



Ngwanatsela 2022

(Setswana)

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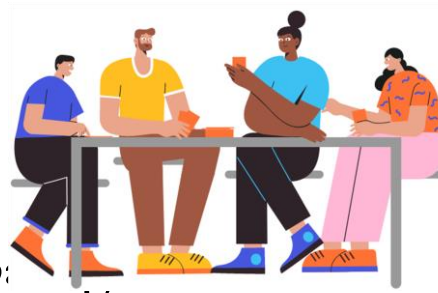
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Tsela ya go ja dijo tse di itekanetseng pelo

Maano a go ja sentle

Selma se gorogile, le maemo a bosa a futhumetse and matsatsi a boikhutso a sealemo a a tumetse, go botlhokwa go e la tlhoko dijo tse di itekanetseng pelo, ka go nne re a iketla le go ipelela ka nano e e tle dijo (Bona ditlha e o ka e dirisang tsa go tlhopa dijo tse di itekanetseng)

Dijo tse di itekanetseng go ya ka go tlhoka ga mo motto o o nang le bolwetse jwa pelo di botoka go feta go fokotsa metsi le letswai fela. Re tswela pelo ka motshameko wa dijo tsa bosigo, le mooki a fa baeng/balwetsi ka mokgwa wa go ja dijo tse di itekanetseng go re ba itse go itlhokomela fa ba na le bolwetsi jwa pelo le go gateletsa melaetsa e na kgafetsa-kgafetsa



Kopana le b:



Ernest G. Exchange

Ernest o mo game kea moorage ga go tshwarwa ke pneumonia e e mo tlogetseng a le bokoa e bile a lapile. Masole a gagwe a mmele a bokoa, e bile ga a na keletso ya dijo. Go tsuba cigarette le bronchitis e e sa feleng ga ntsi go mo baketse mathata a go hema a a sa foleng. Le fa a kile a be a itse go ikotlolla, o ile a tshwanelwa ke go fudugela mo lefelong le a tla thusiwa ka ditiro tsa letsatsi



Doris D. Knowledge

O ne a ipela ka go tsaya karolo mo dikokoano tsa botsalano le tsa kereke.

Kwa morago ga karo ya pelo ka ntlha ya mathata a bolwetse jwa ditshika tse dikgolo tsa pelo (coronary artery disease), go ne ga lemogwa go re on na le bolwetse jwa pelo ka a ne a hemelwa e bile a oketsa mmele ka 4,5kg. O ne a bolelela mooki wa gager go re ga a na kits ya meriana e a e tlhokang (di oketsang motlhapo, tse di fokotsang mafura le tse di thusang go re pelo e seka ya beletsa ka bonako) le go fetola dijo tsa gagwe (go fokotsa mafura a a omeletseng, go laola boima jwa dijo le go fokotsa letswai), o itse gore a ka isiwa bookelong kgotsa go fokotsa go dikokoano tsa botsalano fa a sa tsee tsa dikgakololo tsa mooki.





Angela A. Intolerance

O ntse a tswaregile kwa gae ka matla kgotsa tlhohlhometso tse di kwa tlase go di ra sepe kwa ntle ga ntl.

Mo malobeng o ne a rata dikokoano tsa botsalano, botlhoko bo bo sa feleng jwa leoto jo bo bakilweng ke bolwetse jwa mesifa kgotsa go swa bogatsu ga ditshikana ka ntlha ya bolwetsi ba sukiri o etsa go re a ikanye ya batho ba bangwe go mo thusa ka Ditiro tsa ntl le go reka dijo. O na le mathata ka ntlha ya bolwetsi jwa sukiri, diphelelo tsa meriana, le go fetola bodulo, tse di mo amileng maikutlo. E ne a le motho o o ratant go apaya le go kokoanela dijo tsa bosigo, jaanong ga a na kelotso mo dikokoanong tsa botsalano.

