahlukene.^{1,2}

Beka umgomo wokudla izithelo nemifino izikhathi eziyisi-5 noma ngaphezulu njalo ngosuku, kungaba ngezikhathi zokudla noma njengesneki esinempilo phakathi nezikhathi zokudla.¹

Ukudla isilinganiso esituswayo sezithelo nemifino zonke izinsuku kulula kunalokho okucabangayo. Bheka isibonelo sezilinganiso zokudla ngezansi. Kwezinye izimo, kungaba ngaphansi kwalokho okucabangayo.⁴

SIYINI ISILINGANISO ESISODWA?⁴

125 mL (½ wenkomishi) wezithelo noma wemifino esanda kukhiwa, ayiqhwa noma asethinini
 250 mL (1 inkomishi) wemifino angaphekiwe anamahlamvu amaningi noma isaladi
 125 mL (½ wenkomishi) wejusi ewu-100%
 isithelo esi-1

ISILINGANISO ESISODWA SEMIFINO KUNGABA: ⁴	ISILINGANISO ESISODWA SESITHELO KUNGABA: ⁴
<ul style="list-style-type: none"> • ½ wenkomishi (125 mL) wamakhanjana ebhrokholi • 10 we-baby carrots • 1 we-roma tomato • ½ wenkomishi (125 mL) yejusi katamatisi • ½ kabhatata obhakiwe • 1 umbila 	<ul style="list-style-type: none"> • 1 ubhanana omaphakathi ngobukhulu • 6 amastrobheri • 1 iplamu • 20 amagilebhis • 1 i-aphula elimaphakathi ngobukhulu • 1 ipentshisi elimaphakathi ngobukhulu • ½ wenkomishi (125 mL) yejusi ewu-100% ye-orintshi noma





ukudla okunomsoco kanye NOMDLAVUZA

Izitshalo ezingama-cruciferous njengobhrokholi, ukholiflawa neklabishi, kanye namagilebhisi, amastrobheri, amarasbheri, amabhlubheri kanye nogalikhzi zonke zibalwe phakathi kwezinama-phytochemical anezakhi zama-antioxidant.¹ Ezinye izithelo namaveji okutholakale ukuthi kunezakhi ezingavikela imidlavuza zihlanganisa i-brussel sprout, u-anyanisi neshalati, isipinashi ne-watercress, i-paste katamatisi, amakhrenibheri omisiwe nezithelo ze-citrus.³ Beka umgomo wokufaka lezi zithelo nemifino ekudleni kwakho, phezu kwezinye izinhlobonhlobo zezithelo nemifino.

Ukudla okuphekwe ekhaya: okusanda kuphekwa kungcono kakhulu

Beka umgomo wokuziphekela nokuzihlelela ukudla kwakho kangangokunokwenzeka. Sebenzisa izitshalo ezisanda kukhiwa bese wenza ukudla kusukela ekuqaleni kunokusebenzisa ukudla okonga isikhathi, amasosi okupheka asenziwe, ukudla osekuphekiwe, ukudla emarestoranti nokuthenga ukudla okwenziwe ezitolo. Ukudla okusheshayo noma okwenziwe ezitolo, ukudla okonga isikhathi noma kwasemarestoranti kuvame ukuba nosawoti namafutha amaningi nemisoco ephansi kunokudla ozenzele kona futhi kufanele unciphise ukukudla.^{2,7}

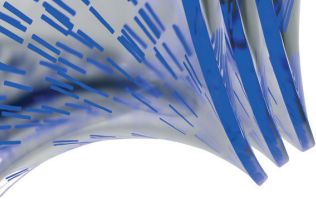
Nciphisa kusawoti

Khetha ukudla okunosawoti omncane futhi ugweme ukunyezela usawoti omningi ekudleni kwakho.¹

Balekela imiphumela yotshwala

Beka umngcele ezingeni ophuza ngalo utshwala.²

Ukuphuza utshwala kuhlotshaniswa nokunyuka kwezingozi zokuthola izinhlobo ezithile zomdlavuza futhi ukususwa kwakamuva kuthi ukuphuzwa kotshwala kufanele kungeqi engilazini e-1 ngosuku kwabesifazane nezi-2 ngosuku kwabesilisa, nokho ukuphuza okungaphansi kwalezi zilinganiso kungaletha izinzuzo ezengeziwe.¹



Gcina amanzi enele emzimbeni

Beka umgomo wokuphuza izingilazi eziyi-6-8 zamanzi ahlanzekile, asanda kukhiwa nsuku zonke. Gcina ingilazi yamanzi etafuleni lakho noma uphathe ibhodlela lamanzi elizokukhuthaza futhi likukhumbuze ukuphuza isilinganiso esanele. Uma ukuthola kunzima ukukwenza lokhu okutusiwe, zama ukufaka ijusi kalamula engilazini yamanzi abilayo ukuze uzame okuhlukile esikhundleni sokuphuma amanzini angenalutho, noma uhlanganise itiye le-Rooibos elingenalo ubisi noshukela, ngoba nalokhu kunganezela esilinganisweni samanzi owaphuza ngosuku.²

Zivocavoca

Nyusa izinga lokuvocavoca umzimba wakho futhi ukugcine kuwumkhuba ukuphila ngaleyo ndlela. Uma ukuthola kunzima ukwenza uhlelo lokuzivocavoca njengokujima, zama ukukwenza ezintweni eziyingxenywe yokuphila kwakho kwansuku zonke ngokunyuka izitebhisi esikhundleni sokusebenzisa ikheshi, ukulula izinyawo ngokuhambahamba kafushane engadini noma ehhovisi ngezikhathi ezithile nokupaka imoto yakho buqamamana ukuze ukhuthazeke ukuba uhambe ibangana. Ukuthola indlela oyithandayo yokunyakazisa umzimba noma ukukwenza neqembu noma nomngane nakho kungasiza kukukhuthaze ukuba uqhubeke.^{1,2}

Ukubhema kuyalimaza

Gwema ukusebenzisa ugwayi nemikhiqizo enogwayi.¹



2 INGABE UKUDLA OKUNOMSOCO KUBALULEKILE UMA SEKUTHOLAKALE UKUTHI UNOMDLAVUZA?

Imigomo yokudla ukudla okunomsoco lapho unomdlavuza iwukugwema noma ukujikisa imiphumela yokuntuleka kwemisoco, ukugcina isilinganiso esiphansi samafutha omzimba, ukunciphisa ukugula okubangelwa ukungondleki, ukunyusa izinga eliphakeme lokuphila. Umdlavuza ngokwawo, kuhlenganise nezindlela zokwelapha umdlavuza njenge-radiation ne-chemotherapy, kungabangela ukugula okungathandeki okungalithinta izinga lakho lokondleka namazinga amandla. Kufanele ucabangele ukuzama lezi zinto ezituswayo ezilandelayo ngokusemandleni uma sekutholakale ukuthi unomdlavuza.¹

Qikelela ukuthi udla ngokwanele

Kubalulekile ukuzama ukudla amakhalori anele ukuze akusize ukwazi ukufinyelela nokulondoloza isisindo somzimba esinempilo.¹

Ukulondoloza isisindo somzimba esifiselekayo nokuxhasa umzimba wakho ngemisoco eyanele kungakusiza ukwazi ukuzibekezelela kangcono izimpawu ezibangelwa ukwelashelwa umdlavuza kusheshise nokululama kwakho ekwelashweni nasezimpawini ezihlobene nakho.¹

Kungenzeka usubonile ukuthi kusukela uthole ukuthi unomdlavuza noma uqale ukwelashwa usunciphile emzimbeni. Lokhu kuwumphumela ovamile obangelwa umdlavuza nezindlela zokwelapha. Kubalulekile ukuthi uma unciphile, ugweme ukuncipha okwengeziwe futhi ugxile ekuzameni ukubuyisa isisindo somzimba futhi ugcine amazinga amandla akho nawemisoco ephezulu. Uma ungazange unciphe, gwema ukuncipha okungafuneki ngokudla amakhalori, amaphrotheni nokudla okunemisoco eminingi okwanele.^{1,2}

Ukulondoloza isilinganiso esanele sokudla

Ukudla isilinganiso esincane sokudla kaningana phakathi nosuku nokukhetha ukudla okunemisoco eminingi nokunika amandla kuzokusiza ekuqinisekiseni ukuthi uthola amandla anele.² Uma ukuthola kunzima ukudla ngokwanele ngenxa yokuvaleka kwenhliziyo noma kokugula okubangelwa ukwelashwa (ngokwesibonelo, isicanucanu nokuphalaza), landela amacebiso anikezwe engxenyeni elandelayo ukuze ufinyelele futhi ulondoloze amazinga amandla, ephrotheni nawemisoco afiselekayo.

Kuthiwani uma ukhuluphele

Uma ukhuluphele ungase ufuno ukwehlisa isisindo, kuphela uma i-oncologist yakho ikugunyaza futhi ukuncipha kuzoqashelwa eduze uchwepheshe wezempilo futhi kungakuphazamisi ukwelashwa kwakho.

Ukukhuluphala kungase kwenyuse izingozi zokubuya kwemidlavuza ethile.^{1,2} Khumbula ukuthi nakuba uzama ukuncipha, usakudinga ukuthola amandla anele nemisoco edingekayo. Ukuncipha okuphephile kufanele kufinyelelwe ngokulandela uhlelo lokudla olunempilo, olunemisoco edingekayo, ngokulandela amacebiso okudla anikeziwe ngaphambili, nokuthi ugxile ekunciphiseni amafutha, nasekugcineni izicubu zomzimba zingenamafutha.





ukudla okunomsoco kanye NOMDLAVUZA

Gxila ekutholeni imisoco

Zama ukuqikelela ukuthi uhlale uthola amavithamini namaminerali anele ngokufaka izilinganiso ezanele zokudla kwezinga eliphakeme ekudleni kwakho.

Phakathi nokuphathwa umdlavuza nokwelashelwa wona imisoco egcinwe emzimbeni wakho ingase iphele. Kubalulekile ukuba ukuvimbele lokhu futhi ubuyisele imisoco elahlekile endaweni yayo ngokufaka izinhlobonhlobo zokudla okunama-antioxidant amaningi neminye imisoco ezuzisayo ekudleni kwakho kwansuku zonke. Imisoco oyitholayo kufanele iqhamuke ekudleniokudlayo kunasezintweni ezithakwe ngayo¹ futhi kufanele ugxile ekudleni izinhlobonhlobo zezithelo nemifino esanda kukhiwa, ama-carbohydrate atholakala kuma-whole grain, amaphrotheni angenamafutha, isilinganiso esikahle samafutha angashubi nasekunciphiseni ukudla amafutha ashubayo nalawo okubhakwa ngawo.

