



# I-Southern African Hypertension Society isekela Iphepha Leminingwane Yesikalo sango MMM

## Sendlela Yokuphila Enempilo Lomfutho Wegazi Onempilo



### Yehlisa Amafutha Kanye Noshukela

Hlola njalo ilebula ekudleni lapho kungenzeka khona futhi uqaphele ikakhulukazi amafutha ahlanganiswe nge-hydrogen noma a-'trans', kanye noshukela 'ofihliwe' njengamanye amagama afana ne-sucrose, i-dextrose, i-fructose, ne-glucose. Loshukela ungatholakala ngokujwayelekile ezintweni ezifana nejusi eyenziwe ngezithelo neziphuzo ezizoyizayo.



### Nciphisa Usawoti

Yehlisa ukudla kwakho usawoti. Ungakhohlwa ukuthi usawoti omningi ufihliwe ekudleni okugayiwe futhi uphezulu kakhulu ezinkweni eziningi, okusanhlamvu, amasobho namasosi. Uma kungenzeka, funda ilebuli njalo. Ukudla ukudla okunamafutha aphansi okuhlanganisa i-fibre eningi, njengesinkwa, i-pasta, ilayisi kanye nokusanhlamvu nakho kutholakale kusiza ukwehlisa umfutho wegazi.



### Zivocavoce Njalo

Zama okungenani imizuzu engu-30 ngosuku. Ukuze ukuzivocavoca kube nomzuzo, udinga ukuzwa ukufudumala, ukuphefumula kakhudlwana, futhi inhliziyo yakho idinga ukuthi ishaye ngamandla kunokujwayelekile.



### Yekela Ukubhema I-Tobacco

Imithambo yakho ivaleka ngokushesha nakakhulu uma ubhema futhi lokhu kudala ezinye izinkinga eziningi zempilo. Umfutho wegazi lakho uyakhuphuka ngempela ngenkathi ubhema.



### Faka I-Beetroot Ekudleni Kwakho

Ukusetshenziswa njalo kwejusi ye-beetroot kutholakale ukuthi kusiza ukwehlisa umfutho wegazi lakho.



### Ungabuphuzi Utshwala Obuningi

Landela izincomo zansuku zonke zendawo - ngokuvamile ngaphansi kweziphuzo ezingu-2 emadodeni kanye nesisodwa kubantu besifazane (isiphuzo esisodwa = ubhiya omncane noma iwayini).



### Idla Izithelo Eziningi kanye/noma Imifino Nsuku Zonke

Yidla imifino eluhlaza noma ephekwe ngesitimu kancane, kunokuba ibilisiwe, ukuze uthole umsoco omningi. Gwema ukuthosa lapho kungenzeka khona.



### Khululeka

Ukucindezeleka kunomthelela ekunyuseni umfutho wegazi. Ngakho-ke, gwema ukucindezeleka lapho kungenzeka futhi uvumele isikhathi sokuphumula.



### Yehlisa I-Caffeine Oyiphuzayo

Khumbula ukuthi i-caffeine itholakala kwezinye iziphuzo ezinoshukela nasekhofini nasetiyeni.



### Ukuhlolwa Okuvamile

Igazi lakho kumele likalwe nguchwepheshe wezempilo oqeqeshiwe njalo.



### Gcina Isisindo Somzimba Esinempilo

Ukwenza lokhu nje kungasiza ekwehliseni umfutho wegazi ophezulu.



[www.hypertension.org.za](http://www.hypertension.org.za)  
[MayMeasure.org](http://MayMeasure.org)

I-Southern African Hypertension Society isekela Iphepha Leminingwane Yesikalo sango MMM Lomfutho Wegazi Onempilo