Tsela ya go ja dijo

Go thusa, go rotloetsa le go ruta baeng le go keteka selemo, o rulagana dijo tse di akenyetsang setso, madi le boitekanelo.

1. **Maungo le merogo e foreshe e mentsi ya mebala e e mo nakong go tshegetsa masole a mmele le pelo:** sebaka sengwe le sengwe sa thulaganyo ya mmele ya go lwantsha malwetse e tsibogang ka yone e ikaega ka di micronutrients. Dikao tsa dikotla tse di botlhokwa mo go goleng le masole a mmele ke vitamin C, vitamin D, zinc, selenium, iron, le poroteine ya tlhwatlhwa e e kwa godimo. Di fitlhelwa mo dojong tsa dijalo le diphologolo tse di farologaneng. Dijo tse di sa farologanang le tse dinang le dikotsa tse dinnye, ke tse di nang le dijo tse di sitsweng thata, di ka ama massale a mmele mo go sa siamang. Go dumelwa go re dojo tsa sekgoa the di nang le sukuri e ntsi le nama e khibidu e ntsi le maungo le merogo e e

kwa tlase di ka rotloetsa go fetoga ga dikokoana-tlhoko tse di itekanetseng tsa mala, molele/go ruruga ga mala go go sa foleng, tse di tsamaisanang le masole a mmele a a kwa tlase.

2. **Emisetsa mafura a a sa siameng (saturated le trans) ka mafura a a siameng (monounsaturated le polyunsaturated), go sametse pelo (bona pampiri ya tshedimosetso):** ka kakaretso, tlhopa dioli tse di nang le marufa a saturated a a kwa tlase ga 4 grams ka leswana, go sena mafura a partially hydrogenated kgotsa trans oils. O ka fitlhela dioli tse di nang le menkgo, leka dioli tse di farologaneng go filhela tse o di ratang. Mafura a mangwe a siametse mefuta e mengwe ya go apaya, leka go nna le mefuta e mentsi mo rakeng.
3. **Fokotsa go ja dijo tse di nang le letswai (sodium) le le ntsi, apaya dijo kwa ntlheng e be o fokotsa go ja dijo tse di sitsweng thata kgotsa tse di apeetsweng ruri,** ka go ka go go thusa go fokotsa sodium, go fokotsa blood pressure le go thibela tshimologo haebololate (HBP or hypertension)
4. **Akaretsa dithoro tse di sa silwang mo dijong tsa gago** ka gonne dithoro di na le dikarolo tse tharo - moroko, endosperm le germ - di go fang di-phytonutrients, di-vitamins, le di-antioxidant, tse di go sireletsang mo malwetseng a a sa foleng. Lekelela dithoro tsa bogologolo, ga di tshwane le korong, poone, le reisi, dithoro tsa bogologolo ga di isi di tsenyiwe mo hybridization kgotsa genetic modification; di jadiwa jaaka dingwaga tse sekete tse di fetileng. Di na le maina a a tlwaelegang jaaka teff, einkorn, emmer, amaranth, lebelebele, quinoa, reise e ntsho, barley e ntsho, le spelt. Di name dikotla tse di ntsi, ka nano nngwe poroteine, faeba le divitamin di di ntsi go feta dithoro tsa segompieno.



Dijo tso gago

Borotho ba mabele e le dithoro tsa bogologolo

Kgogo e gadikiwang mo mollong le surusamune le ditlhatsana

Salate ya chakalaka e e apeilweng mo game

Salate ya beetroot e nnyane e e besitsweng le cheese ya pudi

Dip ya di-chickpea tse di besitsweng

Salate e e tala ka matlhare a spinach a ma nnye, lettuce, mabowa a a selaesitsweng

Eie e e khibidu le salate dressing ya yoghurt ya low-fat



Mo lekwalong le la tshedimosetso jaaka fa re atamele nano ya kerešemotse go na le dintlha tsa go ja dijo tse di itekanetseng fa o ja kwa mafelong a go ja (restaurant)