Inhlanzeko yokudla

Zama ukuqikelela ukuthi ukudla kwakho kuphephile ukuba kudliwe nokuthi usebenzisa izindlela zokwenza ukudla eziphephile nezinempilo.²

Ukuqikelela ukuthi ukudla kwakho kuphephile ukuba kudliwe nokuthi akunawo amazinga angaphephile ezilwanyana ezingama-pathogen (ezibangela izifo) kanye namagciwane kuyindaba ekhathaza ngokukhethekile, ikakhulukazi uma amasosha akho omzimba esebuthaka.²

Ukuze wenze ukudla kuphephe ngokusemandleni kufanele ubeke umgomo:¹

- *Wokuzigeza ngokucophelela njalo izandla zakho ngaphambi kokudla*
- *Wokugcina yonke into oyenzayo lapho ulungiselela ukudla ihlanzekile ngokugeza izandla zakho ngaphambi kokulungiselela noma ikuphi ukudla nokugeza zonke izithelo nemifino ngokucophelela ngaphambi kokukudla noma kokukupheka*
- *Nakisisa ngokukhethekile uma uthinta inyama engaphekiwe, inhlanzi, inyama yenkukhu, kanye namaqanda*
- *Zigeze ngokucophelela zonke izitsha zakho, indawo osebenzela kuyo, izithebe oqobela kuzo neziponji ebezike zathinta inyama engavuthiwe*
- *Gcina inyama engaphekiwe nokudla osekulungele ukudliwa endaweni ehlukene*
- *Qikelela ukuthi ukudla kwakho ukupheka ngamazinga okushisa afanele; inyama, inkukhu, nokudla kwasolwandle kufanele kuphekiwe, futhi okuphuzwayo (ubisi namajusi) kufanele kususwe amabhakteriya*
- *Kugcine ngokushesha ukudla kwakho emazingeni okushisa aphantsi ukuze unciphise ukukhula kwamagciwane (u-(-5°C) esiqandisini, no-(-18°C) ukudla okuneghwa)*
- *Uma udla emarestoranti, gwema ukudla okungenzeka kube namagciwane njengezindawo ezinamasaladi, i-sushi, nenyama engaphekiwe noma engavuthwanga kahle, inhlanzi, inkukhu, namaqanda*

Gwema izinto ezaziwa ngokubangela umdlavuza

Izindlela ezithile zokwenza nokulondoloza ukudla ziwumsuka omkhulu wezinto ezibangela umdlavuza otholakala ekudleni. Uma upheka ukudla kwakho, sebenzisa izindlela zokupheka ezinjengokubilisa, ukusitima, ukupheka isikhathi eside esitofini, ukupheka isikhathi eside kuhhavini, ukubhaka, ukupheka nge-microwave nokurosta kunokupheka ngezindlela ezisebenzisa amazinga okushisa aphezulu njengokuthosa, ukosa nokupheka inyama ngentuthu. Uma kusetshenziswa lezi zindlela zokupheka ezisebenzisa umlilo ophezulu, kwakheka lokhu okwaziwa ngokuthi ama- polycyclic aromatic hydrocarbons kanye nama-heterocyclic amine futhi lezi zinto zinganyusa ingozi yokuba nomdlavuza.¹

Gwema ukudla inyama ephrosesiwe nephekwe ngentuthu, ukudla okufakwe usawoti nokulondoloziwe ngoba olunye ucwaningo luhlobanise ukudla inyama ephrosesiwe nokwenyuka kwengozi yokuba nomdlavuza, futhi izinto ezibangela umdlavuza otholakala ekudleni ezaziwa ngokuthi ama-N-nitrosocompounds (NOCs) zingase zakheke ekudleni okuphekwe ngentuthu, okufakwe usawoti nokulondoloziwe. Khetha futhi ufake ukudla okusekusha, nokungaphrosesiwe ekudleni kwakho kunalokhu okuphrosesiwe.¹

Yenza ukudla kujabulise

Zama ukudla ukudla okuthola kunambitheka futhi kumnandi.

Kungenzeka ukuthi usuke waba nezimpawu ezivamile zokugula okubangelwa ukwelashwa kwakho njengoshintsho ekunambitheni nasekuhogeleni nokuvaleka kwenhliziyu, futhi lokhu kungakuthinta lokho okhetha ukukudla nemisoco oyitholayo.¹ Zama ukukhetha ukudla okumnandi okwazi ukukubekezelela nokujabulelayo, ukuze kukusize ukwazi ukuthola amandla nemisoco eyanele.

Uma ulwa nokugula okubangelwa ukwelashwa njengesicanucanu nokuphalaza, landela amacebiso okunqoba lezi zimpawu anikezwe engxenyeni elandelayo ukuze akusize ukwazi ukuthola ukudla okunempilo, nemisoco edingekayo ngesikhathi esifanayo ube ukujabulela ukudla futhi uqhubeka nokuthola imisoco.



3 UKUBHEKANA NOKUGULA OKUBANGELWA UKWELASHWA

3.1 Ukugula Okubangelwa Ukwelashelwa Umdlavuzwa

Kungenzeka usuke waba noma usenakho ukugula okuthile okubangelwa ukwelashwa okuvame ukuhambisana ne-chemotherapy ne-radiation. Lokhu kuhlenganisa ukuphalaza, ukukhathala, ukunciphisa kwegazi, ukuvaleka kwenhliziyi, ushintsho ekunambitheni nasekuhogeleni, i-xerostomia (ukoma komlomo) nesifo sohudo. Lokhu kugula okubangelwa ukwelashwa kungawathinta amazinga othola ngawo amandla nemisoco nokumuncwa kwayo umzimba, nakho okungaba nomphumela ongemuhle ezingeni lakho lokondleka.^{1,2}

Isicanucanu nokuphalaza kungukugula okubili okuvame kakhulu okubangelwa ukwelashelwa umdlavuzwa.¹ Kule ngxenye yencwadi sizokunika amacebiso asebenzisekayo endlela yokunqoba isicanucanu nokuphalaza nokuqikelela ukuthi uthola amandla anele nemisoco ebalulekile phakathi nalezi sikhathi.

Kubalulekile ukukhumbula ukuthi ukugula okubangelwa ukwelashwa oba nakho kungase kuhluka kakhulu kuye ngohlobo lomdlavuzwa, isigaba noma izinga osuthuthuke ngalo nohlobo lokwelapha; ubude besikhathi sokwelashwa; umthamo owunikwayo; ukusetshenziswa kwezidakamizwa ezilwisana nokugula okubangelwa ukwelashwa; kanye nezinga ochayeka kalula ngalo ekuguleni, izinga lokondleka ngaphambi kokuqala ukwelashwa nendlela osabela ngayo ekwelashweni.¹

Isicanucanu silithinta kanjani izinga lokudla?

Uma uzizwa unesicanucanu, kungenzeka inhliziyi ibivalekile noma uthole ukuthi awukubekezeleli ukudla okuthile obuvame ukukubekezelela. Ungase uthole nokuthi okunye ukudla kukwenza uzizwe unesicanucanu kakhulu. Lokhu kungakwenza unciphise izinga odla ngalo futhi uma ukunciphisa ukudla kuqhubeka kungase kubangele ukuthi amandla nemisoco oyitholayo kunciphe futhi kunyuse ingozi yokunciphisa nokulahleka kwamamasela emzimbeni, ukuntuleka kwemisoco, ukuphelelwa amandla nokuba buthaka.⁵ Kubalulekile ukuthi ulandele indlela yokudla ekunikeza konke okudingwa umzimba enokudla kanye nemisoco eyanele, ngisho nangezikhathi osuke unenhliziyi encane ngazo. Uma unesicanucanu landela amacebiso asengxenyeni elandelayo ukuze uthole izindlela zokunqoba isicanucanu ngesikhathi esifanayo ube uthola ukudla okunemisoco edingekayo.

Ukuphalaza kulithinta kanjani izinga lokudla?

Uma uke waphalaza ngenxa yokwelashwa okutholayo, kungenzeka uke wazizwa unenhliziyo evalekile futhi unomuzwa wokungaphili. Lokhu kungabangela ukuba unciphise ukudla ngaleyo ndlela uthole imisoco kanye namandla angenele okungabangela ukuncipha komzimba.⁶ Imisoco namandla kungase kulahleke ngenxa yokuncipha kokudla emzimbeni okubangelwa ukuphalaza ngaphambi kokuba ukudla nemisoco kumuncwe umzimba. Lokhu kwandisa ingozi yokuntuleka kwemisoco, ukuncipha komzimba mhlawumbe nokulimala kwamamasela ngenxa yokuntula amandla futhi kungaholela ekubeni uzizwe ubuthaka futhi ungenawo amandla.

Ukuphalaza kungase kubangele nokulahleka kwamanzi emzimbeni (i-dehydration) kanye nama-electrolyte.⁷ Ukulahleka kwamanzi nama-electrolyte (i-sodium ne-potassium) emzimbeni kungaholela nasekuphathweni i-hypotension (umfutho wegazi ophansi) nokunyuka noma ukushintsha kokushaya kwenhliziyo. Ngakho kubalulekile ukuzigcina unamanzi anele emzimbeni nokubuyisela amanzi, uketshezi nama-electrolyte okusuke kulahleke phakathi nezikhathi zokuphalaza.⁷

Ukwazi imiphumela engabangelwa ukuphalaza empilweni nasezingeni lokondleka, kubalulekile ukuqikelela ukuthi uyalifinyelela izinga elifanele, nelidingeka emzimbeni lamandla nemisoco ebalulekile phakathi nezikhathi osuke uphalaza ngazo ukuze ugweme le miphumela engathandeki. Uma unezinkinga zokuphalaza, landela amacebiso asengxenyeni elandelayo ukuze akusize ulondoloze amazinga aphakeme okudla okutholayo phakathi nalezi zikhathi.





ukudla okunomsoco kanye NOMDLAVUZA

3.2 Ukunqoba impi yokuliswana nesicanucanu kanye nokuphalaza

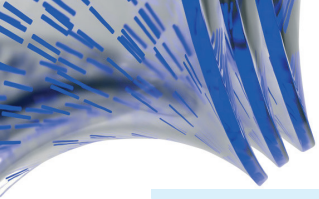
Izinto ezivamile ezituswayo ekubhekaneni nesicanucanu kanye nokuphalaza zinikezwe ngezansi. Nokho sicela ukhumbule ukuthi asifani, nokuthi okukusebenzelayo wena kungase kungabasebenzeli abanye futhi kunjalo nangabo.

Nemisoco oyidingayo izohluka kuye ngobulili bakho, iminyaka, izinga lokuzivocavoca, ukuhluka kwenqubo yokugaya ukudla emzimbeni, ukudla esikuthandayo kanye nokudla okungasiphathi kahle.

Thintana ne-dietitian ebhalisiwe uma ungathanda ukuba nohlelo lokudla olwenzelwe wena ne-menu ezovumelana nezidingo zakho zokudla nendlela yakho yokuphila futhi ezokusiza unqobe isicanucanu nokuphalaza okubangelwa ukwelashwa.

