

Summary of the South African Renal Exchange Lists

Group	Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
Meat and Meat Substitutes							
Meat - ↑ P, ↓ Na	350	7	5	0	120	55	90
Meat - ↑ P, ↑ Na	350	7	5	0	120	430	90
Meat - ↓ P, ↓ Na	350	7	5	0	65	55	90
Meat - ↓ P, ↑ Na	350	7	5	0	65	430	90
Legumes - ↓ Na	350	7	5	15	120	55	245
Legumes - ↑ Na	350	7	5	15	120	430	245
Milk							
↓ kJ, Fat, CHO	325	4	5	10	110	65	185
↑ kJ, Fat, CHO	835	4	10	20	110	65	185
Starch							
Starch - ↓ K, ↓ kJ, ↓ fat	350	2	0	20	40	70	50
Starch - ↓ K, ↑ kJ, ↑ fat	835	2	10	20	40	70	50
Starch - ↑ K, ↓ kJ, ↓ fat	350	2	0	20	40	70	245
Starch - ↑ K, ↑ kJ, ↑ fat	835	2	10	20	40	70	245
Vegetables							
Vegetable - ↓ K	90	1	0	2	20	20	75
Vegetable - Moderate K	90	1	0	2	20	20	150
Vegetable - ↑ K	90	1	0	2	20	20	270
Fruit							
Fruit - ↓ K	250	0,5	0	10	15	5	95
Fruit - Moderate K	250	0,5	0	10	15	5	170
Fruit - ↑ K	250	0,5	0	10	15	5	240
Energy							
Beverage, ↓ kJ	10	0	0	0	5	10	20
Beverage, ↑ kJ	300	0	0	10	5	10	20
Sugar	155	0	0	10	0	0	10
Fat	160	0	5	0	0	45	0

