

## Sebenzisa ukutya okunetyuwa eninzi ngamathuba athile

Ukutya okunetyuwa encinci Yitya rhoqo ☺	Ukutya okunetyuwa ephakathi Yitya ngamaxhesha athile ☺	Ukutya okunetyuwa eninzi musa ukutya okanye zilinganisele ☺
Ukutya okulungiswe ekhaya ngezithako ezifreshi	Amandongomane anetyuwa	Zonke iintlobo zetyuwa
Iziqhamo nemifuno (efreshi, ekenkciwego neyomisiwego)	Ikeyiki, iipestri neebhiskithi	Iityuwa zamaxesha athile njengesinongo esiyi-barbacue okanye esiyi-chicken
Amandongomane angenatyuwa neembewu	Iisosi zasetafileni (isosi yetumato neyemastadi)	Amagaqa omhluzi, umhluzi nemigubo yesuphu
Iimbotyi, ilentile kunye nee-ertysi	Iincindi zesaladi	Ukutya okuyi-take away, i-pizza kunye nenyama ecubungiwego okanye inyama yenkulku
Umilimili	I-mayonnaise	Iikhrisphu
Ipasta nerayisi	Izidlo ezikhawulezileyo	Iizonto zokuqaba ezinetyuwa
I-popcorn ezinganongwanga	Iibhega neepayi	I-worcestershire ne-soya sauce
I oats	Imajarini ethambileyo	Inyama ethengwa ivuthiwe njenge-polony, i-vienna, i-salami, i-ham, iirosei nee-boerewors
Intlanzi efreshi	I-pate ne-humanus	Isonka neemveliso zesonka
Inyama yenkulkuh efreshi nenyama	Khangela izinto zokhetho olungaphantsi kwezi ntlobot zokutya	Ipapa zesidlo sakusasa
Amaqanda		Iimbotyi ezinkonkxiwego
Iyogathi namasi		I-peanuts butter
Itshizi eyi-cottage engenanto		Intlanzi esetotini
Iviniga okanye ijusi yelemoni		
Izinongo nemifino (eyomisiwego nefreshi)		

## Indlela yokugalela ityuwa encinane ekutyeni

### 1. Inyathelo elinye ngexesha

- Ukuba wongeza etafileni, qala ngokuwuyeka lo makhuba. Musa ukusibeka etafileni isihlukuhli setyuwa.
- Qala ngokusebenzisa ityuwa encinane xa uphekayo.
- Kunciphise ukusebenzisa ityuwa ekutyeni kancinci kancinci.

### 2. Amacebiso okupheka ngetyuwa encinane

- Ngcamla ukutya kwakho ngelixesha uphekayo phambi kokuba ugalele ityuwa njengoko ise-nokungafuneki.
- Ukuba sele uzifikile izinongo ezinetyuwa okanye amagaqa omhluzi, akufuneki ugalele netyuwa.
- Ukuba uygalele ityuwa ngexesha lokupheka akufuneki ukuba wongeze ityuwa etafileni



### Ukwenza ukutya kwakho kube nencasa zama le mifino kunye nezinongo ezingenatyuwa endaweni yetyuwa:

- Ijusi yelemoni okanye iviniga
- Imifino enjenge-Italian herbs mix, i-parsley okanye i-rosemary
- Izinongo ezinjenge-curry powder, i-paprika okanye ipele-pele
- Igalikh, ijinja, itshilisi namatswele

Xa wena nosapho lwakho nisebenzisa ityuwa encinane, nenza isiqqibo sokuphila ubomi obus-empilweni. Musa ukuncama, qhubeka uzama yonke imihla!

### I-Salt Watch niyiziselwa yi-Heart and Stroke Foundation South Africa.

Tyelela: [www.saltwatch.co.za](http://www.saltwatch.co.za)  
[www.heartfoundation.co.za](http://www.heartfoundation.co.za)

Umnxeba: Heart and Stroke Health Line on  
 08601 HEART (43278)

I-imeyile: [heart@heartfoundation.co.za](mailto:heart@heartfoundation.co.za)



THE HEART  
AND STROKE  
FOUNDATION  
SOUTH AFRICA

# Ityuwa nempilo yakho



Ingaba ityuwa eninzi kakhulu ayindlungelanga?

Ingakanani ityuwa eninzi kakhulu?

Ndiyifumana phi ityuwa?

Ingaba nditya ukutya okunetyuwa eninzi?

Yintoni isodium?

Ndingakukhetha njani ukutya okunetyiwa encinane?

Ndiyigalela njani ityuwa encinane ekutyeni?

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## Ingaba ityuwa eninzi kakhulu ayindlungelanga?

