

Meat and Meat Substitute Exchanges – High Phosphate (> 100 mg)

350 kJ, 7 g Prot, 5 g Fat, 0 g CHO, 120 mg PO₄, 55 - 430 mg Na, 90 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low in Sodium (55 mg)										
Canned fish, pilchards in brine	3055	30g	1 heaped DSP	162	6	1.6	0	115	156	126
Canned fish, pilchards in tomato sauce	3102	30g	size of small matchbox	159	5.6	1.6	0.2	105	111	126
Canned fish, sardines in oil	3104	30g	1 large / 2 small	253	7.4	3.5	0	147	152	119
Canned fish, sardines in tomato sauce	3087	30g	1 large / 2 small	220	4.9	3.6	0.2	110	124	102
Cheese, Cheddar	2722	30g	size of small matchbox	494	7.4	9.7	0.5	160	146	25
Cheese, Gouda / Edam / Swiss	2723	30g	size of small matchbox	473	7.2	9.5	0.1	170	153	21
Cheese, Mozzarella, grated	2790	30g	2 heaped TBS	350	5.8	6.5	0.7	111	112	20
Cheese, Ricotta	2793	70g		507	7.9	9.1	2.1	111	59	74
Egg, boiled or poached	2867	55g	1 extra-large	339	6.9	5.7	0.7	106	69	54
Liver, chicken, simmered	2970	30g	1 liver	190	7.3	1.7	0.3	94	15	42
Liver – sheep / lamb, fried	2955	30g	size of small matchbox	290	7.7	3.8	1.1	128	37	106
Liver, beef, fried	2920	30g	size of small matchbox	265	8	2.4	2.4	138	32	109
Macaroni and cheese, white sauce(WM,HM)	3301	90g	1 heaped LS	642	6	8.4	12.9	112	151	78
Oysters, canned	3068	80g	12 oysters	224	5.7	2	3.1	111	90	183
High in Sodium (430 mg)										
Bacon, cured, fried / grilled	2906	30g	3 rashers	702	9.2	14.8	0	101	479	146
Cheese, Blaauwkrantz / Roquefort	2726	30g	size of small matchbox	460	6.5	9.2	0.6	118	543	27
Cheese, Camembert	2758	30g	size of small matchbox	373	5.9	7.3	0.2	104	253	56
Cheese, Parmesan, grated	2762	20g	2 heaped DSP?	376	8.3	6	0.7	161	372	21
Pizza with cheese, tomato & olives,	3353	80g	2 wedges	834	7.2	9.4	19.8	128	456	120

TO BE RESTRICTED

Brains	(High phosphate)
Cheese spread/wedges	(High phosphate, sodium)
Feta	(High phosphate, sodium)
Marmite, Bovril	(High phosphate, sodium, potassium)
Nuts, all types	(High phosphate, potassium)
Dried fish (Bokkems)	(Extremely high in sodium; phosphate not known)
Fish paste	(Extremely high in sodium; phosphate not known)

Meat and Meat Substitute Exchanges – Low Phosphate (< 100 mg)

350 kJ, 7 g Prot, 5 g Fat, 0 g CHO, 65 mg PO₄, 55 - 430 mg Na, 90 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low in Sodium (55 mg)										
Beef stew, with vegetables	3020	60g	~¼ cup	323	6.9	3.7	3.3	53	24	117
Bobotie, regular mince	3023	40g	1 heaped TBS	332	5.8	3.1	6.5	57	161	153
Calamari, fried	3099	30g	8 med rings	214	5.4	2.3	2.3	75	92	84
Canned fish, mackerel, canned	3113	30g	size of small matchbox	227	6	3.4	0	81	57	58
Canned fish, tuna in brine, drained	3054	30g	1/4 cup	139	7.7	0.2	0	49	101	71
Canned fish, tuna in oil, drained	3093	30g	1/4 cup	239	8.7	2.5	0	93	106	62
Chicken, cooked without bones	2963	30g	1 small drumstick	200	8.8	1.4	0	59	18	76
Cheese, Brie	4312	30g		416	6.2	8.3	0.1	56	189	46
Chicken, giblets, cooked, simmered	2998	30g	size of small matchbox	185	7.8	1.4	0	69	17	47
Chicken stew no skin, with vegetables	4378	60g	~ ¼ cup	266	6.9	2.1	3.3	60	20	114
Cottage cheese, low fat	2729	60g	2 heaped TBS	221	6.3	2.4	1.5	68	97	111
Cottage pie, lean mince, WM, HM	3009	50g	2 heaped DSP	296	7.3	3.1	3	58	26	137
Crab, fresh, cooked	3065	30g	2 TBS	123	6.1	0.5	0	62	84	97
Lobster (crayfish), cooked	3069	30g		172	7.9	0.6	0.9	69	68	94
Duck roasted meat and skin	2995	45g	1 drumstick / 1TBS	618	8.6	12.8	0	70	27	92
Fish, fatty (butterfish, herring), grilled	3082	30g	size of small matchbox	246	6.9	3.5	0	91	35	126
Fish, medium fat (snoek), grilled / steamed	3089	30g	size of small matchbox	194	8.5	1.4	0	95	32	148
Fish, medium fat, battered/crumbed, fried in oil	3084	30g	size of small matchbox	285	7.6	4.2	0	85	28	133
Fish, white, battered fried in oil	3094	30g	size of small matchbox	302	6.7	4.2	1.8	76	26	115
Fish, low fat, fried in oil	3060	30g	size of small matchbox	231	6.3	3.4	0	57	28	92
Goat, roasted	4281	30g	size of small matchbox	172	8.1	0.9	0	60	26	122
Hare, stewed	4328	30g	1 heaped DSP	241	9	2.4	0	75	12	63
Kidneys, beef simmered	2923	30g	3 heaped TBS	168	7.7	1	0	92	40	54
Kidneys, sheep / lamb, braised	2956	30g	1 kidney	161	7.1	1.1	0	87	45	53
Lasagne, lean mince, cheese source (LFM, HM)	3440	75g	1 heaped LS	505	7.9	4.5	11.6	82.5	67.5	91.5
Meatball, lean mince, without egg	2966	30g	1 small meatball	265	8.3	2.9	0.9	56	29	87
Meat, cooked without bones, beef	4370	30g	size of small matchbox	357	8.2	5.9	0	50	28	83
Minced meat, mutton, cooked	3041	30g	3 level DSP	345	7.4	5.9	0	60	24	102
Mopanie worms, canned	4284	60g		257	8.5	2.2	0.4	74	140	139
Mopanie worms, dried	4250	15g		259	8.5	2.2	0.4	75	142	141
Mussels, black / blue, boiled	3085	30g	10 mussels	209	7.1	1.4	2.2	86	111	80
Mutton, leg roasted, meat and fat	2947	30g	1 thin slice	314	7.7	5	0	57	20	94
Mutton, leg and shoulder braised, lean	3036	30g	1 heaped DSP	270	10.1	2.6	0	62	21	78

