

Uburyo bw'Imirire bwo Guhagarika Umuvuduko Ukabije w'Amaraso (DASH)



Gutangira Gukoresha DASH

- 1 Aho uri ubu.** Gahunda yo gufata amafunguro ya DASH ntikoresha ibyo kurya byihariye cyangwa ku mabwiriza yo guteka yihariye. Uburyo bumwe bwo gutangiraho ni ugukoresha porogaramu itangwa ku buntu yitwa Body Weight Planner (<https://www.niddk.nih.gov/bwp>) kugira ngo umenye ingano ya kaloli ukeneye ku munsu kugira ngo ugire ubuzima bwiza.
- 2 Biganireho n'umuganga wawe.** Niba ufata imiti igabanya umuvuduko ukabije w'amaraso cyangwa igabanya igipimo cya cholesterol mu maraso, komeza kuyifata. Kurikiza gahunda yo gufata amafunguro ya DASH kandi uganyire n'umuganga wawe ku birebana n'imiti nk'igice cya gahunda rusange y'ubuzima bwawe bwiza.
- 3 Kora DASH nk'igice cy'ubuzima bwawe bwiza.** Gukurikiza gahunda yo gufata amafunguro ya DASH hamwe no guhindura uburyo bwo kubaho, bishobora kugufasha kugenzura umuvuduko w'amaraso yawe no kugabanya igipimo cya cholesterol. Impinduka z'ingenzi mu mibereho harimo: kugira ibiro byiza no gukora imyitozo ngororamubiri buri gihe.
- 4 DASH igenewe abagize umuryango bose.** Umuryango wawe wose ushobora gufata amafunguro hakoreshejwe gahunda yo gufata amafunguro ya DASH. Reba hano hasi ihuza kugira ngo ubone icyitegererezo cy'imirire ya DASH.
- 5 Ntuhangayike.** Ndetse n'igihe waba ukora uko ushoboye kose, biroroshye kurya byinshi cyane. Gerageza gusa gukora uko ushoboye kose kugira ngo iminsi hafi ya yose ukomeze kugendera kuri gahunda yo gufata amafunguro ya DASH no ku gipimo cya sodiyumu wasabwwe.

Guhindukirira Gahunda ya DASH

Jya utangira uhindura utuntu duto duto, maze udusimbuze ibindi bifite intungamubiri.

- Niba utangiye ufata ifunguro rimwe cyangwa abiri y'imboga ku munsu, ongeraho irindi funguro rya saa sita cyangwa rya nimugoroba. Jya ugerageza kongera imboga mu ifunguro cyangwa rya pasta.
- Niba utarya imbuto ubu, ongeraho imbuto ku ifunguro ryawe cyangwa uzirye nk'ibyo kurya byoroheje.
- Jya wongera buhoro buhoro ibyo kurya birimo amata, yawurute na foromaje, ubikore incuro eshatu ku munsu. Urugero, jya unywa amata mu gihe cy'amafunguro ya saa sita cyangwa ya nimugoroba, aho kunywa soda, icyayi kirimo isukari cyangwa inzoga.
- Jya uhitamo amata cyangwa yawurute idafite ibinure byinshi cyangwa idafite ibinure byinshi (1%), hamwe na foromaje idafite ibinure byinshi kugira ngo ugabanye ibinure byinshi, cholesterol na kaloli urya kandi wongere ingano ya kalisiyumu.
- Jya usuzuma ku kirango ibigize ifunguro ku byo kurya byose kugira ngo uhitamo amafunguro arimo ibinure bikomoka ku matungo n'ibinure byatunganyijwe bike cyane.
- Jya ugerageza kurya isahani yawe iriho ½ cy'imboga n'imbuto, ¼ cy'ibinyampeke, na ¼ cy'amafi, inyama zitagira ibinure, inkoko cyangwa ibishyimbo.
- Jya uhitamo ibinyampeke bidakoboye n'umugati w'ingano zidakoboye cyangwa amakaroni kugira ngo ubone imyunyungugu n'ubutare byinshi.

Jya urya poroteyine z'ubwoko butandukanye.

- Jya uhitamo inyama zitagira ibinure kandi ushishure uruhu ku nkoko cyangwa ugerageze andi mafunguro atarimo inyama.
- Reba ku birango by'inyama n'inkoko biseye urebe izifite ibinure bike.
- Gerageza kurya amafi incuro imwe cyangwa ebyiri mu cyumweru.

Jya uhitamo amafunguro yoroheje afite intungamubiri kandi aryoshye.