Diresipi

Di-pancakes tsa mabele the di boleta

Dijo tsa resipi

- 1 le 1/2 dikomiki bupi jwa mabele
- 1/2 komiki bupi jwa reisi
- 1 le 1/2 maswana la tee la letswai
- 1 le 1/2 maswana la tee la rapid rise yeast
- 1 le 1/2 maswana la tee la metsi a a bothito
- 2 maswana a matute a surusamune (o ka itlhopela, mme e fa tatso e e monate)



Mokgwa wa go e tsa resipi

- Mo sejaneng, kgotsa mo sejaneng sa instant pot, tlhakanya bupi jwa mabele, bupi jwa reisi, sukiri, letswai le rapid rise yeast. Tshela metsi a a bothito e be o tlhakanya.
- Tsenya mo instant pot e be o e baya mo yoghurt mode for diura tse 1 le 1/2. Fa go kgonega, o tlhakenye mo tsamaong
- Fa o sena intant pot, tlhakanya motswko, o khurumnele, e be o o bea mo lefelong le le bothito (about 65 degrees) mo diureng tse 3.
- Motswako o tla bo o na le lefulo le bipulla fa o itekanetse. Tshela matute a surusamune o a tlhakanye fa o a dirisa.
- Futhumatsa cast iron kgotsa heavy skillet. E tshase mafura go le go nnye. Fokotsa mollo. Tshela leso la motswako (batter). khurumela e be o apaya metsotso e 3, ntsha setswalo, motswako o tla be o tia e bile pancake e tea tswa bonolo mo paneng. Fa e sa tswe, e fe sebaka nyana. E fetole e be o e apaya metsotswana e 20 -30. E bee fa thoko.
- Tswelela pele ka mokgwa o go fitlhela motswako o fela. Di je ka stew kgotsa di le bothito ka jam kgotsa setshaso sengwe le sengwe.

Kgogo e gadikiwang mo mollong le surusamune le ditlhatsana

Kgogo e e gadikiwang mo mollong le surusamune le ditlhatsana e e bonolo e monate, e e itakentse e bile e bonako mo dijong tsa bosigo mo selemong le dijo tse di bonolo

Dijo tsa resipi

Marinade:

- 1/4 komiki ya olive oil
- 1/4 komiki matute a surusamune
- Zest ya surusamune
- 2-3 garlic clove, e e kgabeletsweng
- 2 maswana a tee a thyme e foreshe
- 2 maswana a tee a rosemary
- 1 maswana a tee a oregano e e omisitsweng
- 1 maswana a tee a letswai
- 1 maswana a tee a pepper



Di-skewer

- 4 dikgara tsa kgoto tse di kgolo, di sena matlalo le marapo
- Skewers tsa kota di inetswe mo messing a a belang metsotso e 30.

Mokgwa wa go e tsa resipi

- tlhakanya di-ingredients tsotlhe tsa marinade
- Segella kgogo go nna dikarolwana tse bite-size e be o tsenya mo sejaneng. Tshela marinade, khurumela e be o tlogela metsotso e 30 go ya diura the 24, o khurumetse mo setsidifatsing.
- Tsenya kgogo e e marineitilweng mo di-skewers tsa kota kgotsa tsa tshipi
- Futhumatsa grill ya kwa ntle kgotsa ya grill pan ya setofo e be o apaya di-skewer, o di fetola morago ga metsotso e 3-5, go fitlha kgogo e butswa e le golden brown mo matlhakoreng a otlhe.