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Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Mutton stew, with vegetables	2916	60g	~ ¼ cup	416	7.4	6	3.3	56	22	111
Ostrich, cooked	4283	30g	1 heaped DSP	168	7.6	1.1	0	77	16	97
Patty, beef, grilled	2984	40g	1 small	458	9.8	7.9	0	63	31	118
Perlemoen / Abalone, fried	3078	30g	1 slice	232	5.9	2	3.3	NA	177	26
Pork leg, roasted	2958	30g	1 thin slice	332	8	5.3	0	79	18	106
Pork loin, braised	3044	30g	size of small matchbox	244	8.9	2.5	0	54	19	110
Shrimps / prawns, cooked	3070	30g	1 heaped TBS	119	6.3	0.3	0	41	67	55
Spaghetti bolognese, lean mince	3388	75g	1 heaped LS	425	7.7	2.3	11.3	64.5	16.5	120
Spleen, sheep / lamb braised	4340	30g	size of small matchbox	188	8.9	1.4	0	72.3	17.4	74.4
Turkey, roasted, meat only	2981	30g	size of small matchbox	205	8.8	1.5	0	64	21	89
Veal, chuck, cooked	4331	30g	size of small matchbox	247	8.8	2.6	0	66	30	99
Veal, breast, cooked	4356	30g	size of small matchbox	290	7	4.6	0	58	35	91
Venison, roasted, fine	2913	30g	1 heaped DSP	190	9.1	1	0	68	16	101
High in Sodium (430 mg)										
Ants, flying dried	4333	15g		373	5.7	7	0.9	91	295	71
Biltong / dried sausage, beef	3021	20g	6 slices	340	6.6	5.1	1.8	81	443	119
Chicken pie	2954	70g	1 small square	1119	4.8	17.4	22.5	50	270	71.4
Chicken liver pate	2922	50g		413	6.8	6.6	3.3	87.5	193	47.5
Corned meat, beef, canned	2940	30g	2 thin slices	290	5.9	4.5	1.5	33	302	41
Frankfurters	2937	60g	1 Frankfurter	790	6.8	17.5	1.6	52	672	100
Ham, cooked, 15cm X 9cm	2967	30g	1 thin slice	223	5.2	3.2	0.9	74	395	99.6
Meat pie, steak 'n kidney	2957	90g	1 wedge	1350	8.3	20.6	25.7	76.5	356	88
Offal – beef	3003	50g		337	7.9	5.5	0	51	271	79
Pastrami, turkey	4343	40g	4 thin slices	228	7.4	2.5	0.7	80	418	104
Polony/cold meat, beef and pork, 10 cm diam	2919	60g	4 thin slices	776	7	17	1.7	55	611	108
Pork sausages, thin, grilled	2932	30g	10 cm piece	452	5.9	9.4	0.3	55	388	108
Salami / Russians, 5cm diam	2948	30g	5 thin slices	512	6.9	10.3	0.8	43	558	113
Sausage, beef and pork / Boerewors, thick, grilled	2931	60g	10 cm piece	974	8.3	21.8	1.6	64	483	113
Smoked fish – Haddock	3061	30g	size of small matchbox	140	7.6	0.3	0	75	229	125
Vienna sausage, beef and pork, canned	2936	70g	2 large	799	7.2	17.6	1.4	34	667	71

Meat and Meat Substitute Exchanges – Legumes

350 kJ, 7 g Prot, 5 g Fat, 15 g CHO, 120 mg PO₄, 55 - 430 mg Na, 245 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low in Sodium (55 mg)										
Biryani, with lentils, ghee, no meat/ potato	3194	150g	2 heaped LS	980	6.6	6.9	33	125	5	224
Biryani, with lentils, oil, no meat/potato	3193	150g	2 heaped LS	980	6.6	6.9	33	125	3	224
Dried beans, cooked, kidney / white	3183	90g	3/4 cup	453	7	0.4	12.3	100	2	457
Dried beans, cooked, sugar	3205	90g	3/4 cup	553	6.4	0.5	17.6	110	12.6	331
Dried peas, cooked	3177	90g	3/4 cup	464	7.5	0.4	13.7	89	2	326
Lentils, cooked	3203	90g	2/3 cup	455	7.7	0.2	12.3	116	5	243
Lentils split, cooked	3179	90g	2/3 cup	459	8.1	0.4	13.1	162	2	332
Peanut butter, smooth style	3485	30g	2 level DSP	786	7.4	15	4.4	97	143	216
Peanuts, roasted, unsalted	3452	30g	1 med handful	778	7.9	14.8	3	155	2	205
Soup mix, dried, 4-in-1, raw	3175	50g		766	7.5	1.1	29.3	128	12	NA
Soya beans, cooked	3188	50g	4 level TBS	392	8.3	4.5	2.4	123	1	258
Tofu, fried	3209	50g		609	8.6	10.1	4.7	144	8	73
Tofu, raw, (soybean curd)	3202	100g		348	8.1	4.8	0.7	97	7	121
High in Sodium (430 mg)										
Baked beans, canned in tomato sauce	3176	90g	2 heaped TBS	482	4.3	0.5	16.1	94	357	266
Toppers, cooked	3196	140g	3/4 cup	584	8.1	2.4	17.9	141	552	346