Iseluleko

- Zama ukudla **ukudla okuncane, kaningana**; beka umgomo wokuhlale unokuthile esiswini ngokudla into encane njalo ngemva kwehora eli-^{1-2,7,8}
- **Hlukanisa okuphuzwayo nokudla okuqinile**, ngesikhathi okungenani esiyimizuzu engama-30.¹
- Yidla futhi uphuze **ngokungajahi**.⁷
- **Kuphuze kancane okuwuketshezi** usuku lonke, usebenzise i-straw uma kudingeka.⁷
- **Phumula** ngemva kokudla.⁷
- Gqoka **izingubo ezikudedelayo**.^{7,8}
- **Ungalali phansi** okungenani ihora **elilodwa ngemva kokudla** futhi linda ukudla kugayeke ngaphambi kokuyolala.⁷
- **Lala** ngohlangothi lwakho **elingakwesokudla** ngoba isisu sikhapha sikhapha ukudla kwesobunxele kuye kwesokudla.⁷
- Uma uphathwa **isicanucanu ekuseni**, zama ukudla **amakhrekha** noma uthosti ngaphambi kokusukuma.⁷
- Linda amahora amabili ngaphambi kokuba udle uma okokwelapha kukubangela isicanucanu.⁷
- Ukuphuza **amatiye asakhambi anuju**, ngokwesibonelo **i-chamomile** noma itiyele-**peppermint** noma ukumunyunga **uswidi one-peppermint** kungase kusize ekunciphiseni izimpawu zokugula futhi kunciphise isicanucanu ngemva kokudla.⁷



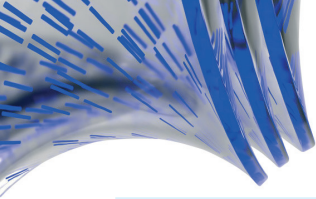
- **Ukuxubha amazinyo akho** ngemva kokudla kungase kusize ekunciphiseni isicanucanu ngemva kokudla.⁷
- **Gwema amaphunga** angase abangele isicanucanu.¹ Idla ukudla okubandayo noma okunephunga elincane ezindaweni ezingena kahle umoya.⁷
- **Dlela** endaweni **ethokomele, ekhululekile**.^{7,8}
 - Indawo **ethule, ekhululekile**, ngokwesibonelo, ukudla okuhambisana nomculo namakhandlela kungase kukwenze uzizwe uphilile futhi kunciphise uvalo lokuthi ukudla kungase kungakuphathi kahle
 - **Gwema izindawo ezingangeni kahle umoya** nezifudumele kakhulu noma ezinephunga lokudla okuphekwayo⁵
- **Ungakudubi ukudla.**
 - Ongakuthandi namhlanje ungase ukuthande kusasa. Gcina umqondo **wakho uvulekile** futhi ukunika ukudla ithuba kuyisisekelo sokuqikelela ukuthi uyawuthola umsoco odingekayo
- **Yidla ukudla okujabulelayo**
 - Kugweme ukudla okungakukhangisi ugxile ekudleni kakhulu lokho okukukhangayo noma udle ukudla othola ukuthi kuyakusiza ekunciphiseni isicanucanu⁵
 - Uzothola ukuthi ukudla neziphuzo obukujabulela ngaphambili akusanambitheki kahle. Thola **okuhlukile okunempilo esikhundleni sako** futhi uzame noma yini oyihalelayo
 - Izithelo nemifino esanda kukhiwa, ukudla okwenziwe ngephasta, ubisi, amaqanda, inhlanzi nenkukhu okunongwe kancane, kubonakale kuthandwa kakhulu kunalokho okunezinongo eziningi, okuthosiwe, noma lokho okunenyama ebomvu eningi, ikhofi netiye
- **Sebenzisa ithuba uma uzizwa ungono.**
 - Uma uzizwa ungono, lisebenzise kahle lelo thuba ngokudla kahle nokuzenzela ukudla ongakwazi ukukufaka esiqandisini ozokudla ngezinsuku ongemnandi ngazo. Ngezinsuku ozizwa ungono ngazo, yidla noma nini uma uzizwa ulambile, ngisho noma kungesona isikhathi sakho esibekiwe sokudla. Zama ukukhetha ukudla okunezakhi zomzimba ezidingekayo, ngoba imisoco eminingi ingalondolozwa emzimbeni wakho ibuye isetshenziswe kamuva





ukudla okunomsoco kanye NOMDLAVUZA

- **Sheshe udle**
 - Kubantu abanomdlavuzwa, inhliziyi ivame ukuvuleka kangcono ekuseni, uma kunjalo ngawe, gxila ekudleni **ukudla kwasekuseni okusuthisayo** futhi ukubheke njengokudla okuyinhloko kosuku lwakho
- **Uma uzizwa ungathandi ukudla, yini ongayenza?**
 - Uma inhliziyi ilokhu ivaleka phakathi nosuku, esikhundleni sokudla kwakho ungasebenzisa izithako **ezithatha indawo yokudla** ezinemisoco edingekayo phakathi kwezinye izithako zokuxhasa umzimba ozisebenzisayo. Khuluma nodokotela kanye/noma ne-dietitian yakho ngezithako ezixhasa umzimba abacabanga ukuthi zizovumelana kangcono nawe
 - Nawe **ungazenzela izithako zakho ezixhasa umzimba njengama-smoothie** ezithelo ezenziwe ngokuxuba izithelo ezisanda kukhiwa neyogathi, noma amajusi emifino ngokuxuba imifino esanda kukhiwa ndawonye ukuze uxhase izinga lamavithamini namaminerali owatholayo. Lokhu kwandisa nezinhlobonhlobo zokudla ezintweni ozidlayo futhi kuqinisekisa ukuthi uthola izithelo nemifino eyanele
 - Uma ukwazi ukubekezelela ukudla okushisayo, zama ukwenza **amasobho** ngokuncibilikisa imifino esanda kukhiwa eminingana namazambane noma nobhatata, bese ufaka okuzokunika iphrotheni yezilwane njengenyama yenkukhu enganonile noma yenkomo esikwe yayimicwana, noma ufake okuzokunika iphrotheni yezitshalo njengobhontshisi, amalentili noma u-chickpea esobhweni ukuze wandise imisoco namakhalori. Ungaphinde wandise i-carbohydrate namandla owathola ekudleni ngokufaka ibhali esiphekiwe noma ngokulidla namakhrekha noma nohosti isobho
- **Kuthiwani uma uzizwa ugula kakhulu ukuba wenze ukudla?**
 - Sebenzisa izongasikhathi futhi unciphise noma ugweme ukuchitha isikhathi ulungiselela ukudla⁷
 - Sebenzisa izinto zobuchwepheshe ezikhona zokwenza ukudla ezingakunciphiselela isikhathi namandla
 - Faka ndawonye ukudla okungenziwa njengezingxenye ezihlukene zesidlo ebhodweni elilodwa okudinga isikhathi esincane sokukulungiselela nokukupheka okufana nezitshulu noma namakhaseroli
 - Sebenzisa isiphuzo esithatha indawo yokudla uma kudingeka



- Hlale unokudla okungadingi isikhathi esiningi sokukwenza, noma lokho okutholakala kalula njengamakhrekha, ushizi, amayogathi, inhlanzi i-tuna, amaqanda, i-peanut butter, amakinati, izithelo ezomisiwe nejusti

- **Zilungiselele**

- **Hlela i-menu yakho** kusenesikhathi, kuhlanganise nokudla ongakudla ngisho noma ugula
- Gcina ukudla okwenziwe ekhaya osekulungele ukudliwa (amasobho, izitshulu namakhaseroli) esiqandiseni seqhwa ukuze ukudle uma usukudinga
- Gcwalisa ikhabethe ngamakhrekha, amabhisikidi, amaraskhi nobhontshisi osemathinini, amalentili, u-chickpeas ne-tuna
- Hlale unamasnekhi anempilo njengezithelo ezisanda kukhiwa noma ezomisiwe namakhrekha e-rye noma e-whole wheat noshizi onamafutha amancane, i-peanut butter, ukotapeya ne-humus
- Cela umndeni noma abangane bakusize ngokuya ezitolo nokupheka

- **Iseluleko Sochwepheshe**

- Xoxa ne-dietitian ukuze uhlale izilinganiso nohlobo lokudla olufanele6
- Ukusetshenziswa kwemithi ethile kungase kusize ekulawuleni isicanucanu. Khuluma nodokotela wakho ngalokhu

Ukudla okungase kwenze isicanucanu sibe namandla

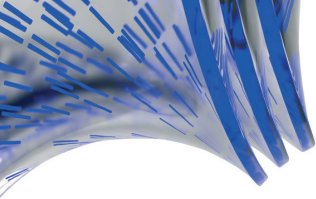
- Ukudla okunonile, okunamafutha noma okuthosiwe^{7,8}
- Ukudla okunoshukela omningi, njengamaswidi noma amakhekhe, noma ikhekhe elinokhilimu phezulu^{7,8}
- Ukudla okubabayo, nokunongwe kakhulu^{7,8}
- Ukudla okunephunga elinamandla futhi elingathandeki^{7,8}
- Ukudla okuthosiwe noma okunephunga elingazibeki (ngokwesibonelo, ugalikhi, u-anyanisi, izithelo nemifino ene-acid)⁷
- Utshwala⁷
- Ikhafini⁷
- Ukudla okuthile okuhlobene nezinto ezigulisa umuntu ngamunye noma ezingamphathi kahle⁷
- Ukudla okunamaphrotheni okungaphekiwe, njengamaqanda angaphekiwe, inhlanzi nenyama



ukudla okunomsoco kanye NOMDLAVUZA

Ukudla okunezinzuzo okungakusiza uthole imisoco ngezinga elingcono

- Ukudla okusezingeni lokushisa legumbi kungabekezeleka kangcono¹
- Ama-carbohydrate omile, agayeka kalula emzimbeni njengothosti, amakhrekha kanye nama-pretzel anongwe ngosawoti kuphela⁵
- Iphalishi elithambile, elinganongiwe
- Iyogathi⁷
- Amazambane abilisiwe, ilayisi noma ama-noodle aphekiwe⁷
- Ukudla okunganongiwe, okunamafutha aphantsi: ubhanana, i-oatmeal, iphasta enganongiwe, izithelo ezisethinini noma esisanda kukhiwa, amazambane anganongiwe abhakiwe⁷
- Inkukhu engenaso isikhumba, ebhakiwe noma ebilisiwe, engathosiwe⁵
- Izithelo nemifino ethambile futhi engenalo iphunga elinamandla, ngokwesibonelo, amapentshisi noma amapheya asethinini, i-gem squash noma i-butternut egayiwe, ama-aphula agreyithiwe noma i-purée ye-aphula
- Izinto eziphuzwayo ezingadungekile, njengomhluzi, amajusi ezithelo ahlohlozayo angadungekile, noma ijusi engaxutshiwe ye-aphula/yekhrenibheri/yegilebhisi, itiyi namanzi⁷



