

## UKUDLA

*Uma unakekela umuntu onokuwohloka komqondo uyofuna ukuqinisekisa ukuthi uyakujabulela ukudla kwakhe nokuthi udla ngendlela enempilo, enazo zonke izakhi-mzimba ezidingekayo. Kodwa kwabanye, lapho ukuwohloka komqondo wabo kuqhubeka, izikhathi zokudla ziyabacindezela. Nanka amacebiso ambalwa.*

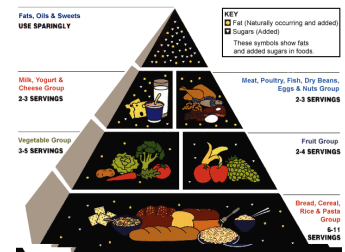
Isimiso esizolile nesingaguquguquki siyamqinisekisa umuntu onokuwohloka komqondo. Izikhathi zokudla kufanele zibe ezikhululekile nezingaphuthumi. Zama ukumnika isikhathi esanele sokudla futhi uqinisekise ukuthi akunaziphazamiso.

Ngokuvamile kuba nezinguquko endleleni umuntu adla ngayo lapho loku kuwohloka komqondo kuqhubeka.

### Ukuba nenhliziyo emnyama

Kunezizathu eziningana ezenza umuntu onokuwohloka komqondo abe nenhliziyo emnyama futhi abonakale engenaso isifiso sokudla.

- Lapho le nkinga isaqala, abanye abantu baphelelwa isifiso sokudla ngoba becindezekile ngokomzwelo. Ukucindezeleka ngokomzwelo kuvame kakhulu futhi kuyaqondakala. Kunemithi yokwelapha ukucindezeleka ngokomzwelo ephumelelayo, ngakho uma usola sengathi lo muntu unale nkinga, bonana nodokotela wakho. Lapho ukucindezeleka ngokomzwelo kuphela, kufanele sibuye isifiso sokudla.
- Angase acabange ukuthi usedlile
- Kungenzeka unenkinga yamazinyo okufakelwa angahlezi kahle noma izisini zakhe zibuhlungu. Zonke lezi zinto zingenza athunukale lapho edla. Uma kunjalo, cela udokotela wakho wamazinyo amhlole.



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Ukungawunakekeli kahle umlomo wakhe.

Uma umuntu engasebenzi kakhulu emini angase angazizwa elambile. Kufanele akhuthazwe ukuba asebenze futhi avivinye umzimba.



Lapho ukuwohloka komqondo sekusesigabeni sokugcina lo muntu angase angakwazi ukuqonda ukuthi ukudla okuphambi kwakhe kubekelwe ukuba akudle, ngisho noma kusobala ukuthi ulambile. Lokhu kungenxa yokuthi izinzwa zobuchopho bakhe zilimele futhi imiyalezo ayisafinyeleli lapho ithunyelwa khona. Kungase kudingeke ukuba ulokhu umkhumbuzwa ukuba adle noma ngisho umfunze ngesandla sakhe.

Ref. Food.gov.uk

Ukuhlafuna nokugwinya kungase kube yinkinga njengoba ukuwohloka komqondo kuqhubekela phambili. Uma kunjalo lokhu, kungaba usizo ukuthola usizo lukachwepheshe wezokukhuluma. Udokotela wakho angakuxhumanisa naye.

Uma lo muntu ehlala yedwa ungase uthole ukuthi akakudli ukudla omnika kona. Angase aqale ukukufihla ukudla.

Ukudla okulethwa ngemoto ngeke kusasiza ngoba angase akhohlwe ukukudla lokho kudla okulethiwe. Lezi izimpawu zokuthi udinga usizo olwengeziwe. Kungenzeka ukuba ahlelelwe abanakekeli abahambela amakhaya ukuba bamhambele ngezikhathi zokudla futhi bamphekele ukudla noma bahlale naye lapho edla.

Izifo ezingamahlalakhona, ngokwesib. Ukuhlushwa isisu, isifo sikashukela nazo zingabangela inhliziyo emnyama

### Ukudla ngokweqile

Ngezinye izikhathi umuntu onokuwohloka komqondo angase adle ukudla okuningi kakhulu kunalokho akudingayo. Lokhu kungabangelwa yizinguquko eziba khona ebuchosheni ezidalwa yile nkinga futhi ngokuvamile kuba yinto yesikhashana nje.