TO BE RESTRICTED

Salted peanuts (High in sodium)

Milk Exchanges

325 - 835 kJ, 4 g Protein, 5 - 10 g Fat, 10 - 20 g CHO, 110 mg PO₄, 65 mg Na, 185 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low to Moderate in Energy (325 kJ), Fat (5 g) and Carbohydrate (10 g)										
Buttermilk (cultured)	2713	125g/125 ml	1/2 cup	280	4.1	3.5	4.8	110	126	200
Custard, wm (with custard powder)	2716	125g/125 ml	1/2 cup	475	4.0	4	15.1	108	55	185
Custard, low fat (with custard powder)	2779	125g/125 ml	1/2 cup	411	4.1	2.4	14.8	106	53	180
Custard, skim (with custard powder)	2717	125g/125 ml	1/2 cup	330	4.3	0.3	14.5	121	60	198
Maas / Amasi / Sour milk	2787	125g/125ml	1/2 cup	338	4.1	4.6	5.6	116	89	238
Melkkos / - snysels wm (no sugar)	2733	135g	1/2 cup	458	5.3	4.9	10.9	128	68	204
Milk, evaporated, full fat, unsweetened	2715	60g/60ml	~1/4 cup	320	4	4.1	5.8	140	64	152
Milk, low fat / 2% fat, fresh	2772	125g/125ml	1/2 cup	266	4.1	2.5	6.1	111	58	190
Milk, low fat powder (vit A, B, D, E, folate added)	2825	10g	1 heaped DSP	163	3.4	0.6	5	97	54	179
Milk powder, blend, medium fat, (Numel)	2794	15g	1 heaped TBS	254	4.2	1.7	7	126	76	234
Milk, skim, fresh	2775	125g/125ml	1/2 cup	186	4.3	0.3	6.1	126	65	208
Milk, full fat / whole, fresh	2718	125g/125ml	1/2 cup	328	4.0	4.3	6	113	60	196
Nesquik, powder (+ 100ml wm)	2830	10g powder	1 heaped DSP	437	3.3	3.6	14.6	96	49	172
Ovaltine powder, no sugar (+ 100ml)	2754	10g powder	1 heaped DSP	299	3.6	3.7	6.0	102	54	177
Soya milk, plain	2737	125g/125ml	1/2 cup	186	3.5	2.4	0.6	61	15	176
Soya milk, fortified	4351	125g/125ml	1/2 cup	260	3.3	3.3	5	44	49	113
Yoghurt, low fat, flavoured, drinking, sweetened	2756	125g/125ml	1/2 cup	396	3.9	1.6	15.9	101	59	163
Yoghurt, low fat, plain	2734	125g/125ml	1/2 cup	318	5.4	2.4	8.1	138	83	243
High in Energy (835 kJ), Fat (10 g) and Carbohydrate (20 g)										
Baked custard, wm (egg), plain	2724	125g/125ml	1/2 cup	605	5.8	5.4	18.3	124	71	161
Baked custard, low fat(egg), plain	2785	125g/125ml	1/2 cup	563	5.8	4.1	18.4	123	69	158
Baked custard, skim (egg), plain	2745	125g/125ml	1/2 cup	505	5.9	2.5	18.4	133	75	170
Ice cream, kulfi	4323	100g		1764	5.4	39.9	11.5	150	76	240
Ice cream sorbet (8% fat)	3491	80g/125ml	2 scoops	598	2.6	7	17.4	80	61	136
Ice cream (regular 10 % fat)	3483	80g/125ml	2 scoops	694	2.8	8.8	18.9	84	64	159
Ice cream (rich 16 % fat)	3519	80g/125ml	2 scoops	832	2.8	13	17.9	76	45	127
Ice cream, soft serve (13 % fat)	3518	135g	1 med cone	1253	5.5	17.6	30	157	82	239
Milk, condensed, full fat, sweetened	2714	50g	2 level TBS	691	4.0	4.4	27.2	127	64	186
Milk ice (frozen on stick)	3530	100g		601	3.9	4.3	22.1	99	80	202
Milk shake, vanilla, purchased	2788	125g/125ml	1/2 cup	600	4.9	3.8	22.1	144	119	229
Pancake / Crumpet, plain, wm, sun oil	3238	70g	1 pancake	808	4.4	11	19	78	34	102

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Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Sweets, chocolate coated bar	3997	55g	1 lunch bar	1089	2.8	12.4	34.3	80	91	157
Sweets, chocolate, Kit kat	4024	50g	1 medium	1076	4.0	13.3	30.3	95	54	165
Sweets, chocolate, milk	3987	50g	1/2 X 100g slab	1151	4.3	15.3	30.1	120	60	210
Sweets, chocolate, white	4023	50g	1/2 X 100g slab	1160	4.7	16.1	28.7	115	55	175
Yoghurt, frozen	4324	75g	1/2 cup	515	3.0	4.2	18.2	97	65	158
Yoghurt, wm, curry spice (khuri)	2786	125g/125ml	1/2 cup	520	5.3	7.3	8.8	131	73	265

TO BE RESTRICTED

Chocolates with coated nuts, raisins

(high in potassium, sodium and phosphate)

Dark chocolates - Albany

(high in potassium and phosphate)