Amaresiphi

ISALADI YE-QUINOA ENE-FETA

Lesi sidlo esimuncwana, singadliwa ngezindlela ezihlukahlukene ungasiphaka eceleni, noma njengesandulela, noma ngisho njengesaladi esuthisayo.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Inggikithi	Linda
10 imizuzu	25 imizuzu	35 imizuzu	Kuzodliwa abayi-8

Okudingekayo

2 izinkomishi ze-quinoa
3½ izinkomishi zomhluzi wenkukhu noma wezitshalo one-sodium ephansi
1 inkomishi yama-grape tomato, ohhafuliwe
¾ yenkumishi ye-parsley esanda kukhiwa
½ wenkomishi yekhukhamba, ehlotshiwe yakhishwa isinhlamvu
½ wenkomishi ya-anyanisi obomvu oqotshwe wamncane
4 wama-ounce kashizi i-feta, owenziwe imvuthu 3 izipuni zamafutha e-olive
3 izipuni zikaviniga wewayini obomvu
2 amaqhuzu kagalikhi, oqotshwe wamncane
Ijusu kalamula o-1
Uswotini no-pepper



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Yakaza i-quinoa ngamanzi angamile ndawonye ngendishi engawabambi amanzi ye-mesh okungenani imizuzwana engama-30. Cwengisisa kahle amanzi.
3. Epanini lokwenza isosi, bilisa i-quinoa eyakaziwe kanye nomhluzi. Yehlisa umlilo ube ku-medium-low, mboza, bese ubilisa i-quinoa ize ithambe nomhluzi uphele, imizuzu eyi-15 kuya kuma-20. Thululela endishini enkulu bese ulinda kuphole.
4. Faka utamatisi, i-parsley, ukhukhamba, u-anyanisi, i-feta, amafutha e-olive, uviniga, nogalikhhi ku-quinoa esipholile bese ukuhlanganisa ndawonye. Thela ijusu kalamula esaladini ye-quinoa bese unonga ngosawoti no-pepper ukuze kunambitheke. Kunyakazise kahle ukuze kuhlangane bese ufaka esiqandisini kuze kube isikhathi sokudla.

Ukugeza i-quinoa kusasele isikhathi esanele ngaphambi kokupheka kuyasiza ekuqedeni ukubaba okubangelwa ama-saponin akheka ngokwemvelo. Ama-saponin angama-chemical compound atholakala ku-quinoa nakokunye ukudla okuthathwe ezitshalweni, futhi kutholwe ukuthi anezinzuzo zempilo eziningana.

ukudla okunomsoco kanye
NOMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 260 amakhalori

Ama-carbohydrate: 31g

Amafutha: 11g

I-fibre: 4g

Iphrotheni: 9g Amafutha

Ashubayo: 3g

I-sodium: 260mg

Ushukela: 4g

ISALADI KABHONTSHISI OMNYAMA, UMMBILA, NE-QUINOA

Lesi sidlo esenziwe nge-quinoa esipholile nesisuthisayo singaphakwa eceleni. Ukushintsha le resiphi ibe ingxenye yokudla okugwinyeka kalula, hlanganisa ummbila nesipuni esengeziwe samafutha e-olive epletini eseliphakiwe. Amafutha e-olive asiza ekugcobeni ukudla, okwenza kugwinyeke kalula.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Ingqikithi	Linda
45 imizuzu	25 imizuzu	70 imizuzu	Kuzodliwa abayi-6

Okudingekayo

½ wenkomishi ye-quinoa ebomvu
1 inkomishi yamanzi
15 ama-ounce kabhontshisi omnyama osethinini (1¼ wenkomishi yophekiwe)
15.25 ama-ounce ommbila osethinini, ocwengwe amanzi
1 u-pepper obomvu omaphakathi ngobukhulu, oqotshwe wamncane,
1 inkomishi yama-cherry tomato, ohhafuliwe
2 amaqhuzu kagalikhi, aqotshwe amancane
6 izipuni zamafutha e-olive ye-extra-virgin 4 izipuni zejusi ye-lime
1 ithisipuni lekhasi le-lime eligreyithiwe
½ wenkomishi ye-coriander esanda kukhiwa, eqotshiwe
¼ wethisipuni likasawoti 1 ukotapeya, oqotshwe wayizikwele ezincane



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Yakaza i-quinoa ngamanzi angamile ndawonye ngendishi engawabambi amanzi ye-mesh okungenani imizuzwana engama-30. Cwengisisa kahle amanzi.
3. Epanini lokwenza isosi, bilisa i-quinoa ehashaziwe emlilweni oku-medium-low, bese unciphisa umlilo kubile ize i-quinoa iwamunce wonke amanzi, imizuzu eyi-10 kuya kweyi-12. Susa ipani emlilweni, mboza, bese uliyeka imizuzu emi-5.
4. Uma i-quinoa isipholile, yifake endishini enkulu nobhontshisi, ummbila, i-bell pepper, utamatisi, ugalikhi, amafutha e-olive, ijusi nesikhumba se-lime, i-cilantro, nosawoti bese ukuhlanganisa kahle. Mboza bese uyakubandisa amahora ambalwa noma ubusuku bonke.
5. Uma sekudliwa, isaladi mayibe sezingeni legumbi lokushisa, faka ukotapeya, bese ukuxova kahle ukuze kuhlangeane.

Ukugeza i-quinoa kusasele isikhathi esanele ngaphambi kokupheka kuyasiza ekuqedeni ukubaba okubangelwa ama-saponin akheka ngokwemvelo. Ama-saponin angama-chemical compound atholakala ku-quinoa nakokunye ukudla okuthathwe ezitshalweni, futhi kutholwe ukuthi inani lezinzuzo.

Ulwazi Lomsoco Ophakathi

Amakhalori: 340 amakhalori
Ama-carbohydrate: 38g
Amafutha: 19g
I-fibre: 9g
Iphrotheni: 8g
Amafutha Ashubayo: 2.5g
I-sodium: 320mg
Ushukela: 10g

AMABHEGA E-PORTOBELLO YAMAKHOWA

Amakhowa e-portobello enza amabhega ezitshalo ajuzayo nathambile angajatsshulelwa umndeni wonke.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Ingqikithi	Linda
15 imizuzu	30 imizuzu	45 imizuzu	Kuzodliwa abayi-8

Okudingekayo

Isipreyi sokupheka
3 izipuni zamafutha e-olive
1 u-anyanisi omncane, oqotshwe wamncane 6 amaqhuzu kagalikhi, aqotshwe amancane
1½ ama-pound amakhowe e-portobello, asikiwe1 ithisipuni lezingcezwana ze-red pepper
Usawoti ne-pepper
2½ wezinkomishi zezimvuthu zesinkwa (esingenayo i-gluten uma ufisa kanjalo)
½ wenkomishi kakherothi ogayiwe
⅓ yenkomishi yamalentili aluhlaza, aphekiwe
2 amathisipuni e-parsley eyomisiwe (uma uthanda) 2 amathisipuni e-oregano eyomisiwe (uma uthanda)
2 amaqanda, aphohloziwe



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Shisisa uhavini kusengaphambili ngo-180 degrees. Gcoba iphepha lokubhaka ngesipreyi sokupheka.
3. Shisisa i-skilllet esikhulu emlilweni oku-medium-low. Faka isipuni esi-1 samafutha e-olive no-anyanisi. Thosa u-anyanisi uze uthambe. Faka ugalikhi, amakhowe, nezingcezwana ze-red pepper. Nonga ngosawoti ne-pepper ukuze kunambitheke. Pheka amakhowe aze abe nsundu, imizuzu emi-5 kuya kweyisi-8. Susa i-skilllet emlilweni bese uthululela amakhowe endishini enkulu ukuze aphole, okungenani imizuzu eyi-10.
4. Faka i-panko, izimvuthu zesinkwa, ukherothi, amalentili, nezithako ezomisiwe emakhweni. Nonga ukuze kunambitheke ngosawoti ne-pepper. Faka amaqanda bese uyagoqoza ukuze kuhlangeane. Hlukanisa kube ama-patty ayisi-8.
5. Phinda ushisisa i-skilllet emlilweni oku-medium-low. Faka izipuni ezi-2 ezisalile zamafutha e-olive. Pheka i-patty ngayinye ize ibe nsundu okusagolide, imizuzu emi-3 kuya kwe-4 uhlangothi ngalunye.
6. Dlulisela ama-patty ephepheni lokubhaka eselilungiselwe. Bhaka aze avuthwe kahle, cishe imizuzu eyi-10. Izinga lokushisa elingaphakathi kwe-patty ngayinye kufanele libe u-65 degrees usebenzisa i-instant-read thermometer. Waphake efudumele.

Ulwazi Lomsoco Ophakathi

Amakhalori: 150 amakhalori
Ama-carbohydrate: 38g
Amafutha: 20g
I-fibre: 5g
Iphrotheni: 6g
Amafutha Ashubayo: 1g
I-sodium: 115mg
Ushukela: 3g

Umyalezo Wompheki: Uma okuhlanganiswe ebhegeni kunganamatshelani, yenezela isinkwa izimvuthu.

Ulwazi Lomsoco Ophakathi

Amakhalori: 170 amakhalori

Ama-carbohydrate: 23g

Amafutha: 4g

I-fibre: 2g

Iphrotheni: 14g

Amafutha Ashubayo: 1g

I-sodium: 320mg

Ushukela: 3g

I-FRITTATA YAMAZAMBANE

Ngezinye izikhathi kungaba nzima ukuthola ukudla okunamaphrotheni amaningi okwanele uma uhlushwa isisu. Ingasiza ngalezo zikhathi le-frittata esuthisayo.

Linda

Kuzodliwa aba-2

Okudingekayo

Isipreyi sokupheka

1 izambane elimaphakathi ngobukhulu,
njenge-Yukon Gold noma i-russet, elihlutshiwe
futhi lasikwa laba izingcezu ezizacile

4 amaqanda amakhulu (iqanda eliphelele eli-1 nokumhlophe kwalo oku-3)

¼ yenkomishi yobisi olungenayo i-lactose

Uphawuda wegalkhi, iphaphrika, i-oregano eyomisiwe,
usawoti, ne-pepper (uma uthanda)

¼ yenkomishi yashizi we-soy ogreyithiwe



Iziqondiso

1. Shisisa i-skillet esinganamatheli ukudla emlilweni ophakathi nendawo. Futha kancane isipreyi sokupheka epanini. Faka izambane, mboza, bese ulipheka lize lithambe, ulokhu ugoqoza, imizuzu engaba yi-10.
2. Usalindile, phehla iqanda eliphelele nelimhlophe, ubisi, nesinongo osithandayo endishini enkulu.
3. Thela ingxube yeqanda ezambaneni bese ufafaza ushizi. Yehlisa umlilo ube phansi, mboza, bese upheka aze aqine amaqanda, imizuzu emi-5 kuya kweyisi-8.

