



South African Hypertension Society o Etleetsa Tekanyo ya Kgweedi ya Motsheganong ya MMM

Pampiri ya Tshedimosetso ya Tsela ya go Tshela Sentle go Kgatelelo ya Madi e e Siameng



Fokotsa Mafura le Sukiri

Ka metlha leba leibole ya dijo fa go kgonega mme o elothoko thata ka mafura a a tseentsweng dikhemikhale kgotsa mafura 'trans', gammogo le disukiri tse di 'fitlhlweng' ka go bidiwa ka maina a mangwe a a tshwanang le sucrose, dextrose, fructose, le glucose. Di ka bonwa gantsi mo dilong tse di tshwanang le dijuse tsa maungo le dino tse di fizzy.



Ikatise Mmele ka Metlha

Ikaelele palogare ya 30 metsotso ka letsatsi. Go ikatise mmele go re gonne mosola, o tshwanetse go ikutlwa o le bothitho, o hema ka thata, mme pelo ya gago e tshwanetse go itaya ka bonako go feta ka tlwaelo.



Tsenya Beetroot go Tseleng o Jang ka Yona.

Wa ka metlha mono wa matute a beetroot go lemogilwe gore go thusa go fokotsa kgatelelo ya madi.



Ja Maungo a Mantsi le/kgotsa Merogo Tsatsi le Letsatsi

Ja merogo e e sa apeiwang kgotsa e fufuditsweng go sekae, go na le go e bedisa go bona dikotla di dikgolo. Tila go gadika fa go kgonega.



Fokotsa go tsa Caffeine

Gakologelwa gore caffeine e fitlhelwa mo dinong tse di fizzy gammogo le kofi le tee.



Itekanyetse Mmele o Siametseng Botsogo

Fela ka go dira se go thusa go dira goya tlase ga kgatelelo ya madi.



Fokotsa Letswai

Fokotsa goja letswai. Se lebala gore letswai le lentsi le fitlhegile mo dijong tse di sidilweng thata mme le lentsi thata mo marothong a mantsi, di-cereal, disopo le di-sauce. Fa go kgonega, bala leibole ka metlha. Go ja dijo tsa mafura-tlase go akaretsang go ja dijo tse di nang le faeba, tse di tshwanang le borotho, pasta, rice le mabele go lemogilwe fa di thusa go fokotsa kgatelelo ya madi.



Tlogela go Goga Motsoko

Ditshika tsa gago di thibana ka bonako fa o goga motsoko mme seno se baka mathata a mantsi a botsogo. Kgatelelo madi ya gago e ya tthatloga fa o goga motsoko.



O se ka wa Nwa Bojalwa bo le Ntsi

Ngaparela go tsa nageng ya lona tse akantshang letsatsi le letsatsi - gantsi bonnye jwa tse 2 dino mabapi le banna le 1 mabapi le basadi (ele 1 seno = biri kana beine).



Itapolose

Go ngomoga pelo go nna le seabe mo go tthatloseng kgatelelo ya madi. Jalo, tila go ngomoga pelo fa go kgonega mme iphe nako ya go ikhutsa fela.



Ditlhatlhubo tsa ka Metlha

Nna le kgatelelo ya madi e lekalekantshweng ke ba ikatiseditseng tsa kalafi ka metlha.



www.hypertension.org.za
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