High protein milk drinks e.g. drinking chocolate powder

(high in phosphate)

Puddings, instant

(very high in phosphate)

 *Creamer, non-dairy powder (cremora, coffee-mate) - only 10 g/d (kJ, Prot, 4 G Fat, 6 g CHO, 42 mg PO₄, 18 mg Na, 81 mg K)

Starch Exchanges – Low Potassium (< 100 mg)

350 - 835 kJ, 2 g Protein, 0 - 10 g Fat, 20 g CHO, 40 mg PO₄, 70 mg Na, 50 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low to Moderate in Energy (350 kJ), and / or Fat (0 g)										
Barley, pearl cooked	3368	75g	3 heaped TBS	397	2	0.4	17.9	41	7	70
Brown bread / rolls (fortified)	3211	30g	1 slice / 1 roll	309	2.7	0.4	13	28	194	68
Crumpets (wm, sunflower oil)	3238	25g	1 crumpet	289	1.6	3.9	6.7	28	12	37
Jelly	3983	120g	~ 1/2 cup	320	1.4	0	17.4	1	6	6
Maize meal cooked, crumbly porridge	3401	50g	1 heaped TBS	410	2.4	1.0	21	50	3.5	64
Maize meal cooked, soft porridge	3399	200g	2 heaped LS	400	2.4	1	21	80	8	44
Maize meal cooked, stiff porridge	3400	100g	1 heaped LS	520	2.8	1.1	27	80	7	71
Maize, rice cooked (white)	3250	100g	2 heaped LS	424	2.2	0.2	21.5	15	1	28
Maize, samp cooked (white)	3280	100g	1 heaped LS	424	2.2	0.2	21.5	15	1	28
Maltabella, cooked	3241	200g	5 heaped TBS	356	2.2	0.6	17	52	NA	86
Oats, cooked	3239	110g	1 heaped LS	307	1.9	1.8	10.6	85	2	63
Pasta, cooked	3262	40g	1 heaped TBS	236	1.9	0.3	10.7	22	0.4	12
Pearl wheat, cooked	3249	60g	2 heaped TBS	229	1.9	0.3	9.4	24	2	41
Provita biscuits	3235	20g	3 biscuits	354	2.3	1.7	14.4	35	142	41
Puffed rice - sweetened (cocopops)	3372	30g	1 cup	486	1.6	0.1	26.5	42	227	26
Puffed wheat, plain	3325	15g	1 cup	247	2.2	0.2	11.4	53	1	52
Pumpernickel bread	3283	25g	1 slice	282	2.1	0.4	11.5	40	145	48
Rice, brown, cooked	3315	90g	3 heaped TBS	422	2.3	0.8	19.2	75	5	39
Rice, white, cooked	3247	75g	3 heaped TBS	398	2	0.2	20.6	35	2	29
Scone, plain	3237	25g	1 small scone	401	2	4	12.5	27	77	32
Scone, whole-wheat (hm / wm)	3320	25g	small	383	2.7	3.9	9.4	64	73	75
Tasty wheat, cooked	3240	100g	1 heaped LS	220	1.5	0.2	11	17	1	17
White bread / rolls* (fortified)	3210	30g	1 slice / 1 med roll	311	2.6	0.4	13.8	29	196	64
Whole-wheat bread / rolls	3212	30g	1 slice / 1/2 roll	325	2.5	0.6	13.3	53	114	64
High in Energy (835 kJ) and / or Fat (10 g)										
Apple tart, short crust	3224	75g	1 large wedge	700	2	5.9	25.4	23	115	84
Baked cheese cake, egg and cream	3293	50g	1 small wedge	867	2.7	16.2	12.7	48	155	55
Banana loaf (wm, hm)	3333	40g	1 cm slice	562	1.9	4.4	21	26	84	84
Beskuit, whole-wheat, buttermilk (hm)	3255	30g	1 rusk	597	2.7	6.2	16.8	65	130	77
Boerbeskuit	3364	30g	2 small pieces	530	2.7	2.3	22.6	50	34	62
Butter cake, plain (wm, hm)	3288	50g	1 small piece	754	2.6	6.2	27.9	37	119	41
Buttermilk rusk, white, commercial	3329	30g	1 rusk	569	2.4	4.5	20.6	50	164	61

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Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Carrot cake, plain (egg, sun oil)	3392	50g	1 med wedge	791	2.1	9.9	22.3	82	157	48
Chocolate éclair with cream filling	3268	50g	1 med	802	2.1	11.9	19	37	75	44
Commercial cookies with filling	3217	30g	2 cookies	611	1.5	5.6	21.9	25	67	36
Commercial cookies, plain	3216	30g	3 biscuits	579	2.2	4	22.7	25	123	42
Corn flakes, plain	3243	40g	1 cup	642	3.10	0.1	33.2	20	484	42
Cream crackers	3230	25g	3 crackers	507	2.4	4.1	17.1	28	152	30
Doughnut, plain	3232	45g	1 small	793	2.7	9.8	21.2	36	104	39
Ginger bread (hm)	3253	40g	1 cm slice	662	2.1	5	25.4	29	127	54
Koeksister	3231	60g	1 large	869	1.6	5.6	37.2	25	NA	NA
Madeira cake, commercial	3291	50g	2 thin slices	866	2.7	8.5	29.2	60	190	60
Mosbolletjies	3426	40g	1/2 big	554	2.3	2.6	23.8	26	25	34
Noodle salad	3336	95g	1/2 cup	817	3.1	12.3	17.6	39	79	56
Popcorn, sugar coated / candied	3359	100g	2 cups	2165	2.1	20	77.6	58	56	75
Rice crispies	3252	40g	1 cup	642	2.6	0.1	34.7	56	529	40
Roti with butter	3356	50g	15 cm diam small	1096	2.4	18.7	20.8	29	186	35
Roti with oil	3358	50g	15 cm diam small	1245	2.3	22.8	20.7	23	1	29
Samosa, mutton filling	3355	40g	1 small	1000	2.0	22.4	7.2	25	13.2	48
Shortbread (butter)	3296	25g	2 pieces	550	1.6	6.8	15.4	20	60	25
Sweetcorn fritter	3254	50g	2 small	876	2.8	15	15.4	58	124	100
Tipsy tart	3323	60g	1 med wedge	729	1.8	2.6	34.3	25	25	83
Vetkoek	3257	60g	1 small	914	4.3	10.6	25.4	52	16	47

