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

Atchar & sauces
- Tomato sauce, worcester sauce, mustard
- Chutney, chakalaka, Bovril, fish paste
- 

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

Cereal, biscuits, cakes, pies
- Corn flakes, All bran, Weetbix, pies
- Marie’s, cream crackers, chocolate cake
- 

Processed meat, take-away
- Polony, viennas, russians, soya mince
- Boerewors, hamburgers, fried chicken
- 

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

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

Fresh vegetables & meat
- Cucumbers, home made chakalaka
- Pop corn
- Unsalted peanuts
- 

Starches (cooked, cooled & reheated)
- Mealie pap, oats, mabele, mealie rice
- Rice, pasta, samp, soaked potatoes
- Provita, Ryvita
- 

Protein in prescribed amount
- Give preference to fish, chicken, egg white
- Limit beef, mutton, pork, twice weekly
- Legumes, tofu, chick peas
### Fruit - limit portion size
- Avocado, apricots, bananas, grapes, mango, peaches & guavas - fresh/tinned, oranges

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

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

### Seeds
- All seeds
- Handful of unsalted nuts allowed daily

### Chocolates, toffee, fudge
- All chocolate in drinks, cakes, slabs
- Bar One, Tex, Quality street toffees

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

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

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

### Include plant proteins daily
- Unsalted peanuts & butter, hummus
- Dried beans, lentils, chick peas, tofu

### Artificially sweetened foods
- Jam, jelly, chewing gum
- Artificial sweeteners in any form
Milk
• Inkomazi, buttermilk, milk tart
• Coffee or tea creamers
• Artificial cream

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

Take-aways
• Pizzas, burgers
• Fried chicken
• All fizzy drinks

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

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

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

Exchange for milk
• Low fat cottage cheese
• Plain, unsweetened yoghurt

Eat home cooked meals
• Buy fresh foods
• Prepare meals from scratch

Protein sources
• Eat in prescribed amount
• Fish, chicken
• Legumes, egg white

Confectionary & puddings
• Apple pie made with pie apple/fresh
• Sugar free jelly
• Frozen allowed fruit pieces