Salate ya chakalaka e e apeilweng mo gae

Dijo tsa resipi

- 1 leswana la oli
- 1 Eie e kgolo, e e selaisitseng
- 2 di-pepper tse khibidu, di kgabetleditsweng
- 1 cauliflower, in robagantswe mo malomong
- 1 leswana la garam masala
- 1 leswana la sukiri e brown e e boleta
- 5 ditamati, tse di kgolo di di kgabetleditswe
- 1 can dinawa tsa cannellini, e drainilwe le go tsokotsiwa
- 4 maswana a coriander e foreshe, e kgabetleditswe



Mokgwa wa go e tsa resipi

1. Futhumatsa oli mo paneng e e kgolo, e be o apaya eie le di-pepper go filtha di le boleta, go ka tsaya metsotso e 15. Fa o eme, steam cauliflower go filtha e le boleta mme e sentse e ka ngathega. E tsokotse ka metsi a maruru e be o e tlogela e gamolotsega.
2. Tshela garam masala le sukiri mo di-pepper o apeye metso e mennye. Tshela ditamati, fokotsa mollo o tswellele go apaya metsotso e 15. Ditamati di tlile go etsa moro wa salate. Fa di sa butswa sentle, tshela metsi a manye
3. Fa di budule, di tshela mo sejaneng se se gole e be o tshela dinawa le cauliflower. Noka. O ka tshela matute a surusamune. Fa go fodilem tshela coriander e be o tshola.

Salate ya beetroot e nnyane e e besitsweng le cheese ya pudi

Dijo tsa resipi

- 5 beetroot tse di mo magareng



- 1 drizzle ya olive oil
- Letswai le black pepper go nateffatsa
- 2 mae, a a tlhakantsweng
- 1/2 komiki all-purpose flour
- 1/2 komiki bread crumbs tse di omeletseng
- 1 (4 ounce) cheese ya pudi, e segeletswe gonna dikgolokwe tse di nnye
- 1 komiki oli ya canola
- 1 (8 ounce) packet ya matlhare a salate a a tlhakatlhakaneng
- 2 maswana a dipeo tsa sonebolomo tse di besitsweng, kgotsa go natefatsa (o ka itlhopela)
- 2 maswana a balsamic vinaigrette dressing, kgotsa go natefatsa

Mokgwa wa go e tsa resipi

1. Futhumatsa onto go 250 degrees F (120 degrees C).
2. Tshela olive oil mo di-beetroot e be o noka ka letswai le pepper. Potoka di-beetroot ka a aluminum foil e be o di baa mo sejaneng sa go baka se segolo
3. Besa di-beetroot go fitlha di tlabega bonolo ka thipa, metsotso e le 45 go ya diura tse 2, go ya ka bokima
4. Ntsha di-beetroot mo ontong e be o di fodisa go le gonnye. Di phuthulole, o bee matute a a mo aluminum foil. Di ntshe matlalo mo tlase ga metsi a a bothito, di kgabetlelle go nna di-cube e be o di tsenya mo sejaneng.
5. Tsenya mae, bupi le bread crumbs mo dijaneng tse tharo tse di farolonganeng. Di noke ka letswai le pepper.
6. Tsenya dikgolokwe tsa cheese tsa cheese ya pudi ka mae, bupi le bread crumbs mo matlhakoreng a otlhe. Tsenya dikgolokwe tsa cheese mo sejaneng e be o tsenya mo setsidifatsing go tia, metsotso e 5
7. Futhumatsa oli ya canola mo molona o medium mo paneng ya go foraya go filtha e sizzle. Tsenya dikgolokwe tsa cheese mo mafureng a a bollo go fitlha di le golden brown. Di ntshe mo oling o di bee mo sejaneng se se adilweng ka paper towels.
8. Ala matlhare a salate mo poleiteng ya go tshola o bee di-beetroot le dikgolokwe tsa cheese ya pudi. Gasa di peo tsa sonobolomo. Tshela balsamic vinaigrette dressing le matute a di-beetroot