Starch Exchanges – High Potassium (>100 mg)

350 - 835 kJ, 2 g Protein, 0 - 10 g Fat, 20 g CHO, 40 mg PO₄, 70 mg Na, 245 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Low to Moderate in Energy (350 kJ), and / or Fat (0 g)										
Bran, wheat, selected	3280	10g	~ 1 level LS	148	1.6	0.5	2.4	86	2	112
Chili bites (bhadjia)	3382	30g		410	2.1	6.8	5.9	33	3	130
Potato, baked in skin (flesh& skin)	3736	100g	1 med	471	2.3	0.1	22.8	57	8	418
Potato, boiled without skin	3737	100g	1 med	318	1.5	0.1	15.5	38	2	279
Sweet potato, orange fleshed baked in skin, flesh only	3748	100g	2 X 15 cm slices	446	1.7	0.1	21.3	55	10	348
Sweet potato, boiled no skin	3903	100g	2 heaped TBS	311	1	0.1	15.1	22	11	189
High in Energy (835 kJ) and / or Fat (10 g)										
Date loaf (HM)	3256	80g	2 X 1 cm slices	1180	2.2	9.3	44.1	31	187	241
Potato, chips, fried in sun oil	3740	50g	1/2 cup	639	2.2	7.4	17.6	65	99	345
Rich fruit cake	3427	50g	1 small slice	733	2.5	6.3	25.4	60	110	205
Samoosa, vegetable filling	3414	85g	2 small	1716	2.6	36	19	40	170	170
Sweet potato, white fleshed, candied	3749	100g	2 heaped TBS	938	1.4	6.6	36.7	30	79	259

TO BE RESTRICTED

All-bran flakes and other dry cereals	(high in protein and phosphate)
Croissant	(high in protein)
Egg noodles	(high in protein)
Homemade rusks	(high in phosphate)
Hot cross bun	(high in protein)
Muesli	(high in protein and phosphate)
Muffin	(high in protein, potassium and phosphate)
Popcorn, plain	(high in protein and sodium)
Pronutro	(high in protein and phosphate)
Puddings, cakes and pies/tarts made with egg, milk	(high in protein and phosphate)
Savoury snacks e.g. nknaks, fritos, chips	(high in sodium and potassium)
Sponge cake	(high in protein and phosphate)
Swiss roll	(high in phosphate)
Weet-bix	(high in protein and phosphate)

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Vegetable Exchanges – Low Potassium (< 120 mg)

90 kJ, 1 g Prot, 0 g Fat, 2 g CHO, 20 mg PO₄, 20 mg Na, 75 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Artichoke, globe / French, cooked	3944	30 g		62	1.1	0.1	1.7	26	29	106
Broccoli, cooked	3701	75g	1/2 cup	89	1.7	0.2	1.1	37	3	91
Cabbage Chinese, boiled (pre-tsai)	4109	65g	1/2 cup	46	0.5	0.1	1.2	14	7	90
Cabbage, cooked	3756	70 g	1/2 cup	73	0.7	0	2.2	17	14	81
Cabbage, raw	3704	40 g	1/2 cup	54	0.6	0	1.7	13	12	69
Celery, cooked	3774	20 g	1 heaped DSP	14	0.1	0	0.3	5	6	55
Celery, raw	3829	10 g	1 stick	8	0.1	0	0.2	2	4	38
Chicory (witloof), raw	3947	50g	2 heaped TBS	44	0.5	0.1	0.5	13	1	106
Coleslaw, commercial	3707	50g	1/2 cup	328	0.8	5.6	3.9	18	135	90
Coleslaw, mayonnaise, raisins	3705	50g	1/2 cup	302	0.8	5.5	4.3	17	87	86
Cucumber, raw, English	4119	50 g	5 med slices	31	0.4	0.1	1	14	6	84
Leek, cooked	3833	100 g	1/2 cup	150	0.8	0.2	6.6	17	10	87
Lettuce, shredded	3723	40 g	1/2 cup	27	0.4	0	0.7	11	3	68
Mixed vegetables (carrot, corn, peas, beans)	3727	75 g	1/2 cup	201	1.7	0.4	6.2	38	26	109
Mixed vegetables(carrot, cauliflower, beans)	4265	75 g	1/2 cup	98	1.1	0.2	2.2	29	25	101
Onion, cooked, whole	3773	50 g	2 small or 1 med	96	0.5	0.1	4.4	15	7	81
Onion, raw	3755	30g	2 slices	58	0.3	0	2.6	10	5	54
Peas, fresh, cooked	3719	50g	2 heaped TBS	182	2.7	0.4	4	31	7	104
Peas, frozen, cooked	4146	50g	2 heaped TBS	176	2.6	0.4	2.7	46	4	54
Peas, mangetout, cooked	3717	25g	10 small pods	46	0.5	0	1.6	13	0	36
Pepper, chili	3977	5g	1 heaped TSP	12	0.1	0	0.2	3	0	17
Pepper, sweet, green, raw	3733	25 g	4 med slices	26	0.2	0	0.8	6	2	44
Pepper, sweet, red, raw	3734	25g	4 med slices	33	0.2	0.1	1.1	5	1	44
Pepper, sweet, yellow, raw	4153	25g	4 med slices	33	0.3	0.1	1.4	6	1	53
Pumpkin, summer, marrow	4179	110g	1/2 cup	64	0.1	0	1.9	2	2	47
Radish, raw	3745	50 g	2 large radishes	45	0.3	0.3	1	9	12	116
Sambal, tomato, onion	4272	50g		82	0.4	0.1	3.7	13	4	99
Sou sou (Chayote), cooked	4166	50g		49	0.4	0.1	1.3	11	0	68
Sweetcorn, cream style, canned	3726	65 g	1/4 cup	212	1	0.2	10.1	31	172	81
Sweetcorn, whole kernel, canned	3942	50 g	~1/4 cup	156	1	0.2	7.3	26	107	82
Tomato ketchup / sauce	3139	25g	1 level TBS	120	0.3	0.1	6.2	10	146	116

