



SODIUM



Salt

- Aromat, stock cubes, soup/gravy powder
- Steak & chops-, chicken-, BBQ spice



Herbs & spices

- Mustard powder, paprika, any pepper
- Curry, garlic, ginger, cinnamon, any herbs



Atchar & sauces

- Tomato sauce, worcester sauce, mustard
- Chutney, chakalaka, Bovril, fish paste



Chillis, vinegar

- Fresh chillis, onion, celery, parsley
- Vinegar, lemon juice



Pickles & salted food

- UNRINSED Tinned vegetables, gherkins,
- Biltong, bacon, bully beef,
- Simba crisps, salted peanuts



Fresh vegetables & meat

- Cucumbers, home made chakalaka
- Pop corn
- Unsalted peanuts



Cereal, biscuits, cakes, pies

- Corn flakes, All bran, Weetbix, pies
- Marie's, cream crackers, chocolate cake



Starches (cooked, cooled & reheated)

- Mealie pap, oats, mabele, mealie rice
- Rice, pasta, samp, soaked potatoes
- Provita, Ryvita



Processed meat, take-aways

- Polony, viennas, russians, soya mince
- Boerewors, hamburgers, fried chicken



Protein in prescribed amount

- Give preference to fish, chicken, egg white
- Limit beef, mutton, pork, twice weekly
- Legumes, tofu, chick peas



POTASSIUM



Fruit - limit portion size

- Avocado, apricots, bananas, grapes, mango, peaches & guavas - fresh/tinned, oranges



Fruit

- Apples, pears, pineapple - fresh
- Naartjies, lemons, plums, all berries, litchis



Vegetables

- Limit portion size of morogo/leaves
- Gem, any UNRINSED tinned vegetables
- Tomato - fresh/tinned, sauce, butternut



Vegetables

- Cabbage, Kale, swiss chard (spinach)
- Onion, peppers, lettuce, cucumber
- Green beans, hubbard, *carrots, *beetroot



Drinks

- ALL fizzy drinks including Coke & all colas
- Beer, wine, breezers, fresh 100% juice
- Milk shake, Ultramel, coffee



Drinks

- Tap water, ice, any tea - rooibos, flavoured
- Sweeto, Drink o'pop, ice suckers from these
- Mageu



Seeds

- All seeds
- Handful of unsalted nuts allowed daily



Include plant proteins daily

- Unsalted peanuts & butter, hummus
- Dried beans, lentils, chick peas, tofu



Chocolates, toffee, fudge

- All chocolate in drinks, cakes, slabs
- Bar One, Tex, Quality street toffees



Artificially sweetened foods

- Jam, jelly, chewing gum
- Artificial sweeteners in any form

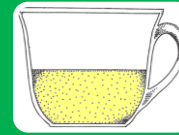


PHOSPHATE



Milk

- Inkomazi, buttermilk, milk tart
- Coffee or tea creamers
- Artificial cream



Limit Milk

- ONLY 1/2 cup (125 ml) milk per day
- Fresh, long life or powder 2% milk



Cheese

- Cheese - cheddar, gouda, mozzarella
- Feta, haloumi
- Processed cheese, cheese spread



Exchange for milk

- Low fat cottage cheese
- Plain, unsweetened yoghurt



Take-aways

- Pizzas, burgers
- Fried chicken
- All fizzy drinks



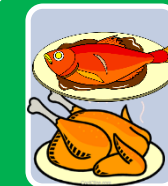
Eat home cooked meals

- Buy fresh foods
- Prepare meals from scratch



Organ meats & red meat

- All organ meats - tongue, liver, kidneys
- Mogodu, skop, walkie-talkies, trotters
- Beef, mutton, pork - limit to twice weekly



Protein sources

- Eat in prescribed amount
- Fish, chicken
- Legumes, egg white



Ultra processed products

- Ready to eat/ready to heat & eat products
- Cakes, muffins, swiss roll from shop
- ALL pies, pizzas



Confectionary & puddings

- Apple pie made with pie apple/fresh
- Sugar free jelly
- Frozen allowed fruit pieces

