



# UMBIKO WEZINDABA

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## ISIZATHU ESENZA IBHULAKIFESI LIBE INDLELA ENHLE KAKHULU YOKUQALA USUKU LWAKHO

Septemba 2018

Sekuyisikhathi eside ukubaluleka kwebhulakifesi kuyinto esemqoka, futhi umkhuba wokudla ibhulakifesi ubulokhu uwuphawu lwendlela yokuphila enemphilo. Kodwa, uma kukhona ukudla abantu abakweqayo, cishe yibhulakifesi. Kungani?

Kunezaba eziningi. “Asikho isikhathi esanele ekuseni.” “Ngiyawazonda amaqanda/idokwe, amasiriyeli.” “Ngisuke ngingalambile uma ngivuka.” “Ngizama ukunciphisa umzimba.”

Ngokokuqala ngqa, ukubambisana kabanzi kozakwethu bezempilo, kubandakanye iMinyango Yezempilo Kazwelonke Neyesifundazwe, baye bavumelanisa Isonto Lokondleka Likazwelonke kusukela ngomhla ka-9 - 15 ku-Okthoba neSonto Lokukhuluphala Likazwelonke (i-NNOW) kusukela ngomhla ka-15 - 19 Okthoba 2018 ukuze bagqugquzele umyalezo ohlanganyelwe nobaluleke kakhulu wokuthi ibhulakifesi liyindlela enhle kakhulu yokuqala usuku lwakho!

Ukudla ibhulakifesi elinomsoco njalo kunomthelela emandleni obuchopho nawomzimba usuku nosuku. Futhi kunomthelela empilweni ngokuhamba kwesikhathi ngoba ucwaningo lubonisa ukuthi kunciphisa isifo senhliziyo nesifo sohlangothi, umfutho ophakeme wegazi nesifo sikashukela soHlobo 2. Futhi ukweqa ibhulakifesi akusho ukuthi umuntu uzonciphisa umzimba. Empeleni, kunocwaningo olubonisa ukuthi ukungalidli ibhulakifesi kungadala ukuzimuka ngoba abantu abeqa ibhulakifesi cishe badla amasnekhi atholakala kalula kodwa angenamsoco ukuze bakwazi ukulinda isikhathi selantshi. Futhi bangase bangalinganiseli nasemthamweni abawudlayo ngelantshi ngoba nje sebefile yindlala.

**Nazi izisombululo zezizathu ezithile ezivamile ezenza abantu baseNingizimu Afrika beqe ibhulakifesi:**

**Kuyaphuthuma ekuseni, akunasikhathi** – Vele, ekuseni sisuke siphuthuma kunakusihlwa. Kunzima ukukhululeka futhi ujabulele ukudla uma ucabanga yonke into okufanele yenziwe ngalolo suku futhi ucindezela yisikhathi. Kodwa-ke, kudinga ukuhlela nje okuthile nokuzilungiselela ukuze ufake ibhulakifesi. Kuyasiza ukulungiselela ibhulakifesi kakhulu ngendlela ongakwazi ngayo ngobusuku obungaphambili. Ngaphambi kokuyolala, lungiselela ibhulakifesi ekhishini lakho. Thambisa i-oats futhi usike izithelo ukuze ungakwenzi ekuseni. Pheka iphalishi eliningana langakusasa ekuseni uma upheka ukudla kwakusihlwa, noma ubilise amaqanda ngayizolo. Ukuhlela kungenza ibhulakifesi lisheshe futhi libe lula.

**Angikuthandi ukudla okuvamile kwebhulakifesi** – Abantu abaningi bayakuthola aakuthandayo ekudleni okuningi esivame ukukudla ngebhulakifesi, kodwa kubalulekile ukukhumbula ukuthi ayikho imithetho engashintshi. Akunandaba ukuthi udla izinto ezifanayo ezidliwa abanye ngebhulakifesi – okubalulekile ukuthi ube nesiqalo esinempilo sosuku. Lokhu kusho ukuthi udle ukudla okunesitashi okungagayiwe kakhulu, izithetho noma imifino bese uyihlanganisa nokunye ukudla okungenani okukodwa. Isibonelo, iphalishi namasi, isinkwa esinsundu nenhlanzi, izithelo neyogathi engenamafutha engafakiwe ushukela. Ubhontshisi osale ngayizolo ungasetshenziswa esemishini lesinkwa esinsundu ube yibhulakifesi eliphambili. Kunokudla okuningi okubizayo okuthiwa kulungele ibhulakifesi, kodwa okungenamsoco – kunamasiriyeli ebhulakifesi nama-cereal bar namakhekhe, ojamu nezinto zokugcoba ezigcwele ushukela okufanele sizigweme.