Vegetable Exchanges – Moderate Potassium (120 – 200 mg)

90 kJ, 1 g Prot, 0 g Fat, 2 g CHO, 20 mg PO₄, 20 mg Na, 150 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Asparagus, cooked (green)	3695	90g	1/2 cup	100	2.1	0.3	1	49	0	191
Amaranth leaves, boiled	3980	50g		56	1	0.1	0.6	19	2	123
Beetroot, cooked with skin (flesh only)	3698	50 g	1/2 med	108	1	0	4	18	30	145
Beetroot leaves, cooked	3914	20g	1 large DSP	30	0.5	0	0.5	8	48	182
Brinjal, cooked (including skin)	3700	90 g	1/2 cup	94	0.6	0	2.9	21	4	160
Brussels sprouts, cooked	3703	80 g	1/2 cup	120	2.2	0.1	1.8	46	7	187
Calabash / Gourd (white), boiled	4212	100g		120	0.6	0	3.7	13	2	170
Carrot salad, pineapple, orange juice	3710	65g	1/2 cup	124	0.5	0	5.1	12	11	142
Carrots, cooked, rings	3757	80 g	1/2 cup	130	0.7	0.1	4.2	23	23	125
Carrots, raw, grated	3709	50g	1/2 cup	85	0.5	0	3.2	12	12	121
Cauliflower, cooked	3716	80 g	1/2 cup	75	1.1	0.1	1.7	23	5	134
French salad (lett, tom, cuc), no dressing	3921	70g	1/2 cup	55	0.6	0.1	1.7	19	5	130
Green beans, cooked, long pieces	3696	65 g	1/2 cup	89	1.2	0.1	1.7	24	3	168
Kalahari truffle, raw	4195	50g		191	2.1	1.8	0.4	71	2	145
Mushroom, raw, sliced	3842	45g	1/2 cup	60	1	0.1	1.2	36	5	132
Pumpkin, summer, patty pan, sliced	4181	100g	3 heaped TBS	81	1	0.2	1.4	28	1	140
Pumpkin, winter, white, cooked	4164	105g	1/2 cup	97	0.7	0.1	3	18	2	165
Pumpkin, winter, hubbard, cooked	4177	105g	1/2 cup	142	0.7	0.1	5.9	20	2	165
Spinach, cooked (Swiss chard)	3913	90 g	1/2 cup	121	2.4	0.3	1.8	32	129	159
Sweetcorn, cooked	3725	65 g	1/4 cup	345	2.1	0.8	14.5	67	11	162
Tomato, raw	3750	80g	1 small	73	0.7	0.2	2.3	20	4	185
Turnip, cooked	3911	90 g	1/2 cup	89	0.6	0.1	2.6	17	45	122
Waterblommetjies, fresh (boiled)	4194	100g		95	0.7	0	2.1	25	20	131
Watercress, raw	3954	50g		41	1.2	0.1	0.4	30	21	165

Vegetable Exchanges – High Potassium (> 200 mg)

90 kJ, 1 g Prot, 0 g Fat, 2 g CHO, 20 mg PO₄, 20 mg Na, 270 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Amadumbe, tuber, boiled, flesh only	4087	50g		300	0.3	0.1	15	38	8	242
Amadumbe / taro, leaves, steamed	4089	50g		65	1.4	0.2	1	14	1	230
Bamboo shoots, raw	4095	50g		55	1.3	0.2	0.6	27	3	234
Marog, cooked	8302	50g		100	2	0	3.8	18	8	310
Mixed vegetables, canned	4264	140g	1/2 cup	277	2.9	0.1	9.7	46	532	294
Mushroom, cooked, whole	3729	90 g	1/2 cup	120	2.1	0.2	2.4	66	9	239
Okra, boiled	3939	100g	1/2 cup	162	1.9	0.2	4.7	56	5	322
Pumpkin leaves, boiled	4205	50g		56	1.4	0.1	0.4	40	4	219
Pumpkin, summer, gem, cooked	3760	90g	1/2 large	87	0.5	0.1	3.2	19	1	232
Pumpkin, winter, butternut, cooked	3759	105g	1/2 cup	247	1.6	0.1	11	45	2	288
Spinach, small leaf, boiled	3761	90g	1/2 cup	114	2.7	0.3	1.3	50	63	419
Spinach, small leaf, raw	4167	50g		62	1.5	0.2	0.4	25	40	279
Tomato and onion stew, with sugar	3910	75g	1 heaped LS	129	0.8	0.2	5.3	24	7	203

TO BE RESTRICTED

Gherkins/pickled cucumber	(High sodium and potassium)
Pickled onion	(High sodium)
Waterblommetjies canned	(High sodium)

Fruit Exchanges – Low Potassium (< 120 mg)

