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

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

Fruit
• Apples, pears, pineapple - fresh/tinned
• Naartjies, lemons, plums, all berries, litchi

Vegetables
• Cabbage, kale, swiss chard (spinach)
• Onion, peppers, lettuce, cucumber
• Green beans, hubbard, *carrot, *beetroot

Drinks
• Tap water, ice, ice suckers
• Oros, Sweeto, Drink o'pop, mageu
• Any tea - rooibos, flavoured

Include plant proteins daily
• Peanut butter, hummus
• Dried beans, lentils, chick peas, tofu
• Handful of unsalted nuts once a day

Sweets & jams
• Hard boiled sweets, jelly /sour sweets
• Mints, chewing gum, marshmallows
• Any jam