Kwezinye izimo, ukudla ngokweqile kubangelwa ukukhohlwa. Lo muntu angase akhohlwe naye ukuthi usedlile – ngisho noma esanda kudla.

Uma umuntu edla ngokweqile, kungaba kuhle ukunciphisa isilinganiso sokudla akunikezwayo; ngaphandle kwalokho uyoba senkingeni yokuqunjelwa ngemva kokudla kanti angase futhi azimuke

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kakhulu.

Abantu abanokuwohloka komqondo bavame ukubonakala bekhetha ukudla okunamakhobho hayidrethi nokunoshukela. Kungenzeka ukuthi izinzwa zabo zokunambitha zishintshile futhi bathola lokhu kudla kubaphatha kahle. Nokho, kubalulekile ukuba ukudla kwakhe kube nazo zonke izakhi-mzimba ukuze abe nempilo enhle.

Ngezinye izikhathi umuntu angase abonakale ephoqelekile ukuba afune futhi adle noma yiluphi uhlobo lokudla. Kudingeka uqaphele uma enale nkinga ngoba, ngaphandle kokuthi udla ngokweqile, angase adle futhi aphuze nezinto eziyingozi ezingase zibonakale zinjengokudla noma aphuze uketshezi olugcinwe emabhodleleni kanemenayidi, njengezinto zokucupha iminenke nophalafini.

Beka noma yini ongafuni ukuba idliwe endaweni esithekile noma engafinyeleleki.

Zama ukususa umqondo walo muntu ekudleni noma uthole omunye umsebenzi ojabulisayo angawenza esikhundleni sokudla.

Uma lo muntu ehlale efuna ukudla, zama ukumnika ukudla okulula okungakhuluphalisi njengezithelo noma imifino engaphekiwe.

### **Ukulondoloza umuzwa wokuzimela**

Kubaluleke kakhulu ukukhuthaza lo muntu ukuba azidlise uma nje esakwazi ukwenza kanjalo. Imikhuba yokudla ingase iwohloke ngoba eyikhohlwa noma ngoba eseqalwa yinkinga yokungahambisani kwezitho zomzimba nokushiwo ubuchopho. Kuzodingeka uvumelane nesimo futhi ubekezele.

Zama ukushintsha eyakho indlela yokwenza futhi ugxile ezidingweni zomuntu onokuwohloka komqondo.

- Lokhu kusho ukuthi kumelwe uzame ukungakhathazeki ngokuthi uyangcolisa. Sebenzisa umqondo ubone ukuthi iziphi izinyathelo ongazithatha zokudambisa isimo ngokusebenzisa izindwangu zasetafuleni zepulastiki, namaseviyethe ukuze uvikele izingubo futhi usebenzise izitsha ezisandishi esikhundleni samapuleti.

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- *I-occupational therapist* ingase ikweluleke ngezinto ezingasiza ngesikhathi sokudla njengomata abangasheleli okubekwa kubo izitsha zokudlela, amapuleti anamathelayo etafuleni ukuze angasheleli aye le nale nezinto zokudla ngazo ezinezibambo ezibambeka kalula. Ungase uthintane ne-*occupational therapist* ngosizo lukadokotela wakho, uMtholampilo noma iSikhungo Sezempilo Somphakathi.
- Uma umuntu ekuthola kunzima ukubamba izinto zokudla ngazo, mnike ukudla angakudla ngesandla njengamasameshi amancane agxishwe ngezinto ezinomsoco. Lokhu kungase kufaneleke kubantu abangahlaliseki futhi abangasakwazi ukuhlala etafuleni baze baqede ukudla.

#### Izinkinga ngokudla

- Abantu abanokuwohloka komqondo bavamise ukuba nezinkinga ngokudla. Ngokwesibonelo, lo muntu angase enqabe ukuvula umlomo, angase angawuvuli umlomo wakhe aze akhunjuzwe; angase awuvule umlomo kodwa angagwinyi, noma akukhafule ukudla.
- Angase angavumi lapho umuntu ezama ukumfunza futhi amchilize, angase akuchithe ukudla noma amfulathele. Lokhu kungase kubangelwe ubuhlungu abuzwayo emlonyeni noma kubangelwe ukulimala kobuchopho. Akuzona izimpawu zokuthi uzimisele “ukucasula wena” noma ukuthi uzenza inkinga ngamabomu. Hlola umlomo wakhe ukuze uqiniseke ukuthi ukugwinyile ukudla.
- Uma kudingeka umfunze, zama ukufaka ukudla esandleni sakhe bese usiqondisa emlonyeni wakhe, umenze abandakanyeke kule nqubo yokudla. Ungalokothi uzame ukumfunza lapho ephazamisekile noma lapho elele njengoba kungase kube nengozi yokuxhilwa ukudla. Hlale ubheke isimo somzimba wakhe futhi ufunde indlela yokumsiza lapho ebindwa ukudla.