250 kJ, 0,5 g Protein, 0 g Fat, 10 g CHO, 15 mg PO₄, 5 mg Na, 95 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Fresh Fruit (Raw)										
Apple, skin	3532	100g	1 small	267	0.2	0.1	13	7	4	99
Cherry	3542	50g	2 heaped DSP	137	0.6	0.1	6.7	10	3	118
Granadilla (without peel)	3545	20g	1 med	90	0.4	0.1	2.6	7	0	62
Kumquat	3630	50g	6 med	149	0.5	0.1	4.9	10	3	98
Lemon, with peel	3577	70g	1/2 med	149	0.8	0.2	4.2	11	2	102
Litchi	3632	50g	6 litchis	164	0.4	0.1	8.6	10	2	112
Melon, wild	3678	60g		64	0.8	0.1	2.4	14	21	14
Mulberries	3634	50g		103	0.7	0.2	4.1	19	5	97
Pear	3582	100g	1 small	306	0.4	0.2	14.4	9	4	86
Pineapple	3581	40g	2 med slices	99	0.2	0	4.8	2	0	64
Plum	3570	50g	1 med	116	0.4	0.1	5.5	9	2	86
Prickly pear	3571	50g	1 small	139	0.5	0.2	5.3	10	1	72
Strawberry	3573	50g	4 med	157	0.7	0.3	6	28	4	170
Youngberry	4236	50g		122	0.4	0.2	3.8	10.5	0	98
Dried Fruit										
Apple, dried, raw	3600	25g	5 rings	287	0.2	0.1	14.3	9.5	22	113
Dates, dried, raw	3543	10g	2 dates	130	0.2	0.1	6.6	4	0.3	65
Pear, dried, raw	3585	12g	1 half	148.5	0.3	0.1	7.5	7	0.5	64
Fruit Juice										
Apple juice, Ceres / Liquifruit	3606	125 ml	1/2 cup	288	0.1	0	16.6	9	3	113
Apricot juice, Liquifruit	3610	125 ml	1/2 cup	279	0.4	0	15.3	14	3	85
Grape juice, Ceres / Liquifruit	3690	125ml	1/2 cup	304	0.1	0.1	17.4	14	5	53
Guava juice, Ceres / Liquifruit	3629	125 ml	1/2 cup	260	0.3	0.1	14.4	11	8	81
Litchi juice, Ceres	3684	125 ml	1/2 cup	274	0.1	0	15.9	14	5	59
Mango juice, Ceres	3683	125 ml	1/2 cup	268	0.1	0	15.5	11	3	39
Mango and orange juice, Liquifruit	3681	125 ml	1/2 cup	291	0.4	0.1	16.4	15	3	94
Orange juice, Ceres, Liquifruit	3638	125ml	1/2 cup	273	0.4	0.1	15.1	16	5	119
Peach juice, Ceres	3687	125 ml	1/2 cup	273	0.5	0.1	15.1	11	4	110
Strawberry juice, Liquifruit	3654	125 ml	1/2 cup	261	0.4	0.1	14.6	15	4	66
Canned or Cooked Fruit										
Apple, fresh, stewed with sugar	3603	120g	1/2 cup	509	0.4	0.5	25.7	10	1	106
Fruit salad, canned in syrup	3580	140g	1/2 cup	491	0.4	0.1	26.2	13	8	112

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Food Item	Code	Portion		Energy	Protein	Fat	CHO	PO ₄	Na	K
		Grams/ml	Measure	(kJ)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Litchi, canned in syrup	3631	125g	1/2 cup	395	0.5	0	22.1	15	3	94
Peach salad, curried/atchar/pickles	3693	45g	1 heaped TBS	153	0.3	0	8	9	2	61
Peach, canned in syrup	3567	125g	1/2 cup	394	0.6	0.1	21	13	6	104
Pear, canned in syrup	3583	130g	1/2 cup	410	0.3	0.1	21.8	13	7	107
Pineapple, canned in fruit juice	3647	90g	1/2 cup	249	0.4	0.1	13.4	5	1	110
Pineapple, canned in syrup, pieces	3648	90g	1/2 cup	332	0.2	0.1	19	6	1	94

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Fruit Exchanges – Moderate Potassium (120 – 200 mg)

250 kJ, 0,5 g Protein, 0 g Fat, 10 g CHO, 15 mg PO₄, 5 mg Na, 170 mg K

Food Item	Code	Portion	Energy	Protein	Fat	CHO	PO ₄	Na	K
		Grams/ml Measure	(kJ)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Fresh Fruit (Raw)									
Apricot	3534	50g 2 small	79	0.4	0.1	3.3	13	2	160
Gooseberry	3622	50g 10 berries	125	1	0.4	3	20	0.5	137
Grapefruit	3546	100g half	165	0.7	0.1	6.9	16	3	134
Guava	3551	50g 1 small	145	0.4	0.2	3.9	12	0.5	132
Mango	3556	100g quarter	303	0.6	0.2	15.3	11	1	164
Melon, green	3575	60g 3 cm wedge	115	0.4	0.1	5.4	13	7	162
Minneola, peeled	4227	100g	201	0.7	0.2	9.3	19	2	177
Naartjie / Tangerine	3558	100g 1 med to large	230	0.9	0.2	10	15	5	139
Pawpaw, cubes	3563	100g 4 heaped TBS	186	0.4	0.1	8.6	7	7	192
Canned or Cooked Fruit									
Fruit cocktail, canned in fruit juice	3664	140g 1/2 cup	337	0.6	0	17.1	25	7	168
Fruit cocktail, canned in syrup	3665	140g 1/2 cup	451	0.6	0.1	24.1	15	8	123
Gooseberry, canned in syrup	3621	130g 1/2 cup	686	0.7	0.3	36	30	4	157
Grapefruit, canned in fruit juice	4215	125g 1/2 cup	109	0.5	0.1	4.8	10	6	121
Grapefruit, canned in syrup	3547	125g 1/2 cup	345	0.8	0.1	18.8	13	3	161
Guava, canned in syrup	3553	105g 1/2 cup	385	0.4	0	17.1	12	7	126
Mango, canned in syrup	3633	125g 1/2 cup	449	0.4	0	25.1	13	4	125
Peach, canned in fruit juice	3640	125g 1/2 cup	288	0.5	0	14.9	26	6	194
Pear, canned in fruit juice	3643	130g 1/2 cup	256	0.4	0	12.4	16	5	125