Dip ya di-chickpea tse di besitsweng

Dijo tsa resipi

- 820 g tin ya chickpeas, e drainilwe mme metsi a beetswe ka thoko
- 2 cloves tsa garlic tse dikgolo, di kgabetletswe
- 75 ml oil ya sonobolomo kgotsa olive
- 5 ml dipeo tsa cumin seeds
- 5 ml cumin e e sitsweng
- 100 ml matute a surusamune
- 1/4 leswana la tee la letswai
- pepper e ntsho go natefatsa



Mokgwa wa go e tsa recipe

1. Futhumatsa onto go 180 °c e be o ala foil mo traing ya go baka e nnye. Phimola di-chickpeas ka paper towel. tlhakanya tin e le nngwe ya di-chickpeas le garlic, 30 ml (maswana a 2) oli le Dineo tsa cumin mo sejaneng.
2. Baa di-chickpeas tse di tshasitsweng ka oil mo traing ya go paka e be o besa metsotso e 15-20 kgotsa go fitlha di le golden brown
3. Ditshela mo sejaneng se segolo. Tshela di-chickpeas tse di setseng, cumin e e sitsweng le matute a surusamune. Tshela 50 ml ya metsi a di-chickpeas. Blenda go etsa motswako o o gorofa e be o noka. Tshela metsi a mangwe fa o batla dip e e boretha.
4. Tshola e le karolo ya dijo tsa motshegare ka merogo e e foreshe jaaka digwete, celery, cucumber le di-green beans. E monate gape fa e tshasitswe mo borothong, sandwich nngwe le nngwe kgotsa e le dip ya di wegde tsa pita ya whole-wheat

Ntlha e o ka e dirisang

1. Tshenya dip mo sejaneng se se tswalegileng sentle o e tsenye mo setsidifatsing
2. Fa o rata, tshela yoghurt e plain ya low-fat e nnye go etsa dip e lobebe (creamy)

Tshola ka

Salate e e tala ka matlhare a spinach a ma nnye, lettuce, mabowa a a selaesitsweng le Eie e e khibidu le salate dressing ya yoghurt ya low-fat





Batho ba re jang le bona le ditlhopo tse
ba ka di etsang di ka amang dijo tse re
dijang le go re re ja go le go kae

Solofela kgatello e o ka e utlwang go tswa go
batho ba o jang le bone

- Akantsha mafelo a go ja a a nang le dijo tse di itekanetseng tse mongwe le mongwe a ka di itumelelang
- Dira seipato sa go tswa mo tafoleng fa ba batho ba bangwe ba ja dijo tse o lehang go iphaposa mo go tsone
- Ka maitseo gana kgotsa jaa go le go nnye ba ja dijo tse o lehang go iphaposa mo go tsone kgotsa go di fokotsa. Jaa sekaenyana le go ja ka bonya.
- Simolola motlotlo– bolelela ditsala le ba losika ka mekgele ya ago ya go ja dijo tse di itekanetseng le matsapa a o a bonang fa o ja kwa ntle go re ba go tshegetse

LEANO

- ➔ PRulaganyetsa pele
- ➔ O seka wa fitlha o tshwerwe ke tlala
- ➔ kO dara pele o nne sekao
- ➔ Simolola go ja sentle
- ➔ EJaa o iketlile o ikhutse marageng a sekaenyana

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HEART FAILURE SOCIETY
OF SOUTHERN AFRICA

A SPECIAL INTEREST GROUP OF SA HEART®



Mafoko a a latelang a tthalosa dijo tse din and le dikhalori le mafura a saturated tse di kwa godimo

t:
FGo gadikiwa

Sautéed

Buttery

Go gadikiwa mo panenf.

