

YIDLA KAHLE, UHLALE UNEMPILO

Ukudla okunempilo kubalulekile kuwo wonke umuntu – kusiza umzimba ukuba uhlale uqinile ukuze ulwe nezifo.

Kwamanye amaqembu abantu, kubaluleke ngisho nangokwengeziwe:

- **Izingane** zidinga ukudla ukuze kusize kukhulise izingqondo nemizimba yazo.
- **Abesifazane abakhulelwe** badinga ukudla ukuze kusize izingane zabo ezingakazalwa ukuba zikhule.
- **Abantu abaphila ne-HIV ne-TB** badinga ukudla ukuze kwenze amasosha omzimba wabo abe namandla.
- Abantu abathatha **imishanguzo** ye-HIV (i-PEP ne-PrEP) nabantu abathatha imithi ye-TB badinga ukudla ukuze imithi yabo ingabagulisi.



KUSEBENZISE KANGANE

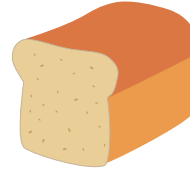
Ushukela
Ukudla neziphuzo
ezinoshukela
Ukudla okuthosiwe

Utshwala
Usawoti nokudla
okunosawoti

Jabulela ukudla okunhlobonhlobo, okubandakanya:

Ukudla okunesitashi

Yenza ukudla okunesitashi kube yingxenyeyokudla kwakho okuningi. Ukudla okunjengesinkwa, ilayisi, isitambu, ipapa, amazambane, ibhali nephalishi le-oats noma lamabele kunikeza umdlandla ne-fibre. Isinkwa esinsundu ngokuvamile sishibhile futhi sine-fibre eningi kunesinkwa esimhlophe. Khetha ukudla okuyisitashi okusanhlamvu kunokudla okucolisisiwe.



Yidla njalo ubhontshisi owomile, uphizi ohlukene, udali nesoya.

Izithelo nemifino

Yidla imifino nezithelo eziningi nsuku zonke. Kungcono kakhulu okusanda kuvunwa kodwa izithelo nemifino okuginwe eqhweni nakho kulungile. Imifino eluhlaza, enamahlamvu njenge-broccoli nesipinashi mihle kakhulu. Imifino esanda kuvunwa ehlala isikhathi eside – njengokherothi, ithanga, i-butternut, ubhatata ne-gem squash – izokongela imali.



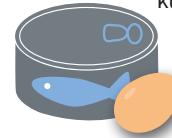
Imikhiqizo yobisi

Ubisi, amasi, ushizi, ibhotela ne-yoghurt kuyimikhiqizo yobisi. Zama ukuphuza ubisi, amasi, noma i-yoghurt enamafutha amancane, engafakwanga okusashukela nsuku zonke. Ubisi oluyimpuphu luhlala isikhathi eside futhi lungafafazwa phezu kwepapa noma iphalishi. Ubisi oluyimpuphu luzohlala isikhathi eside futhi lungafafazwa phezu kwepapa nephalishi.



Inyama, inhlanzi namaqanda

Inhlanzi, inkukhu, amaqanda nyama engenawo amafutha kungadliwa nsuku zonke. Isibindi, izinso nyama yangaphakathi kungaba inyama engabizi. Inhlanzi enamafutha njenge-pilchards ne-sardines akubizi kakhulu kanti kunempilo. Khetha inyama engasetshenzwanga ngamakhemikhali futhi uyisuse isikhumba namafutha.



Amafutha nowoyela

Wasebenzise kancane amafutha anjengowoyela wokupheka, i-margarine nebhotela. Khetha uwoyela wezitshalo, kunamafutha aqinile njengalawo avela ezilwaneni.

Phuza amanzi amaningi ahlanzekile, aphephile.



Uhlu lokuthenga

Ukudla okunempilo, okuhlala isikhathi eside futhi okungabizi kakhulu kubandakanya:

Imifino nezithelo okusanda kuvunwa

Amasi

Amaqanda

Isinkwa esinsundu esinezakhi ezingi

Ilayisi

Ukudla kommbila okunezakhi ezingi

Iphalishi le-oats noma lamabele

Ubisi oluyimpuphu

Isitambu esomisiwe, ubhonthisi noma udali

I-soup mix eyomisiwe

I-mince ye-soya

I-pilchards noma i-sardines

I-sunflower noma i-canola oil

Ungathenga imikhiqizo yenhlazeko:

Insipho eyimpuphu

Insipho

Ama-sanitary pad

Umuthi wokuxubha

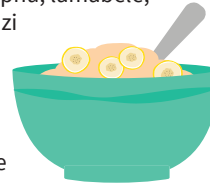
nacosa.org.za

Lolu lwazi lwakhiwe yi-NACOSA ngokusekelwe eselulekweni esivela eMnyangweni Wezempilo ne-USAID futhi wlashicilelwa ngoxhaso lwabantu baseMelika besebenzisa i-PEPFAR ne-USAID.

IZINDLELA ZOKUKWENZA

Iphalishi lasekuseni

Yenza iphalishi lempuphu, lamabele, noma le-oats ngamanzi abilayo, intwana kasawoti nobisi oluyimpuphu bese ukugovuzela kubhanana oqotshiwe noma e-aphuleni eligayiwe.



Ama-fishcake

Hlanganisa inhlanzi esethinini namazambane aphekiwe, acwecwiwe noma nepapa elisele no-anyanisi oqotshiwe. Uma unommbila, nawo ungawufaka. Yenza leyo ngxube ibe amakhekhe amancane enhlanzi bese uwathosa kuwoyela omncane aze abe nsundu ngokusagolide. Uma unamaqanda, faka i-fishcake ngayinye eqandeni elishaywe kancane nasezimvuthwini zesinkwa ngaphambi kokuba uyithose ukuze ifohlozele.



Ilayisi elinezinongo

Thosa u-anyanisi oqotshiwe ne-red pepper kuwoyela omncane bese ufaka izinkomishi ezingu-2 zelayisi. Kupheke imizuzu engaba ngu-3 bese ukhlanganisa notamatisi oqotshiwe, intwana kasawoti nethispuni sika-curry powder nezinkomishi ezingu-3 zamanzi. Mboza bese uthi ukukuyeka imizuzu engu-30. Faka uphizi ogcinwe eqhweni bese ugovuza.

Isitshulu semifino

Thosa u-anyanisi nokherothi neklabishi kuwoyela omncane. Faka otamatisi abangu-2 abaqotshiwe, ilitha yamanzi nenkomishi noma ezimbili zikadali, ubhontshisi noma i-soup mix (khumbula ukufaka ubhontshisi owomile emanzini ubusuku bonke bese uwugeza ngaphambi kokuwupheka). Faka noma yimiphi eminye imifino onayo njengethanga, i-butternut noma isipinashi nentwana kasawoti nezithako ezithile bese uthi ukukuyeka imizuzu engu-30.