- Imbuto ziraryoha kandi ziba ziri mu moko menshi. Koresha imbuto zo mu bikombe ziba zifunze mu mutobe wazo cyangwa mu mazi Imbuto zigisururwa zirihuta kandi ziba zoroshye, kandi imbuto zumishijwe ni amahitamo meza yo kwitwaza cyangwa kuba ufite mu modoka.
- Ibitekerezo by'amafunguro yoroheje: nuts zivanze n'imizabibu, graham crackers, yawurute itarimo amavuta cyangwa ifite amavuta make, injugu zitarimo umunyu cyangwa amavuta, imboga mbisi.

Ushaka ibindi bisobanuro, reba kuri aya mahuza

Amakuru arambuye ku mirire ya DASH: <https://www.nhlbi.nih.gov/education/dash-eating-plan>

Icyitegererezo cy'Imirire ya DASH: <https://www.nhlbi.nih.gov/resources/week-dash-eating-plan>



Gukoresha Ikirango Kigaragaza Ibigize Ibyo Kurya

Intambwe Enye Zoroshye

Gukoresha Ikirango Kigaragaza Ibigize Ibyo Kurya ku biribwa n'ibinyobwa bipfuntitse kugira ngo uhitemo ibyiza ku buzima. Kurikiza izi ntambwe n'inama!

1 Reba ingano y'Amafunguro

Ingano y'amafunguro ikwerekana ubwinshi n'ingano y'amafunguro ari mu ipaki. Kurya amafunguro 2 y'ibi byo kurya bisobanuye ko wariye 14% bya sodiyumu yawe yose.

Amafunguro 2 X 160 mg (7%) = 320 mg (14%) sodiyumu yose

Icyitonderwa: Sodiyumu

Vugana na muganga wawe ku ngano ya sodiyumu igukwirye.

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories 230	
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

<https://www.fda.gov/food/food-labeling-nutrition>

2 Tekereza kuri Kaloli

Ese byaba bikwiriye? Zirikana ingano ya kaloli ukeneye ku munsu kugira ngo ugere ku ntego z'ibiro by'umubiri wawe.

4 Hitamo Imirire Neza

Koresha Ijanisha ry'Agaciro k'Umunsu kugira ngo urebe niba ifunguro riri hejuru cyangwa hasi mu mirire wasabwemo no kugira ngo ugereranye iby'ibyo kurya.

- Gerageza kubona 100% DV kuri ibi ku minsi myinshi:
 - Ubutare Bufasha
 - Karisiyumu
 - Igogora
 - Iron
 - Vitamini D
 - Potasiyumu
- Gerageza kubona munsu ya 100% DV kuri ibi buri munsu:
 - Ibinure bikomoka ku matungo
 - Ibinure Byatunganyijwe*
 - Amasukari Yongewemo

Imfashanyigisho y'ingano y' "ikiganza"

*Gerageza ibinure byatunganyijwe bibe bike uko bishoboka kose.



Igipfunsi = igikombe 1

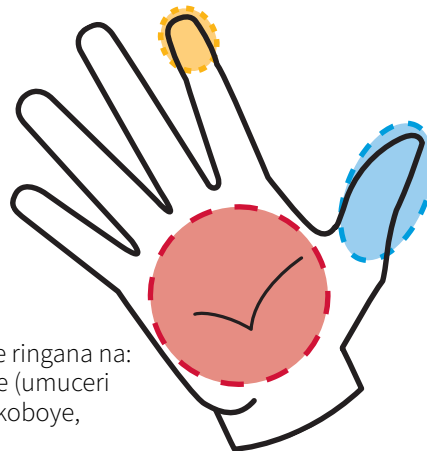
Ifunguro 1 cy'ifunguro kingana na:

- 8 oz. z'amata cyangwa yawurute
- pome iringaniye



Isonga y'urutoki = akayiko 1 k'icyayi

Hitamo igipimo cy'akayiko 1 k'icyayi ku mavuta nka mayoneze cyangwa agace gato k'amavuta y'inka.



Igikumwe = ikiyiko 1

Ifunguro rimwe ry'amavuta y'ubunyobwa ringana n'ibiyiko 2.



Amashyi yombi = 1/2 cy'igikombe

Ifunguro rya 1/2 cy'igikombe ringana na:

- Ibinyampeke bidakoboye (umuceri w'ikigina, makaroni zidakoboye, sereyale n'ibindi.)
- Imbuto zumishijwe
- Ibishyimbo byo mu bikombe



Ikiganza = ifunguro rya 3 ounce

Hitamo amafunguro angana na 3 oz ku nyama zidafite ibinure, ifi n'inkoko.