Au gratin

Creamy

Scalloped

A la mode

Breaded

Crispy

Rich

Alfredo

Battered

Stuffed

The following words often describe dishes that are lower in calories and saturated fat:

Braised

Roasted

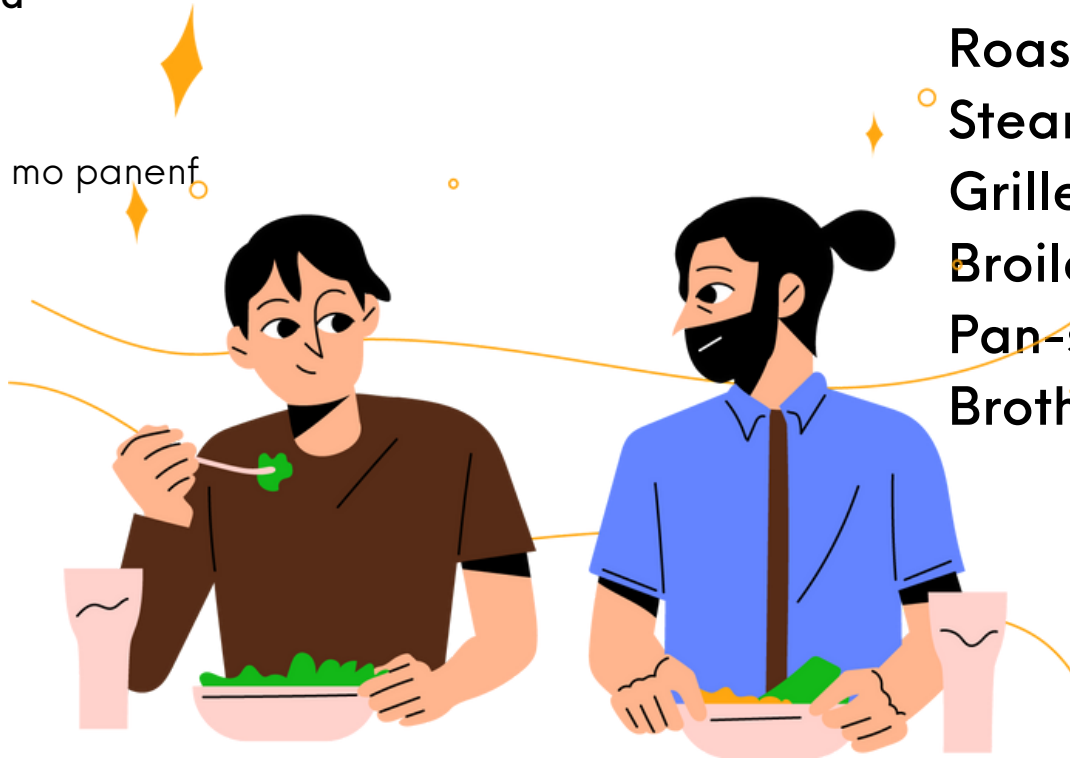
Steamed

Grilled

Broiled

Pan-seared

Broth



Go ela tlhoko bokao ba mafoko a mo go baakanyang fireside go ka go thusa go go kaele ka ditshwetso tsa gore o odara eng, le go re o fetole selekanyo kgotsa o aroganye, kgotsa o kope gore dijo di apewe ka mokgwa o mongwe

Tlhabanyetso ya menu
Tseno mo tseleeng: go ja lewa ntle

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Di-restuarant di kgona go fetola dijo tse bareki ba di odarang, o seka wa nna dithong go kopa. Maano a mabedi ke go laola dielo tsa dijo tse di nang le dikhalori tse di kwa godimo le go kopa dijo tse dingwe boemong jwa tseo

Taolo ya seelo: Dipotso tse o ka dibotsang server..

- Diyo tse di kana kang?
- A go na le seelo se se nnye?
- A nka tsa bontlhabongwe go ya gaef?
- Ke kopa dressing/sauce mo letlhakoreng.
- Re ja aroganya diyo tse.. A o ka aroganya diyo tse?

Seemelo: Dipotso tse o ka dibotsang server..

- A go na le borotho ba korong, reisi e brown kgotsa dithoro tse di sa silwang?
- A nka tlhopa salate kgotsa merogo go na le kgotsa mo godimo ga X?
- A nka tlhopa leungo go na le X?
- A nka odara kgogo e ntsi go na le bacon mo salateng?