½ wenkomishi ye-Egg Beaters noma i-liquid egg whites ingasetshenziswa esikhundleni seqanda eliphelele.



IZINGCEZU ZIKABHATATA OROSTIWE ONOJINJA

Lesi sidlo sikahle kakhulu kubantu abaphathwa isicanucanu. Kuke kwaboniswa ukuthi ujinja usiza — uze ngisho uvimbele — isicanucanu nokuphalaza. Kanti ubhatata uwumthombo omuhle wamakhalori namavithamini.

Linda

Kuzodliwa abayi-8

Okudingekayo

4 izipuni zamafutha e-olive, nangeziwe okugcoba uma koma
½ wethisipuni le-black pepper
¼ yenkomishi kajinja oyisigaxa, ogreyithiwe
2 wama-pound kabhatata, ohlutshiwe wasikwa waba yizingcez ezinobugqinsi obungu-1/8-inch

Iziqondiso

1. Shisisa uhhavini kusengaphambili ngo-230 degrees.
2. Endishini encane, phehla ndawonye amafutha, i-pepper, nojinja.
3. Ndlala iphepha lokupheka ethreyini lokubhaka, bese uhlela ubhatata ngokolayini. Bhrasha ubhatata ngengxube yamafutha.
4. Rosta amazambane imizuzu engama-20 kuya kwenga-22, uwaphendule maphakathi nesikhathi.
5. Thululela amazambane epuletini bese uwaphaka esafudumele.



Ulwazi Lomsoco Ophakathi

Amakhalori: 130 amakhalori

Ama-carbohydrate: 15g

I-Cholesterol: 0mg

Amafutha: 7g

I-fibre: 2g

Iphrotheni: 1g

Amafutha Ashubayo: 1g

I-sodium: 170mg

Ushukela: 8g

Ulwazi Lomsoco Ophakathi

Amakhalori: 100 amakhalori

Ama-carbohydrate: 12g

Amafutha: 5g

I-fibre: 2g

Iphrotheni: 3g

Amafutha Ashubayo: 0g

I-sodium: 33mg

Ushukela: 6g

AMA-HASH BROWN PATTY KABHATATA

Le patty ye-hash brown imnandi kakhulu futhi ithatha imizuzu embalwa kuphela ukuvuthwa. Yiphake nesosi ye-aphula.

Linda

Kuzodliwa aba-2

Okudingekayo

1 ubhatata

1 iqanda elikhulu, elihlukanisiwe kwathi okumhlophe okuphakathi kwalahlwa

2 amathisipuni amafutha e-olive noma e-canola



Iziqondiso

1. Hluba ubhatata, bese uwugaya ngezimbobo ezinkulu esitsheni esimaphakathi ngobukhulu. Faka ingxenye emhlophe yeqanda bese uyagoqoza kuze kuhlangele kahle. Yenza ama-patty a-4.
2. Shisisa amafutha ku-skilllet esikhulu emlilweni oku-medium-high. Wapheke ama-patty aze abe nsundu okusagolide futhi afohlozele, imizuzu emi-2 kuya kwemi-3 uhlangothi ngalunye.



I-FILLET YE-SALMON NESOSI YEYOGATHI NOKOTAPEYA

Zama le nhlanzi ebhakiwe uma amandla akho ephansi. Isosi eshelelayo kakotapeya imnandi futhi ingakusiza uma unenkinga yokugwinya.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Inggikithi	Linda
10 imizuzu	15 imizuzu	25 imizuzu	Kuzodliwa abayi-4

Okudingekayo

- 1 ukotapeya
- ½ wenkomishi yeyogathi yesi-Greek
- 3 izipuni zamahlamvu e-coriander
- 1 iqhuzu likagalikhi
- 2 izipuni zejusi kalamula
- 1 isipuni samanzi, nangeziwe uma edingeka
- 1 ithisipuni likasawoti, nowengeziwe wokunonga
- 1 ithisipuni lika-pepper ogayiwe, nowengeziwe wokunonga
- 3 ama-fillet e-salmon anesisindo sika-3-ounce
- 1 izipuni zamafutha e-olive

Iziqondiso

1. Shisisa uhavini kusengaphambili ngo-200 degrees. Ndlala ifoyili ye-aluminyamu ethreyini lokubhaka.
2. Hlanganisa ukotapeya, iyogathi, i-coriander, ugaliqhi, ijusi kalamula, ithisipuni eli-1 lamanzi, nethisipuni eli-1 likasawoti nele-pepper ku-food processor bese uyagaya kuze kuphele izigaxa. Uma kudingeka, yenzela amanzi, angangethisipuni eli-1 ngesikhathi, isosi ize ifinyelele izinga olifunayo.
3. Beka inhlanzi isikhumba sibheke phansi ethreyini lokubhaka eselilungiselelwe. Nonga ngosawoti ne-pepper bese ubhrasha ngamafutha e-olive. Bhaka inhlanzi ize ivuthwe kahle ngaphakathi, imizuzuz eyisi-8 kuya kweyi-10. Inhlanzi kufanele ibonise u-65 degrees nge-instant-read thermometer maphakathi ne-fillet.
4. Wuphake nesosi phezulu

Ulwazi Lomsoco Ophakathi

Amakhalori: 280 amakhalori
Ama-carbohydrate: 6g
Amafutha: 18g
I-fibre: 4g
Iphrotheni: 24g
Amafutha Ashubayo: 4.5g
I-sodium: 670mg
Ushukela: 1g



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 330 amakhalori

Ama-carbohydrate: 10g

Amafutha: 20g

I-fibre: 1g

Iphrotheni: 28g

Amafutha Ashubayo: 7g

I-sodium: 1,370mg

Ushukela: 7g

INKUKHU ENO-LIME NOKHUKHUNATHI

Umndeni wonke uzozijabulela lezi zifuba zenkukhu ezehlha esiphundu, ezinamakhalori aphansi kanye ne-fibre. Cwilisa ku-marinade kusenesikhathi esanele futhi uzodinga imizuzu embalwa kuphela ukupheka inkukhu phezu kwesitofu.

Isikhathi Sokuhlela
10 imizuzu

Isikhathi Sokupheka
15 imizuzu

Inggikithi
25 imizuzu

Linda
Kuzodliwa abayi-4

Okudingekayo

- 2 ama-pound ezifuba zenkukhu ezingenamathambo, futhi ezingenasikhumba
- 1 i-lime
- 3 izipuni zamafutha ezitshalo
- ½ wenkomishi yobisi lwekhukhunathi
- 2 izipuni zesosi ye-soy ene-sodium ephansi
- 2 izipuni zikashukela
- 2 amathisipuni ka-curry powder
- 1½ wethisipuni le-coriander ogayiwe
- 1 ithisipuni le-cumin egayiwe
- 1½ wethisipuni likasawoti
- 4 izipuni ze-coriander esanda kukhiwa eqotshiwe



Iziqondiso

1. Usebenzisa isando sokuthambisa inyama, shaya izifuba zenkukhu ezigoqwe ngephepha le-wax zize zifinyelele ugqinsi ongu-1 ½-inch.
2. Greyithela ikhasi le-lime endishini enkulu, sika i-lime ibe yizingcezu ezingamaweji bese ubeka eceleni.
3. Faka amafutha, ubisi lukakhukhunathi, isosi ye-soy, ushukela, u-curry powder, i-coriander, i-cumin, nosawoti esikhumbeni se-lime esigreyithiwe bese uyahlanganisa. Faka inkukhu uhlanganise. Mboza bese ufaka esiqandisini ihora eli-1 kuya kwama-2.
4. Khipha inkukhu, ugcine i-marinade. Usebenzisa ipani lokupheka elishisayo, ipani lokuthosa, noma i-skillet sensimbi, shisa inkukhu ize ibe nsundu ezinhangothini zombili. Inkukhu kufanele ibonise u-75 degrees nge-instant-read thermometer ekakwe lapho isifuba siwugqinsi kakhulu ngakhona.
5. Usalindile, thela i-marinade obuyigcinile epanini lesosi bese uyibilisa. Nciphisa umlilo bese ubilisa imizuzu emi-2, ulokhu ugoqoza ukuze kungashi.
6. Thela isosi phezu kwenkukhu kanye ne-coriander namaweji e-lime abegciniwe.



GREEK YOGHURT FETTUCCINI ALFREDO

Sebenzisa iyogathi yesi-Greek esikhundleni sebhotele bese uba nesidlo esiyinhloko esinempilo, okulula ukusenza esifanele abadla ukudla okune-fibre ephansi. Uma unenkinga yokugwinya, sebenzisa iphasta ethambe kakhudlwana njenge-pastina noma i-elbow macaroni esikhundleni se-fettuccini.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Ingqikithi	Linda
10 imizuzu	15 imizuzu	25 imizuzu	Kuzodliwa abayi-4

Okudingekayo

- 1 we-pound le-fettuccini
- 1½ wezinkomishi zeyogathi yesi-Greek eyenziwe nge-whole milk
- ½ wenkomishi kashisi i-Parmesan ogreyithiwe, nowengeziwe ozofakwa sekuphakwa
- 3 izipuni zikagalikhi oqotshwe wamncane
- ¼ yenkomishi ye-parsley esanda kukhiwa eqotshiwe
- 1 ithisipuni le-pepper



Iziqondiso

1. Bilisa iphasta emanzini anosawoti ngokweziqondiso ezinikiwe. Gcina amanzi obupheka ngawo angangenkomishi e-1, bese ucwenga asele.
2. Phehla ndawonye iyogathi, u-½ wenkomishi ye-Parmesan, ugalikhi, ne-parsley. Faka kancane kancane amanzi obupheka ngawo ulokhu ugoqoza. Faka i-pepper. Thela isosi kuphastha bese uyahlanganisa.
3. Faka ngaphezulu i-Parmesan eyengeziwe ukuze kunambitheke bese uphaka ngokushesha. Iphasta kufanele iveze u-65 degrees noma ngaphezulu usebenzisa i-instant-thermometer efakwe maphakathi nesidlo.

Ulwazi Lomsoco Ophakathi

Amakhalori: 170 amakhalori
Ama-carbohydrate: 20g
Amafutha: 6g
I-fibre: 1g
Iphrotheni: 8g
Amafutha Ashubayo: 4.5g
I-sodium: 460mg
Ushukela: 2g



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 650 amakhalori

Ama-carbohydrate: 70g

I-Cholesterol: 70mg

Amafutha: 26g

I-fibre: 8g

Iphrotheni: 36g

Amafutha Ashubayo: 4g

I-sodium: 135mg

Ushukela: 9g

I-STIR FRY SE-BROWN RICE

Lesi stir-fry kulula kakhulu ukusenza. Ungasebenzisa amaphrotheni ahlukile. Ukuze kunambitheke kakhudlwana, lalisa inkukhu yakho ejusini yephayinaphu.