#### Ukudla okunempilo

Kubalulekile ukukhuthaza lo muntu ukuba adle ukudla okunazo zonke izakhi-mzimba. Angase adideke ngokwengeziwe noma agule uma engazitholi izakhi-mzimba ezithile ezidingekayo. Bonana nodokotela wakho, aboMtholampilo noma iSikhungo Sezempilo Somphakathi uma lokhu kuyinkinga. Udokotela, aboMtholampilo noma iSikhungo Sezempilo Somphakathi bangase banqume ukuthi anikezwe yini amavithamini noma ezinye izithasiselo zokudla.

Phakathi nesigaba sokugcina, abanye bathandiswa ukudla okuthile. Kuyamangalisa ukuthi ukudla okunongwe kakhulu yiko okuthandwayo kulesi sigaba. Lokhu kusukela ekulimaleni kobuchopho.

Ukuqunjelwa kuyinkinga evamile, ikakhulu esigabeni sokugcina sokuwohloka komqondo futhi kungamenza adideke ngokwengeziwe.

Qiniseka ukuthi lo muntu udla ukudla okumahhadlahhadla nokuthi uphuza amanzi amaningi. Uma ukuqunjelwa kwakhe kubonakala kuyinkinga enkulu, myise emtholampilo womphakathi noma

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umyise kwadokotela.

Esigabeni sokugcina sokuwohloka komqondo, uphawu oluvamile kuba ukuncipha emzimbeni, kodwa asazi ukuthi kubangelwa yini. Uma umuntu engakafiki kulesi sigaba kodwa encipha emzimbeni, kungase kudingeke ubonane nodokotela wakho. Uma engahlaliseki futhi eyaluza angase asebenzise amakhalori amaningi kunalawo awadlayo, noma kungenzeka ukuthi unenkinga yezokwelapha.

## Amacebiso

Mnike iziqondiso nezinkomba ezilula.

Nciphisa iziphazamiso

Akunasidingo sezidlo ezinkulu. Cishe kungcono ukuba usebenzise amandla akho ekuqinisekiseni ukuthi lo muntu uyadla futhi uyakujabulela ukudla kwakhe.

Ungase uthole ukuthi ukumnika ukudla okuncane izikhathi eziningana noma ukudla okulula okunomsoco kungamheha lo muntu ongahlaliseki noma onehliziyo emnyama.

Ukuwohloka komqondo kuyayithinta indlela anambitha ngayo ukudla. Kungase kudingeke ukuba umnike ososi, usawoti nopelepele, izinto abengazisebenzisi ngaphambili. Nokho, kuyodingeka ukususe uma umbona ekusebenzisa ngokweqile.

Qiniseka ukuthi ukudla neziphuzo akushisi kakhulu – abantu abanokuwohloka komqondo bangalahlekelwa ikhono labo lokuzwa ukuthi ukuthi anjani amazinga okushisa nokubanda.

Mkhuthaze lo muntu ukuba aphuze izinto eziphuzwayo ngokwanele usuku ngalunye. Uketshezi oluncane lungaholela ekuphelelweni komzimba amanzi, lokho kukodwa nje kungenza lo muntu adideke ngokwengeziwe. Uma silinganisa nje, singathi makaphuze okungenani izingilazi eziyisishiyagalombili zoketshezi ngosuku

Nakisisa indlela ukudla okulungiswe ngayo, ngokwesib. Sebenzisa ukudla okushaywe kwaba njengesijingi, nokuqotshwe kwaba izingcezwana ezifundekayo.

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Mane ubeke sakudlala ukudla okulula esandleni sakhe noma isiphuzo.

Khumbula izinto azithandayo nangazithandi.

Susa ingqondo yakhe ekudleni bese uyibuyisela kukho futhi uma kudingeka ukuba kugwenywe ukukhathazeka.

Gwema ukuba kube neziphazamiso eziningi kakhulu ngesikhathi sokudla. Phaka ukudla ezitsheni ezimbala-munye futhi uqinisekise ukuthi nendwangu yasetafuleni /omata bakhona kunombala owodwa.

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