



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



Chillies, vinegar

- Fresh chillis, onion, celery, parsley
- Any vinegar, lemon juice



Snacks, pickles & salted food

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



Fresh, unsalted foods

- 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

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



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 to twice weekly
- Legumes, tofu, chick peas, peanuts



POTASSIUM



Fruit - limit portion size

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



Fruit

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



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, *carrot, *beetroot



Drinks

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



Drinks

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



Seeds

- All seeds



Include plant proteins daily

- Peanut butter, hummus
- Dried beans, lentils, chick peas, tofu
- Handful of unsalted nuts once a day



Chocolates, toffee, fudge

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



Sweets & jams

- Hard boiled sweets, jelly /sour sweets
- Mints, chewing gum, marshmallows
- Any jam

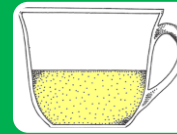


PHOSPHATE



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 milk



Cheese

- Hard, mature cheese, cheddar, gouda
- Feta, haloumi
- Processed cheese & cheese spread



Exchange for milk

- Low fat cottage cheese
- Yoghurt, tub ice cream



Take-aways

- Pizza, burgers
- Fried chicken
- ALL fizzy drinks



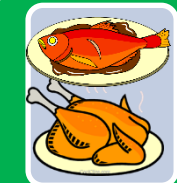
Eat home cooked meals

- 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, jam tart, short bread
- Jelly in any form
- Frozen allowed fruit pieces