Linda

Kuzodliwa o-1

Okudingekayo

⅓ wenkomishi ye-brown rice

1 inkomishi yamanzi

1½ wezipuni zamafutha e-olive

1 3 we-ounce yesifuba senkukhu, esisikwe

saba yimicu 1 cup amakanjana e-broccoli

½ wenkomishi ka-anyanisi, osikwe waba yimicu

½ wenkomishi ye-yellow pepper, esikwe yaba yimicu

½ wenkomishi yakherothi, osikwe waba imicu



Iziqondiso

1. Faka ilayisi namanzi ebhodweni elincane bese ubilisa emlilweni oku-medium-high.
2. Yehlisa umlilo ube ku-medium-low, mboza, bese ubilisa amanzi aze aphele wonke nelayisi selithambile, imizuzu engaba ama- 40.
3. Susa ibhodwe emlilweni bese uliyeka imizuzu eyi-10, yibe usususa isivalo uvukuze ilayisi ngemfoloko.
4. Epanini, shisisa u-¾ wesipuni samafutha e-olive.
5. Faka inkukhu bese uyipheka ize ivuthwe noma ifinyelele ku-75 degrees nge-thermometer yenyama.
6. Khipha inkukhu epanini uyibeke eceleni.
7. Faka amafutha asele epanini.
8. Faka imifino. Pheka imizuzu e-2.
9. Buyisela inkukhu epanini bese uyipheka eminye imizuzu e-2, noma e-4 uma uthanda imifino ethambe kakhudlwana.
10. Phaka ngokushesha.



IKHASEROLI YE-SPAGHETTI SQUASH ENO-BROCCOLI NENKUKHU

Le ngxenye eyinhloko yesidlo egcwele amaphrotheni iyahambisana nezindlela zokudla ezihlukahlukene futhi ingadliwa umndeni wonke. Yishintshe ibe yisidlo esine-fibre ephansi ngokukhipha u-broccoli.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Ingqikithi	Linda
20 imizuzu	45 imizuzu	65 imizuzu	Kuzodliwa abayi-6

Okudingekayo

4 ama-poun e-spaghetti squash, ehhafulwe ekhanda kwehle yakhishwa nezinhlamvu izipuni ezi-2 zamanzi

1 isipuni samafutha e-olive ayi-extra-virgin 4 amaqhuzu kagalikhi, aqotshwe aba mancane

1 i-pound lenkukhu, eqotshwe yaba izikwele ezincane

2 izinkomishi zamakhanjana e-broccoli, aqotshiwe

½ wenkomishi yomhluzi wenkukhu one-sodium ephansi

1½ wezinkomishi zoshizi i-part-skim mozzarella ogreyithiwe

½ wenkomishi ye-Parmesan egreithiwe

1 ithisipuni lesinongo se-Italian 1 ithisipuni likasawoti

¼ yethisipuni ye-pepper egayiwe

¼ yenkomishi yezimvuthu zesinkwa se-panko



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Beka amarekhi kolayini abasengxenyeni yesithathu ngenhla nangezansi kukahhavini; shisisa kungesangaphambili ngo-190 degrees.
3. Beka i-squash usibhekise phansi endishini ephephile ku-microwave, faka amanzi bese upheka nge-microwave ngezanga lomlilo eliphezulu isikhumba size sithambe, imizuzu eyi-12 noma eyi-14. Uma sesipholile, hwala isikhumba esisemicwini esasipagethi.
4. Shisisa amafutha e-olive ku-sillet emlilweni oku-medium-high. Faka ugalkhi nenkukhu; pheka inkukhu ize ibe nsundu kuzo zonke izinhlangothi. Faka u-broccoli nomhluzi, yibe usupheka imizuzu e-2.
5. Endishini enkulu, hlanganisa ingxube ye-spaghetti squash nenkukhu ne-¾ yenkomishi ye-mozzarella, 2 izipuni ze-Parmesan, isinongo se-Italian, usawoti, kany ne-pepper. Kundlale endishini yekhaseroli ephephile kuhhavini. Fafaza i-¾ yenkomishi ye-mozzarella esalile nezipuni eziyi-6 ze-Parmesan; ugcine ngezimvuthu zesinkwa phezulu.
6. Bhaka kulayini werekhi ongezansi imizuzu eyi-15. Dlusela kulayini werekhi ongenhla bese unyusa umlilo ube ku-220 degrees. Bhaka uze ube nsundu ushizi, imizuzu emi-3 kuya kwemi-5 eyengeziwe. Ikhaseroli kufanele izeze u-7 degrees noma ngaphezulu usebenzisa i-instant-read thermometer efakwe maphakathi kokudla.

Ulwazi Lomsoco Ophakathi

Amakhalori: 250 amakhalori

Ama-carbohydrate: 14g

Amafutha: 11g

I-fibre: 3g

Iphrotheni: 27g

Amafutha Ashubayo: 5g

I-sodium: 690mg

Ushukela: 3g

I-HASH KABHATATA

Lesi sidlo esinempilo, nesanelisayo sihambelana kahle nezindlela zokudla ezikhethekile eziningana. Sijabulele nomndeneni noma nabangani ngesikhathi se-brunch.

Isikhathi Sokuhlela 10 imizuzu	Isikhathi Sokupheka 25 imizuzu	Ingqikithi 35 imizuzu	Linda Kuzodliwa abayi-4-6
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Okudingekayo

- 2 izipuni zamafutha e-olive
- 4 obhatata, abahlutshiwe futhi abagreyithiwe
- 1 bunch kale, chopped
- Usawoti ne-pepper
- Isipreyi sokupheka
- 6 amaqanda



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Shisisa uhhavini kusengaphambili ngo-180 degrees.
3. Shisisa i-skilllet esikhulu emlilweni ophezulu. Faka amafutha e-olive nobhathatha ogreyithiwe bese uwupheka uze uthambe, imizuzu engaba ama-10. Faka i-kale bese uyipheka ize ithambe. Nonga ingxube ngosawoti nange-pepper ukuze kunambitheke.
4. Gcoba indishi yokubhaka engu-9x13 ubukhulu ngesipreyi sokupheka. Yikha ingxube kabhatata ngesipuni uyifake endishini elungiselelwe. Bese, usebenzisa isipuni, wenza imigodi eyi-6 engxubeni, eqqagqene ngokulinganayo endishini, bese uphihlizela iqanda emgodini ngamunye. Fafaza usawoti ne-pepper ngaphezulu.
5. Bhaka aze avuthwe amaqanda nezikhuphasha zize ziqine. Izinga lokhushisa lengaphakthi le-hash kufanele libe u-70 degrees usebenzisa i-instant- read thermometer. Phaka ngokushesha.

Ulwazi Lomsoco Ophakathi

Amakhalori: 210 amakhalori
Ama-carbohydrate: 17g
Amafutha: 12g
I-fibre: 3g
Iphrotheni: 8g
Amafutha Ashubayo: 2.5g
I-sodium: 290mg
Ushukela: 9g



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 80 amakhalori

Ama-carbohydrate: 9g

Amafutha: 4.5g

I-fibre: 1g

Iphrotheni: 1g

Amafutha Ashubayo: 1g

I-sodium: 65mg

Ushukela: 3g

ISOBHO LELIKHI NOBHATATA

Uma ulandela indlela yokudla enezinto ezingemnandi futhi usukukhumbule ukudla okunambithekayo, zama leli sobho elizokududuza. Ukuze linambitheke kakhudlwana, faka amaconsi ambalwa e-pumpkin flavoured oil. Sebenzisa ubhatata osebhdleleni noma ethinini uma ungangafuni ukuzihluo ngokustima ubhatata.

Linda

Kuzodliwa abayi-6

Okudingekayo

2 izipuni zamafutha e-olive

2 izipuni zikagalikhi oqotshiwe

$\frac{1}{3}$ wenkomishi ya-anyanisi oqotshwe wayimicu ezacile

3 izipuni zelikhi eqotshiwe, ingxenye emhlophe neluhlaza ngokungagqamile kuphela 5 izinkomishi zamanzi

$\frac{1}{2}$ wenkomishi yomhluzi wezitshalo

1 ubhatata omaphakathi ngobukhulu, ostimiwe



Iziqondiso

1. Shisisa amafutha ebhodweni elikhulu emlilweni ophakathi nendawo. Faka ugali khibese uyawuthosa uze ukhiphe iphunga, imizuzwa engaba ama-30. Faka u-anyanisi nelikhi, bese uthosa ize iqale ukukhanya. Faka amanzi nomhluzi, bese ubilisa. Nciphisa umlilo uyeke kubile, imizuzu engaba yisi-5 kuya kweyi-10.
2. Susa emlilweni bese ukuyeka kuphole. Gaya ingxube ka-anyanisi nge-blender ize ingabi nazigaxa. Buyisela ebhodweni.
3. Faka ubhatata ku-blender uciphize u-pulse kuze kuphele izigaxa. Faka ingxube yezamabane esigayiwe ebhodweni bese uyagoqoza ukuze kuhlangeane.



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 190 amakhalori
Ama-carbohydrate: 25g
Cholesterol: 5mg
Amafutha: 6g
I-fibre: 3g
Iphrotheni: 10g
Amafutha Ashubayo: 1.5g
I-sodium: 80mg
Ushukela: 15g

ISOBHO LEKHUKHUMBA ELIBANDAYO

Izinto eziphuzwayo ezibandayo zihle uma uzizwa unesicanucanu noma umlomo wakho ubuhlungu. Futhi izinongo ezikuleli sobho azinawo amandla kangangokuthi nabantu abalandela uhlobo lokudla okungenazinongo bangazijabulela.

Linda

Kuzodliwa abayi-10



Okudingekayo

3 kuya ku-4 wamaqhuzu kagalikhi, oqotshiwe
1 ithisipuni likasawoti we-kosher
6 ukhukhumba, ohlutshiwe wakhishwa nezinhlamvu
2 o-yellow bell pepper, abaqotshiwe bakhishwa istemu nezinhlamvu
4 i-spring onion, esiqotshiwe
2 izipuni ze-coriander esanda kukhiwa, eqotshwe yancane
1 isipuni seminti esanda kukhiwa, eqotshwe yancane
1 isipuni se-dill esanda kukhiwa, eqotshwe yancane
½ wethisipuni ye-paprika
¼ yethisipuni ye-black pepper
4 izinkomishi zeyogathi enganongiwe enamafutha aphantsi
3 izipuni zamafutha e-olive ye-extra-virgin
2 amathisipuni kaviniga wewayini omhlophe
2 izipuni zekhukhumba eqotshiwe noma ze-chives esanda kukhiwa yokuhlobisa

Iziqondiso

1. Fafaza ugali khi nosawoti. Usebenzisa ummese, cindezela sahlilikhla ugali khi nosawoti ndawonye oqwembeni lokuqobela ukuze wenze i-paste.
2. Hlanganisa i-paste kagalikhi nezinto ebezingakafakwa endishini enkulu.
3. Gaya izinto ezikule resiphi, ulokhu ufaka ngamaqoqo ku-blender kuze kuphela izigaxa.
4. Gcina isobho efrijini lize libande kahle, amahora angaba ma-2.
5. Nambitha bese uthuthukisa izinongo uma kudingeka. Hlobisa nge-chive noma ngokhukhumba.