- ♥ Umzimba wakho ufunu nje intwana yetyuwa ukuze ube sempilweni.
- ♥ Ukutya ityuwa engaphezulu kunaleyo ifunwa ngumzimba akukhosempilweni. Kwaye oku kunganyusa uxinizelelo lwakho lwegazi.
- ♥ Uxinizelelo lwegazi oluphezulu lungabangela isifo sentliziyo kunye nesifo sokufa icala.(stroke)
- ♥ Uxinizelelo lwegazi oluphezulu nesifo sentliziyo zithatha ixesa elide ukwakheka,kungathatha iminyaka emininzi.
- ♥ Abantu abaninzi abazi ukuba banoxinizelelo lwegazi oluphezulu njengoko kungekhonto uyivayo xa unalo.
- ♥ Uxinizelelo lwegazi lakho kumelwe luholwe minyaka le.
- ♥ Ungawugcina usempilweni umzimba wakho ngokuqalisa namhlanje ukusebenzisa ityuwa encinane.

## Sukube ingakanani ityuwa xa kusithiwa ininzi.

- ♥ Akumelanga ukuba uyitye ityuwa engaphezulu kwe-5 g ngemini.
- ♥ I-5 g iyafana netispuni enye yetyuwa.
- ♥ Le 5 g iquka ityuwa oyigalela ekutyeni **kwakunye** netyuwa efunyanwa sele isekutyeni.



## Ndiyifumana phi ityuwa?

- ♥ Ukutya okuninzi okuthengayo sele kunayo ityuwa kuko kwaye le kuthiya yityuwa efihlakeleyo. Oku kutya kusoloko kungabonakali okanye kungangcamleki kunetyuwa.
- ♥ Imizekelo yokutya okunetyuwa eninzi efihlakeleyo kuquka
  - Isonka neepapa zesidlo sakusasa
  - Iisoseji nezinye iinyama ezithengwa sele zivuthiwe
  - Amagaqa omhluzi, umhluzi nemigubo yesuphu
  - Isitena esiqinileyo semajarini
- ♥ Itheyibhile engasemva ibonisa okunye ukutya okunetyuwa eninzi kuko.
- ♥ Songeza ityuwa ekutyeni kwethu xa sipheka na-setafileni.

## Ingaba nditya ukutya okunetyuwa eninzi?

- ♥ Abantu abaninzi baseMzantsi Afrika batya ityuwa eninzi kakhulu. Enyanisweni sitya umthamo wetyuwa ephindwe kabini kunaleyo bekumel' ukuba siyayitya!
- ♥ Kungalula kakhulu ukutya ityuwa eninzi kakhulu xa sisitya ukutya okuqhelekileyo kwemihla ngemihla.
- ♥ Isiqingatha setyuwa esiyityayo ivela kwityuwa egalelwé ngabavelisi ngelixeshesha besenza kokutya.
- ♥ Esinye isiqingatha setyuwa sivela kwityuwa esiyigalelayo ngelixeshesha sipheka naxa siyafaza sisetafileni.

## Yintoni isodium?

- ♥ Ityuwa yenziwe ngezinto ezimbini iSodium neChloride.
- ♥ Isodium yile nto ilapha etyuweni inokulinyusa uxinizelelo lwegazi xa uyitya kakhulu.
- ♥ I-5 g yetyuwa ilingana ne-2000 mg yesodium.

## Ndingakukhetha njani ukutya okunetyiwa encinane?

### 1. Funda uqonde ukuba ingakanani na ityuwa esekutyeni

♥ Khangela kuluhlu lwezithako zala magama:

- Ityuwa okanye nasiphi na isithako esiqulethe igama "isodium"
- **I-MSG, i-baking soda** okanye **i-baking powder**

♥ Ukuba nawaphi na kula magama akwizithako zokuqala ezithathu zeleyibheli yokutya, kunokwenzeka ukuba kunetyuwa eninzi.

♥ Itheyibhile engoLwazi ngezeSondlo kwezinye iipakethi zokutya iyasixeleta ukuba ingakanani na isodium esekutyeni.

♥ Sebenzisa itheyibhile engezantsi ukukunceda uthelkise ukuba ingakanani na isodium eku-100 g wokutya okwahluki-leyo:

### Itheyibhile engoLwazi ngezeSondlo

<b>i-100g ngany e</b>	<b>eNcinane Ungakutya rhoqo</b> 	<b>ePhakathi Kutye ngamax esha athile</b> 	<b>eNinzi Musa ukutya okanye zilin ganisele yinciphise</b> 
<b>isodiyam</b>	<b>i-120 mg okanye engaphantsi</b>	<b>120 mg - 600 mg</b>	<b>i-600 mg okanye engaphezulu</b>

Khumbula ukujonga ngokwe 100g yokutya hayi ngokwesitya

### 2. Khangela uphawu Iwe-Heart Mark

♥ Ukutya okunoluphawu kulukhetho oluse mpilweni kwaye lunetyuwa encinane kunokuba kunjalo kwiimveliso ezifanayo.



### 3. Sebenzisa ukutya okunetyuwa eninzi ngam athuba athile

- ♥ Ukutya okufreshi kunetyuwa encinane kunokutya okuthenga sele kuvuthiwe.
- ♥ Zama ukusebenzisa ukutya okuninzi okufreshi nokutya okuncinane okuthengwa sele kuvuthiwe.
- ♥ Sebenzisa itheyibhile engasemva ukukunceda eku-khetheni ukutya okunetyuwa encinane rhoqo

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