

UKUTYA NGENDLELA ENEMPILO OKULUNGELE ISIFO SEZINTSO

Intshayelelo

Kubalulekile ukutya ukutya okunempilo uquka izidlo ezahlukileyo. Yitya ukutya okwaneleyo okuquka i-protheni nokunika amandla, kunye nokunye ukutya okunika isondlo (nutrients) ukuze umzimba ube nobunzima obusempilweni. Yitya ukutya okwenziwe yindalo hayi ukutya okucwangcisiweyo (processed) nokufakwe izongezelelo (additives). Kubalulekile ukuba wenze imithamba yonke imihla ngokuthi uhamba-hambe ngeenyawo kakhulu uthande ukuhlala phantsi kancinci.

Imiyalezo engundoqo

1

Khetha ingqolowa okanye isonka esimdaka ngebala, ibhansi, ikhrekasi, ipasta kunye nesiriyeli, kunye ne oats, umili-mili, umngqusho namaqhashu.

2

Khetha ukutya okunamafutha aphantsi okanye iprotheni ezifana nenyama yenkukhu, intlanzi, inyama, ubisi, kunye neprotheni ezilinyiwayo ezifana neemboty, ilentile, amantongomane, ibhotolo. Yitya ibenye kwezi zilandelayo ngemini, itshizi, amaqanda, inyama yangaphakathi efana nesibindi nezintso, ibheykhon, intlanzi isadinisi kunye nentlanzi ipiltshathi.

3

Khetha zibembini ukuya kwisithathu zeziqhamo ezincinci ngemini kunye nephoshini ezimbini ukuya kwisithathu zeziqhamo ngemini.

4

Sukusebenzisa kakhulu ukutya okucwangcisiweyo okanye usebenzise ityuwa ekutyeni kwakho.

5

Sukusebenzisa ukutya okucwangcisiweyo, okuthengwe kuvuthiwe, okulula ukukufumana kunye nokufakwe izongezelelo.

6

Sukusebenzisa utywala.

Kokuphi ukutya okucwangcisiweyo?

Ukutya okucwangcisiweyo kukutya okuthe kwatshintshwa isimo sako ngexesha lemveliso.



Zintoni izongezelelo?

Izongezelelo zongezwa ekutyeni ukuze ukutya kuhlale ixesha elide kungamoshakali. Xa ufunda oko kubhaliwe kwinkonkxa zokutya lumkela izongezo ezifana nepotassium kunye nephosphate ezithwele izongezelelo. Zona zifumaneka kuphela ekutyeni okucwangcisiweyo, umz, itshizi, i-noodles, isosi ezilungisiweyo.



Amacebo aluncedo

Sebenzisa ukutya okuveliswe yindalo nokuphekwe ekhaya, okuphekwe ngomphunga wamanzi, okubilisiweyo, okosiweyo okanye isityu.

Yintya iziqhamo endaweni yeziselo ezenziwe ngeziqhamo kunye utalise imifuno kumanzi adiki-diki.

Sebenzisa iziqholo zokutya ezifana neparprika, currypoder, cumin, coriander nephepha, igalikh kunye neherbs ezixutyiwe okanye ezincothulwe egadini.

Lawula unxano lwakho ngokumunca iiTyhubhu zomkhenkce kwaye ugcinke ukungenisa ulwelo ngendlela omiselwe ngayo.