ISOBHO LAMALENTILI

Isobho lamalenti lihlale lilihle kakhulu uma unenkinga yokugwinya. I-rosemary namashalati kunika le resiphi isinongo esinothile, esithokomalisayo

Isikhathi Sokuhlela	Isikhathi Sokupheka	Inggikithi	Linda
10 imizuzu	40 imizuzu	50 imizuzu	Kuzodliwa abayi-4

Okudingekayo

2 izipuni zamafutha e-olive 2 amashlati, aqotshwe aba mancane
 4 okherothi abakhulu, abageziwe, bahlutshwa, futhi baqotshwa bayicingcwece
 2 amaqhuzu kagalikhi, oqotshwe wamncane
 ½ wethisipuni likasawoti
 ½ wethisipuni ye-black pepper egayiwe
 2 obhatata, abageziwe, bahlutshwa, futhi baqotshwa baba yizikwele
 4 izinkomishi zomhluzi wezitshalo noma wenkukhu one-sodium ephansi
 2 kuya ku-3 izihlahlana ze-rosemary esanda kukhiwa, egeze kahle
 1 inkomishi yamalenti omile aluhlaza noma ansundu, ageze kahle ase ekhishwa amanzi
 2 izinkomishi ze-kale eqotshiwe, egeze kahle



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Shisisa ibhodwe elikhulu emlilweni ophakathi nendawo. Faka amafutha e-olive, amashalati, nokherothi, bese upheka uze ugale ukuthamba ukherothi, imizuzu engaba mi-3. Faka ugalkhi ne-¼ yethisipuni yasawoti neye-pepper. Goqoza ukuze kuhlange, bese upheka zize zithambe amaveji, imizuzu e-4 kuya kwemi-5. Faka ubhatata ne-¼ yethisipuni yasawoti osalile neye-pepper. Goqoza bese upheka imizuzu emi-2 eyengeziwe.
3. Faka umhluzi ne-rosemary, bese unyusa umlilo ube ku-medium-high. Bilisa kuze kugxabhe. Faka amalenti bese uyagoqoza ukuze kuhlange. Nciphisa umlilo ube sezingeni eliphansi uyeke kubile, kungamboziwe, amalenti namazambaze aze athambe, imizuzu eyi-15 kuya kwengama-20. Faka i-kale, goqoza, bese uyamboza. Pheka imizuzu emi-3 kuya kwe-4 eyengeziwe ukuze kuthambe. Nambitha bese uthuthukisa izinongo ngokufaka usawoti ne-pepper uma kudingeka.
4. Ukuze uphake, isobho kufanele liveze u-65 degrees noma ngaphezulu usebenzisa i-instant-read thermometer maphakathi nesidlo.



Ulwazi Lomsoco Ophakathi

Amakhalori: 330 amakhalori

Ama-carbohydrate: 53g

Amafutha: 9g

I-fibre: 12g

Iphrotheni: 14g

Amafutha Ashubayo: 1g

I-sodium: 580mg

Ushukela: 12g

ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

ISOBHO LEZAMBANE ELILULA

Leli sobho lezambane kulula ukulenza. Izinongo nokunambitheka olimini kungasiza uma unenkinga yokushintsha kwendlela izinto ezinambitheka ngayo noma uphendukelwe isisu kodwa ungaphinde ulijabulele nalapho uzizwa uphilile. Umhluzi wamathambo uyafana nowenkukhu noma wezitshalo ngokuba phakathi nendawo kodwa wona unamaphrotheni amaningi, amahle ngezinsuku odinga ngazo isikhuthazo.

Linda

Kuzodliwa aba-2

Okudingekayo

- 1 izambane elizobhakwa
- 2 izinkomishi zomhluzi wamathambo



Iziqondiso

1. Shisisa uhavini kusengaphambili ngo-200 degrees. Bhaka izambane imizuzu angama-30, noma size isikhumba sishwabane kancane uma sincinzwa. Liyeke izambane liphole, bese ususa isikhumba.
2. Bilisa umhluzi.
3. Hlanganisa ngokucophelela izambane nomhluzi wamathambo ku-blender bese uyagaya kuze kungabi nazigaxa.
4. Waphake efudumele.



Ulwazi Lomsoco Ophakathi

Amakhalori: 91 amakhalori

Ama-carbohydrate: 13g

Cholesterol: 0mg

Amafutha: 0g

I-fibre: 1g

Iphrotheni: 10g

Amafutha Ashubayo: 0g

I-sodium: 83mg

Ushukela: 1g

ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 230 amakhalori

Ama-carbohydrate: 18g

Amafutha: 16g

I-fibre: 3g

Iphrotheni: 7g

Amafutha Ashubayo: 13g

I-sodium: 30mg

Ushukela: 14g

I-CARIBBEAN CRAZE SMOOTHIE

Ama-smoothies kulula ukuwenza — futhi agayeka kalula esiswini. Sivame ukutusa iyogathi yesi-Greek ekwenzeni ama-smoothie ngoba ivame ukuba nephrotheni eningi kunamanye amayogathi.

Linda

Kuzodliwa aba-2

Okudingekayo

- ½ wenkomishi yobisi lwekhukhunathi
- 6 amashi, akhishwe inhlamvu
- ¼ yenkomishi yamapentshisi afriziwe
- aqotshwe ayizingcwecwe
- ¼ yenkomishi yezigaxa zamango ofriziwe
- ½ wenkomishi yeyogathi yesi-Greek
- enganongiwe enamafutha ancishisiwe
- 1 ithisipuni loju
- 3 amaconsi evanila ewuketshezi
- 4 amaqhwa



Iziqondiso

1. Hlanganisa konke ku-blender. Gaya kuze kungabi nazigaxa.



I-APPLE PIE SMOOTHIE

Isosi yama-aphula nobanana kuhle kakhulu uma kuziwa endabeni yokulawula isisu esihluphayo. Ungase uthande ukufriza omunye ubanana ohlutshiwe wase usikwa izingxenye ezine ukuze uhlale unakho okudingekayo ekwenzeni i-smoothie. Noma yiluphi ubisi olungaveli esilwaneni, i-Lactaid, noma iyogathi enganongiwe kungasetshenziswa.

Linda

Kuzodliwa o-1

Okudingekayo

½ wenkomishi yobisi lwe-soy, lwe-almond, noma le-rice

½ wenkomishi ye-applesauce efakwe ushukela

½ wenkomishi yabanana ovuthiwe omaphakathi ngobukhulu

¼ yethisipuni yevanila ewuketshezi

¼ yethisipuni ye-cinnamon

½ wenkomishi yamaqhwa (uma uthanda)

1 i-scoop se-whey protein powder (uma uthanda)



Iziqondiso

1. Hlanganisa konke ku-blender. Gaya kuze kungabi nazigaxa.

* *Ulwazi lwemisoco olungezansi olweresiphi engenayo i-protein powder eyengeziwe. 1 i-scoop (31 gremu) se-whey protein engu-100% senezela amakhalori acishe abe i-120 ne-24g yephrotheni.*

Ulwazi Lomsoco Ophakathi

Amakhalori: 210 amakhalori

Ama-carbohydrate: 45g

Amafutha: 2.5g

I-fibre: 4g

Iphrotheni: 5g

Amafutha Ashubayo: 0g

I-sodium: 65mg

Ushukela: 33g



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

I-CREAMY BANANA SMOOTHIE

Ubhanana ne-rice milk okusetshenziswe kule resiphi akusali ku-bland diet. Uma ungafuni ukusebenzisa i-rice milk, sebenzisa olunye olungathathwanga esilwaneni esikhundleni sayo, njengobisi lwe-almond noma le-soy.

Linda

Kuzodliwa o-1

Okudingekayo

$\frac{1}{3}$ yenkomishi yamapentshisi asethinini

$\frac{1}{3}$ yenkomishi ye-rice milk

$\frac{1}{2}$ kabhanana

3 amaconsi evanila ewuketshezi

4 amaqhwa



Iziqondiso

1. Hlanganisa konke ku-blender. Gaya kuze kungabi nazigaxa.



Ulwazi Lomsoco Ophakathi

Amakhalori: 130 amakhalori

Ama-carbohydrate: 32g

Amafutha: 1g

I-fibre: 3g

Iphrotheni: 1g

Amafutha Ashubayo: 0g

I-sodium: 35mg

Ushukela: 20g

ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 90 amakhalori

Ama-carbohydrate: 22g

Amafutha: 0g

I-fibre: 1g

Iphrotheni: 1g

Amafutha Ashubayo: 0g

I-sodium: 10mg

Ushukela: 21g

I-CANTALOUPE AND MINT GRANITA

Njengoba enomsuka wase-Sicily, ama-granita ayafana ne-Italian ice. Angcono futhi ngokwempilo yenhliziyi kuno-ice cream futhi kulula ukuwenza. Le resiphi eqabulayo ihlanganisa ushukela osakhilimu we-cantaloupe nobumuncwana be-lime neminti.

Isikhathi Sokuhlela
10 imizuzu

Isikhathi Sokupheka
25 imizuzu

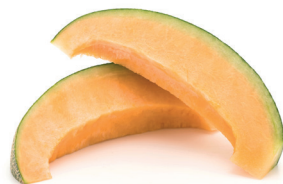
Isikhathi Sokwakheka Kweqhwa:
8 amahora

Ingqikithi Yesikhathi Sokulinda
8 amahora nemizuzu engama-35

Linda
Kuzodliwa abayi-10-12

Okudingekayo

2 izinkomishi zamanzi
1 inkomishi kashukela, noma ngaphezulu ukuze kunambitheke
1¼ yamahlamvu eminti esanda kukhiwa
1 i-cantaloupe, ehlutshiwe, yakhishwa izinhlamvu, futhi yaqotshwa
3 izipuni zejusi ye-lime



Iziqondiso

1. Yakaza kahle yonke imifino esanda kukhiwa ngamanzi afudumele angamile ndawonye imizuzwana engama-20. Khuculula ukuze ususe ukungcola okusele.
2. Epanini lesosi elincane, hlanganisa amanzi, inkomishi e-1 yashukela, nenkomishi e-1 yamahlamvu eminti. Bilisa emlilweni omaphakathi nendawo. Nciphisa umlilo ueke kubile, ulokhu ugoqoza ngemva ngesikhashana, ushukela uze uncibilike, imizuzu engaba yisi-5. Susa ipani emlilweni ulibeke eceleni ukuze kuphole, imizuzu engaba ama-20. Thela isiraphu esipholile usebenzisa i-strainer ukuze ukhiphe amahlamvu eminti.
3. Ku-blender, gaya isiraphu ehluziwe, i-cantaloupe, nejusi ye-lime kuze kungabi nazigaxa, bese uzwa ukunambithela kwayo. Ukuze wenezele ushukela, faka isipuni esi-1 sikashukela ngesikhathi unyakazise i-blender, unambithe bese uphinda uze ufinyelele kuleli zinga olifunayo. Faka amahlamvu eminti asele bese uyagaya aze agayeke kahle.
4. Thela ingxube endishini yokubhaka eyingilazi engu-9x13 ubukhulu bese uyakufrika, okungenani amamhora ayi-8 noma ubusuku bonke.
5. Usebenzisa amazinyo emfoloko, hwaya i-granita ize ifinyelele izinga lokuthamba olufunayo bese uyiphaka ezindishingi ezibandisiwe.

