

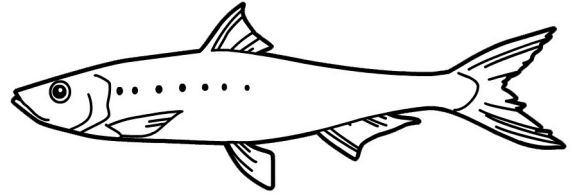
Yitya intlanzi, ukuze uphile ubomi obude

Igama:

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iHealth Day Reporter

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Uphando olutsha lubonisa ukuba, ukutya intlanzi enoOmega-3 Fatty Acids rhoqo kunokwandisa ubomi bakho.

Uhlolisiso olwenziwe kubantu abadala abangaphezu kwama-2 600 lufumanise ukuba abo banqondo eliphezulu leOmega-3 Fatty Acids egazini njengaleyo ifumaneka kwisalmon, kwimackerel, kwiherring, kwisardine nakwituna baphila iminyaka emibini ngaphezulu kunabo banamaqondo aphantsi egazini.

Umphengululi uGqr. Dariush Mozaffarian, uprofesa ongumxulumani ekunqandeni izifo kwiHarvard School of Public Health eBoston. wathi: "Olu asilohlolisiso lwepilisi ezenziwe ngamafutha entlanzi, luhlolisiso lwegazi elinamaqondo eOmega-3 oluhlobene nendlela yokutya."

Uhlolisiso, olupapashwe ngoApril 1 kulindixesha oyi-Annuals of Internal Medicine, aluqinisekisi ukuba ukutya intlanzi kuya kukwenza uphile ixesha elidana, kodwa luyavuma ukuba ezo zinto zinxulumene. UMozaffarian wathi:

"Amaqondo eOmega-3 asezizini anxulumene nezinga eliphantsi lokuba sengozini yokufa, ingakumbi ukufa okunento yokwenza nentliziyo.

UMozaffarian wafumanisa ukuba abantu abanamaqondo aphezulu eOmega-3 baye bakuhlisa ukuba sesichengeni kwabo sokufa, enoba babulawa yintoni na ngo-27 ekhulwini kunabo banamaqondo aphantsi ala mafutha, yaye banezinga elingaphantsi ngo-35 ekhulwini lokubulawa sisifo sentliziyo.

Intlanzi ine-proteini enika impilo eyenzelwe intliziyo neefatty acids, kanti olunye uhhlolisiso lufumanise ukuba ukutya ukutya okunentlanzi eninzi kwehlisa izinga lokubulawa sisifo sentliziyo. UMozaffarian wathi, kodwa akukacaci ukusebenza kwezinye iindlela ezithintela ukufa.

Kunokuba lithembele kuhhlolisiso lwabanye njengokuba besenza abanye abaphengululi, iqela likaMozaffarian lalinganisa elona qondo leefatty acids egazini. Ekuqaleni kohhlolisiso, abaphengululi bahlalutya iisampuli zegazi, benza uvavanyo lomzimba baza babuza abantu ngendlela abaphila ngayo. Akukho namnye kubathathi nxaxheba, ababemalunga neminyaka eyi-74 ubudala, obesebenzisa iipilisi zeOmega-3 ngelo xesha.

Ebudeni beminyaka eyi-16 yokulandelelwa kwabo, abantu abayi-1 625 baye bafa, okuquka kubo abayi-570 abafe ngenxa yezizathu zentliziyo. Uhlolisiso luye lwafumanisa ukuba, ebudeni bolandelelwano okukhona uOmega-3 emninzi egazini.

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kokukhona lisehla izinga lokufa okunxulumene nesifo sentliziyo.

UAlice Lichtenstein, umalathisi nesazinzulu esiphezulu kwiCardiovascular Nutrition Laboratory kwiYunivesithi yaseTufts eBoston, wayicinezela into yokuba nangona amagqabaza ohlolisiso ehlobene, akuzanga kukwazi ukunxulunyaniswa imiphumo nonobangela.

Kulungiselwe ezimbalwa ngokusuka kumanqaku abhalwe: nguKathleen Doheny

Imibuzo:

Nguwuphi owona myalezo ukweli nqaku?

Kutheni iOmega-3 Fatty Acids ikulungele?

Yayiloluphi olona hlolisiso?

Uhlolisiso lufumanise ntoni?