**Kungithatha isikhathi ukuthi ngiphaphame kahle, angizizwa ngifuna ukudla ekuseni kakhulu** – Yize ibhulakifesi “liwukuqeda ukuzila ukudla” phakathi kwesikhathi sokulala eside nelantshi, kunabantu abaningi abasingabazayo iseluleko esithi ubokudla noma ungalambile. Okubalulekile ukukhumbula ukuthi ibhulakifesi lingadliwa engakapheli amahora ama-3 ngemva kokuvuka. Akudingeki ukuthi uhlale phansi udle umdokwe ngo-5:30 ekuseni ukuze kuthiwe udle ibhulakifesi. Ungacaza ibhulakifesi lakho isikhathi esingamahora amathathu ngemva kokuvuka inqobo nje uma ungabheki ushokoleli noma ama-chips “njengebhulakifesi”. Ungaqala ngeyogathi enengcosana yamafutha, engenashukela ngo-6 ekuseni ngaphambi nje kokuphuma ekhaya; yidla ubhanana uma usendleleni eya emsebenzini cishe ngo-7 ekuseni bese udla isemishi lebhotele lamantongomane nesinkwa esinsundu ngo-7:45 ekuseni ngaphambi kokuqala umsebenzi.

**Kulula ukuziba ibhulakifesi futhi ngeqa ukudla okuthile ukuze nginciphise umzimba** – Kubalulekile ukuthi labo abazimukile nabakhuluphele balandele uhlelo lokunciphisa umzimba olunengqondo noluzoba nemiphumela beqondiswa yizazi zokudla ezibhalisiwe. Kunocwaningo oluningi olubonisa ukuthi izingane, intsha nabantu abadala abadla ibhulakifesi banemiphumela engcono yesisindo nengcuphe ephansi yokuzimuka nokukhuluphala. Ukweqa ibhulakifesi kungaholela ekukhetheni ukudla okungenamsoco kodwa okutholakala kalula umuntu angakuzama egijima ukuze nje alinde ilantshi. Lokhu kudla ngokuvamile kugxishwe ushukela ongagayiwe, amafutha nosawoti. Futhi kungaholela ekudleni kakhulu ilantshi nedina ukuze uvale isikhathi sebhulakifesi.

**Kuthiwani ngezingane nebhulakifesi?** – Lona umbuzo obaluleke kakhulu. Njengabazali nabanakekeli, siyizibonelo zezindlela zokuphila ezinempilo esithemba ukuthi izingane zethu zizozilandela ukuphila konke. Ucwano lubonise ukuthi izingane ezidla ibhulakifesi zenza kangcono esikoleni kunezingane ezileqayo. Ukudla ibhulakifesi kunomthelela osheshayo, omuhle ekusebenzeni kwengqondo, ikakhulukazi inkumbulo nokugxilisa ingqondo. Abazali banethonya elikhulu ekutheni izingane zikwenza kube umkhuba yini ukudla ibhulakifesi, futhi ucwano lubonise ukuthi ingane eyo-1 kwezi-5 eNingizimu Afrika ziyaleqa ibhulakifesi. Kuyasiza ukwenza

ibhulakifesi libe umkhuba womndeni futhi ubandakanye izingane ekulungiseleleni ibhulakifesi futhi nidle ndawonye. Abazali nabo badinga ukuqinisekisa ukuthi izinto zokulungiselela ibhulakifesi ezithandwa yizingane zabo ziyatholakala endlini.

Ozakwethu abasekela i-NNOW – ADSA (Association for Dietetics in South Africa), i-Nutrition Society of South Africa (NSSA), i-Heart and Stroke Foundation South Africa (HSFSA), i-Consumer Goods Council of South Africa (CGCSA), i-Cancer Association of South Africa (CANSAs), i-Consumer Education Project of Milk SA, uMnyango Wezemfundo Eyisisekelo (DBE) neZinkonzo Zezempilo Yamasosha AseNingizimu Afrika (SAMHS) – bayavuma ukuthi ukudla ibhulakifesi njalo kunezinzuzo eziningi zezempilo. Ukuhlela ibhulakifesi, kusukela ekwenzeni izinhlelo zokudla nebhajethi lokudla ukuya ekuthengeni ukudla okungabizi, okunomsoco nokukulungisa ebusuku obandulelayo, kungasiza ekutheni ukugwema ibhulakifesi kungabi yinkinga. Uma wenza ibhulakifesi libe yingxenye ebalulekile nejabulisayo yomndeni wakho, isibonelo nokuziphatha kwakho okunempilo ngeke nje kube yinzuzo ezinganeni zakho kuphela ngesikhathi zisafunda esikoleni, kodwa kungaba umkhuba onempilo wokuphila konke.

Ukuze uthole ulwazi oluthe xaxa lokuthi kungani “ibhulakifesi liyindlela enhle kakhulu yokuqala usuku” vakashela ku-[www.nutritionweek.co.za](http://www.nutritionweek.co.za)

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#### IYAPHELA

Ikhishwe egameni le-:

Ikhishwe yi-:

Okungaxhunyanwa naye:

Isonto Lokondleka Nokukhuluphala Likazwelonke

liquidlingo Communications

Jackie Busch

+27 82 376 4446

[jackie@liquidlingo.co.za](mailto:jackie@liquidlingo.co.za)