Ukuyiyeka igranita ihlale ngaphandle imizuzu eyisi-5 kuya kwenganga-10 kuyenza ishelele nakakhulu ffuthi igwinyeke nakalula.

ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 260 amakhalori

Ama-carbohydrate: 32g

Amafutha: 15g

I-fibre: 3g

Amafutha 3g

Iphrotheni: 5g

Amafutha Ashubayo: 12g

I-sodium: 35mg

Ushukela: 28g

I-MANGO LASSI

Njengoba ihlanganisa izakhi ezinoshukela nezinongo ezimuncwana, le smoothie enemisoco edingekayo futhi emnandi ingasiza ekunciphiseni isicanucanu. Iyileyo engajatshulelwa umndeni wonke.

Isikhathi

Sokuhlela

10 imizuzu

Isikhathi

Sokupheka

10 imizuzu

Linda

Kuzodliwa aba-2

Okudingekayo

2 izinkomishi zikamango oqotshiwe

½ wenkomishi yeyogathi eyenziwe nge-whole milk

½ wenkomishi yobisi lwekhukhunathi noma i-whole milk

1 ithisipuni lejus ye-lime

1 ithisipuni loju l-pinch ye-cardamom

6 amaqhwa

Iziqondiso

1. Hlanganisa konke ku-blender. Gaya kuze kungabi nazigaxa.



ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

WATERMELON AND MINT GAZPACHO

Kungaba nzima ukuphuza izinto ezingamanzi uma uzizwa unenhliziyo encane. Zama le gazpacho ezokunika amanzi emzimbeni enezinongo ezanele.

Linda

Kuzodliwa aba-4

Okudingekayo

2 ama-pound ekhabe, elikhishwe izinhlamvu futhi laqotshwa
¼ yenkoshi ye-coriander esanda kukhiwa, eqotshiwe, neyengeziwe
yokuhlobisa 3 izipuni zejusi ye-lime esanda kukhiwa
2 izipuni zamahlamvu eminti esanda kukhiwa, eqotshiwe, neyengeziwe
yokuhlobisa 2 izipuni zamafutha e-olive
1 utamatisi omkhulu, oqotshiwe
1 ukhukhumba omkhulu, ohlutshiwe waqotshwa Usawoti no-pepper
kokunambitha

Iziqondiso

1. Nge-blender, hhanganisa ikhabe, i-coriander, i-juisi ye-lime, amahlamvu eminti, amafutha e-olive, utamatisi, nokhukhumba bese uyagaya kuze kuphele izigaxa. Faka usawoti no-pepper ukuze kunambitheke.
2. Thela i-gazpacho endishini noma engilazini bese ufaka efrijini.
3. Uma isilungele ukuphakwa, hlobisa ngmahlamvu e-coriander naweminti



Ulwazi Lomsoco Ophakathi

Amakhalori: 120 amakhalori

Ama-carbohydrate: 13g

Cholesterol: 0mg

Amafutha: 7g

I-fibre: 2g

Iphrotheni: 2g

Amafutha Ashubayo: 2g

I-sodium: 10mg

Ushukela: 9g

ukudla okunomsoco kanye NAMARESIPIHI OMDLAVUZA

Ulwazi Lomsoco Ophakathi

Amakhalori: 180 amakhalori

Ama-carbohydrate: 35g

Amafutha: 1g

I-fibre: 4g

Iphrotheni: 9g

I-sodium: 105mg

Ushukela: 15g

AMA-CRUMPET KABHANANA

Jabulela lawa ma-crumpet kabhanana esikhundleni sama-crumpet avamile. Akahle kakhulu kubantu abalandela indlela yokudla enamakhalori aphansi noma abanezinkinga zokugayeka kokudla.

Linda

Kuzodliwa o-1

Okudingekayo

2 ingxenyane emhlophe yamaqanda amakhulu

noma i-¼ yenkomishi ye-liquid egg white

1 ubhanana ovuthiwe omaphakathi ngobukhulu, ogayiwe

2 izipuni ze-oat esheshayo

¼ ithisipuni yesinamoni (uma uthanda)

Ispreyi sokupheka

I-maple syrup engenawo ushukela, iyogathi enganongiwe, noma i-creamy nut butter (uma uthanda)



Iziqondiso

1. Endishini encane, phelela ingxenyane emhlophe yeqanda ize ib sagwebu. Faka ubhanana, i-oat, nesinamoni, uma uyisebenzisa, bese uyagoqoza kuze kuhlangeane.
2. Shisisa i-skilllet esikhulu esinganamatheli ukudla emlilweni omaphakathi nendawo. Futha kancane isipreyi sokupheka epanini. Yikha inhlama ngesipuni ubeke ku-skilllet esishisayo ukuze wenze ama-crumpet amathathu amancane. Pheka aze abe nsundu okusagolide, imizuzu engaba mi-2 kuya kwemi-3 uhlangothi ngalunye.



AMAMAFINI ESINKWA SIKABHANANA

Jabulela lobu bumnandi obuthambile besinkwa sikabhanana esisanda kwenziwa esimise okwemafini ukuze usijabulele kalula. Uma uwathanda enoshukela omningana amamafini akho, zama ukufaka ama-chocolate chip.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Ingqikithi	Linda
10 imizuzu	25 imizuzu	35 imizuzu	12 Amamafini

Okudingekayo

- 8 izipuni (1 induku) zebhotela, ethanjisiwe
- $\frac{3}{4}$ wenkomishi yashukela onsundu
- $\frac{1}{2}$ wenkomishi yeyogathi yesi-Greek enganongiwe
- 2amaqanda
- 1 ithisipuni levanila 2 izinkomishi zikafulawa
- 1 ithisipuni le-baking powder
- $\frac{1}{4}$ yethisipuni ye-baking soda
- $\frac{1}{2}$ wethisipuni lesinamoni
- $\frac{1}{4}$ yethisipuni lejinja egayiwe
- $\frac{1}{2}$ wethisipuni likasawoti
- $\frac{1}{2}$ wenkomishi yabhanana ovuthwe kakhulu ogayiwe



Iziqondiso

- Shisisa uhavini kusengaphambili ngo-180 degrees. Faka amaphepha amamafini noma iphepha lokubhaka ethreyini lamamafini elinezikhala eziyi-12.
- Endishini enkulu, xova ibhotela noshukela onsundu, iyogathi, amaqanda, nevanila. Faka iqanda bese uyaphehla.
- Endishini ehlukele, hlanganisa ufulawa, i-baking powder, i-baking soda, isinamoni, ujinja, nosawoti.
- Hlanganisa izakhi zeresiphi ezomile nezimanzi endishini enkulu kuze kuxubane.
- Hlukanisa inhlama ngokulinganayo uyifake ethreyini lokubhaka amamafini elilungiselelwe.
- Bhaka aze abe umbala wegolide ne-toothpick seliphuma



Ulwazi Lomsoco Ophakathi

Amakhalori: 210 amakhalori
Ama-carbohydrate: 29g
Amafutha: 9g
I-fibre: 1g
Iphrotheni: 4g
I-sodium: 180mg
Ushukela: 14g

I-WALNUT PUMPKIN BREAD

Lesi sinkwa sinoshukela nezithako okulingene kahle — ukuba sibe mnandi uma ufuna into elula yokuhlafuna noma njenge-dessert.

Isikhathi Sokuhlela	Isikhathi Sokupheka	Inggikithi	Linda
10 imizuzu	75 imizuzu	85 imizuzu	16 Amamafini

Okudingekayo

- $\frac{3}{8}$ wenkomishi yafulawa ovamile
- $1\frac{1}{2}$ wezinkomishi sikashukela
- 1 ithisipuni le-baking soda
- $\frac{1}{2}$ wethisipuni le-baking powder
- 1 ithisipuni lesinamoni egayiwe
- $\frac{1}{2}$ wethisipuni le-nutmeg egayiwe
- $\frac{1}{4}$ yethisipuni le-clove egayiwe
- $\frac{3}{4}$ yethisipuni likasawoti
- 2 amaqanda amakhulu, aphehliwe
- 1 inkomishi ye-puree yethanga
- $\frac{1}{2}$ wenkomishi yamafutha e-canola
- $\frac{1}{2}$ wenkomishi yamanzi
- $\frac{1}{2}$ wenkomishi yama-walnut aqotshiwe



Iziqondiso

1. Shisisa uhavini kusengaphambili ngo-180 degrees. Gcoba amafutha ethinini lokubhaka ulofu elingu-9x5 inch.
2. Endishini enkulu, hlanganisa ufulawa, ushukela, i-baking soda, i-baking powder, isinamoni, i-nutmeg, ama-clove, nosawoti.
3. Endishini ehlukele, faka amaqanda, ithanga, amafutha, namanzi bese uyakuxuba kuze kuhlanguke kahle.
4. Faka izakhi zeresiphi ezimanzi kulezo ezomile bese uyagoqoza ize ibe manzi inhlama. Faka ama-walnut ugoqoze sakuyigoqa inhlama. Thela inhlama ethinini elilungiselelwe.
5. Bhaka ize iphume ingenalutho i-toothpick uma uyijoja esinkweni, imizuzu engama-65 kuya kwengama-70. Pholisa isinkwa sisasethinini imizuzu eyi-10 ngaphambi kokudliwa.

Ulwazi Lomsoco Ophakathi

Amakhalori: 190 amakhalori
Ama-carbohydrate: 25g
Amafutha: 10g
I-fibre: 1g
Iphrotheni: 3g
I-sodium: 190mg
Ushukela: 15g



Le ncwadi uyilethelwe i-Pfizer Oncology ngenhloso yokwandisa ulwazi ngomdlavuzwa nendlela yokusekela ngokondla umzimba, kodwa ayihloselwe ukunikeza izeluleko zokwelapha noma ezikhuthaza ukudla ngendlela ethile ukuze ululame futhi kufanele ukhulume nomeluleki wakho wezempilo njalo uma udinga iseluleko ezindabeni zempilo yakho.

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