Itlhomele, o seka wa ithibeleda mo letlhakoreng le le ngwe la menu. Fa o sa bone dijo tse di sa tsamaisaneng le leano la gage kgotsa tatso, o ka aga dijo go tswa mo di-sides kgotsa dijana tse di nnye.

Mafura otlhe ga a dirwa ka go lekana

Mafura a doo a botlhokwa go tshegatsa metabolism, pholo ya boko le thulaganyo ya ditshika, go supa ga di-cell, masole a mmele, go etsa di-hormone, and the absorption, le go monya di-vitamin tse di rarabololwang mo mafureng - mme marura ga a dirwa ka go lekana. Dijo di na le mafura a a farologaneng, mme dijo tse dingwe di na le mafura a a itekanetseng go Geta a mangwe. Go tlhopa dijo tse di nang le mafura a a itekanetseng le go fokotsa mafura a a sa itekanelang e le karolo ya dijo tsa dijalo go ka tokafatsa pholo.



MAFURA A SATURATED (a tiile mo themperetšhareng ya ntlo)

A ama mmele: a ka oketsa LDL cholesterol le go oketsa mathata a bolwetse jwa pelo
Nako ya go tlhopa: Jaa a tekanyo
Meedi ya dijo: Nama e e sitsweng, nama e e processed (sausage, bacon, hot dogs, Nama ya deli jack salami), maws a full-fat le cheese, bototo ghee, oli ya palm oil, oil ya palm kernel, coconut oil



MAFURA A TRANS (a tiile mo themperetšhareng ya ntlo)

A ama mmele: a ka oketsa LDL cholesterol le go fokotsa HDL cholesterol. Go ja mafura a trans go amana le go oketsa mathata a bolwetse jwa pelo.
Nako ya go tlhopa: Mafura a trans fats ga a tshwanelwa go jewa.
Meedi ya dijo: Dijo tse di ka “dioli tse di-partially hydrogenated”, mafura a a tiileng, dijo tse di bakilweng (dibiskiti, di-muffin, dikuku, di-cracker), frosting ya ko lebentleleng, di-mix tsa drycake/pastry, le dijo tse digne tse di gadikilweng



MAFURA A MONOUNSATURATED (a elela mo themperetšhareng ya ntlo)

A ama mmele: A ka fokotsa LDL cholesterol le go fokotsa Mathaha a bolwetse tea pelo fa a dirisiwa mo lefelong la mafura a saturated le trans.
Nako ya go tlhopa: Tlhopa go le gantsi mo boemong jwa dijo tse di nang le mafura a saturated kgotsa trans.
Meedi ya dijo: Oli ya Olive, oli ya avocado, oli ya sesame, oli ya peanut, oli ya canola, di-oli tsa safflower le sonebolomo tse di nang le oleic e e kwa godimo, di-avocado, matokomane, matokomane a ditlhare (di-almond, di-cashew, di-hazelnut, di-pistachio, di-pecan), dipeo (lephutshe le sesame)



MAFURA A POLY-UNSATURATED FATS (a elel mo themperetšhareng ya nt)

A ama mmele: A ka fokotsa LDL cholesterol le go fokotsa Mathaha a bolwetse jwa pelo fa a dirisiwa mo lifelong jwa mafura a saturated le trans.. Mafura a olyunsaturated a akaretsa mafura a omega-3 fats le omega-6, a a botlhokwa ka gonne a tshwenetswe go fitlhelelwa ka dijo.
Nako ya go tlhopa: Tlhopa go le gantsi mo boemong jwa dijo tse di nang le mafura a saturated kgotsa trans.
Meedi ya dijo: Tlhapi ya mafura (salmon, trout, herring, mackerel, sardine), di-walnut, flaxseed e e sitsweng, di-ichia seed, oli-canola, oli ya matokomane, oli ya flaxseed, di-oli tsa safflower le sonebolomo tse di nang le linoleic e e kwa godimo kwa tshimologong, oli ya poone, oli ya soyal



Dithoro tse di sa silwang di na le dikotla jaaka di-minerals, di-vitamin B le E, le faeba. Dina gape le di-antioxidant le di-phytochemical tse di lwantshang malwetse. Dipatlisiso di bontsha go re dithoto tse di sa silwang di thusa go fokotsa go tshwarwa ke kankere (bogolo ya mala a matona) blowetse jwa pelo, stroke, bolwetsi jwa sukiri le go nona go go feteletseng.

	DIJO [1 KOMIKI E E APELILWENG]		Ke motswedi wa:	
REISI E BROWN	Di-Calorie	200	magnesium	
	Dikhabohaet	43 g	phosphorus	niacin
	ereite	3 g	selenium	thiamin
	Faeba	5 g	manganese	vitamin B6
QUINOA*	Poroteine	222	poroteine	
	Calories	39.4 g	faeba	copper
	Carbohydrate	5.2 g	magnesium	manganese
	Fiber	8.1 g	phosphorus	thiamin
	Protein			folate
OATS	Calories	166	poroteine	
	Carbohydrate	28 g	faeba	phosphorus
	Fiber	4 g	iron	potassium
	Protein	6 g	magnesium	manganese
				zinc
BUCKWHEAT*	Calories	155	poroteine	
	Carbohydrate	34 g	faeba	copper
	Fiber	4.5 g	magnesium	manganese
	Protein	5.7 g	phosphorus	riboflavin
				niacin
MABELE*	Calories	228	poroteine	
	Carbohydrate	56 g	faeba	manganese
	Fiber	1 g	phosphorus	selenium
	Protein	7 g	potassium	vitamin B6
BARLEY	Calories	193	poroteine	manganese
	Carbohydrate	44 g	faeba	riboflavin
	Fiber	6 g	magnesium	niacin
	Protein	3.5 g	copper	
BULGUR [korong]	Calories	151	poroteine	manganese
	Carbohydrate	34 g	faeba	niacin
	Fiber	8.2 g	magnesium	
	Protein	5.6 g	phosphorus	
FARRO [korong]	Calories	220	poroteine	iron
	Carbohydrate	48 g	faeba	copper
	Fiber	10 g	magnesium	manganese
	Protein	12 g	phosphorus	niacin

Mokqwa wa go apaya dithoro tse di sa silwang

le dika-dithoro

Tshedimosetso e e tswere kwa websote ya Oldways Whole Grains Council. The Whole Grains Council ke mokgatlo wa bareki wa go tlhoka pelo ga ntshokunothoro o o rotloetsang batho ja dithoto tse di sa silwang go tlhabolola maphelo [wholegrainscouncil.org]

Thoro	SEEDI	NAKO YA GO APAYA	MATSWELO
1 c. Reisi e brown	2 ½ dikomiki	25-45 metsotso (e a farologana)	3 dikomiki
1 c. Quinoa	2 dikomiki	12-15 metsotso	3 dikomiki
1 c. Oats, steel cut	4 dikomiki	30 metsotso	3 dikomiki
1 c. Buckwheat	2 dikomiki	20 metsotso	4 dikomiki
1 c. Sorghum	4 dikomiki	25-40 metsotso	3 dikomiki
1 c. Barley, hulled	3 dikomiki	45-60 metsotso	3 ½ dikomiki
1 c. Bulgur	2 dikomiki	10-12 metsotso	3 dikomiki
1 c. Farro	2 ½ dikomiki	25-40 metsotso	3 dikomiki

Nako ya go papayae ka farologangwa ke seedi se se dirisitsweng

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HEFSSA
HEART FAILURE SOCIETY
OF SOUTHERN AFRICA

A SPECIAL INTEREST GROUP OF SA HEART®