Fruit Exchanges – High Potassium (> 200 mg)

250 kJ, 0,5 g Protein, 0 g Fat, 10 g CHO, 15 mg PO₄, 5 mg Na, 240 mg K

Food Item	Code	Portion	Energy	Protein	Fat	CHO	PO ₄	Na	K
		Grams/ml Measure	(kJ)	(g)	(g)	(g)	(mg)	(mg)	(mg)
Fresh Fruit (Raw)									
Avocado	3656	40g quarter	408	0.7	9.4	0.8	13	1	233
Banana, peeled	3540	50g 1 large	191	0.7	0.2	9.4	10	0.5	121
Fig	3544	100g 2 large figs	353	1.2	1	13.5	20	4	237
Grapes	3550	100g 1 small bunch	300	0.7	0.1	14.7	19	2	215
Kiwi fruit	3660	100g 1 fruit	294	1	0.5	13	26	2	253
Marula, peeled	4241	100g	248	0.5	0.4	12.1	12	2	317
Melon, tsama	4246	100g	80	0.4	0	2.7	5	2	267
Melon, orange flesh	3541	60g 3 cm wedge	104	0.5	0.1	4.9	8	10	226
Num num	3679	100g	325	0.7	1.2	6.5	26	10	261
Orange	3560	120g 1 small	274	1	0.1	11	23	1	211
Peach	3565	100g 1 small	196	0.7	0.1	8.6	17	4	201
Watermelon	3576	100g 1 small wedge	138	0.9	0.1	5.9	5	4	137
Dried Fruit									
Apricot, dried, raw	3536	20 g ~ 6 halves	227	0.7	0.1	11	23	2	276
Currants, dried	3662	30g 3 heaped DSP	388	0.9	0.2	20	30	5	270
Dried fruit sweets	3995	40g 3 large sweets	553	0.6	0.1	29.6	21	5	214
Fig, dried, raw	3557	40g 2 figs	484	1.2	0.5	22	27	4	285
Peach, dried, raw	3568	25g 2 halves	283	0.9	0.2	13.1	30	2	249
Prune, dried, raw	3596	30g 3 prunes	339	0.8	0.2	17	24	1	224
Raisins, seedless	3552	30g 2 heaped DSP	411	1	0.2	22	29	5	242
Fruit Juice									
Orange juice, fresh	3561	125ml 1/2 cup	245	0.9	0.3	12.8	21	1	250
Tomato juice, Ceres	3976	125ml 1/2 cup	166	1.0	0.1	7.1	1.3	32.5	294
Canned or Cooked Fruit									
Apricot, canned in syrup	3535	135g 1/2 cup	402	0.5	0.3	21.5	15	12	201
Apricot, canned in fruit juice	3607	135g 1/2 cup	273	0.8	0	13.6	30	5	243

TO BE RESTRICTED

Guava roll, dried (high potassium)

Sugar Exchanges

155 kJ, 0 g Prot, 0 g Fat, 10 g CHO, 0 mg PO₄, 0 mg Na, 10 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Chewing gum	3993	10g	2-5 sweets	162	0	0	9.5	0	0	0
Coconut ice	4011	20g	1 med piece	381	0.3	2.6	15.9	8	5	22
Fruit gums	4000	10g	2 sweets	152	0.1	0.2	8.6	0	6	36
Golden syrup	3988	10g	thinly spread	135	0	0	7.9	2	27	24
Honey	3984	10g	thinly spread	140	0	0	8.2	1	1	5
Jam / Marmalade	3985	10g	thinly spread	120	0	0	6.9	2	2	9
Marshmallow	4001	10g	1 sweet	140	0.2	0	8	1	4	1
Peppermints	4004	10g	3 sweets	177	0.1	0.1	10.2	0	1	0
Sugar, brown	4005	10g	~ 2 TSP	164	0	0	9.6	2	3	34
Sugar, white	3989	10g	~ 2 TSP	170	0	0	10	0	0	0
Super C sweets (129 mg vit C / 10g)	4022	10g	2 sweets	177	0.1	0.1	10.2	0	1	0
Sweets, hard boiled or soft jelly type	3986	10g	2 small sweets	160	0	0.1	9.3	1	2	0

TO BE RESTRICTED

Assorted chocolates	(high in protein, potassium, sodium and phosphate)
Chocolate coated bars/nuts/raisins	(high in protein, potassium, phosphate and sodium)
Dark/bittersweet chocolate	(high in protein, potassium and phosphate)
Fudge/toffee	(high in protein, potassium, sodium and phosphate)

Fat Exchanges

160 kJ, 0 g Prot, 5 g Fat, 0 g CHO, 0 mg PO₄, 45 mg Na, 0 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Butro	3523	5g	1 level TSP	152	0	4.1	0	1	41	1
Butter, salt added	3479	5g	1 level TSP	152	0	4.1	0	1	41	1
Butter, salt free	3529	5g	1 level TSP	152	0	4.1	0	1	1	1
Cream, fresh, 20% fat	3481	15g	1 level TBS	154	0.4	3.8	0.5	11	6	17
Ghee	3525	5g	1 level TSP	185	0	5	0	0	0	0
Holsum	3516	5g	1 level TSP	185	0	5	0	NA	NA	NA
Lard	3495	5g	1 level TSP	185	0	5	0	0	0	0
Margarine, light (soft)	3521	10g	2 level TSP	302	0	8	0.1	0	153	1
Margarine, med fat (PUFA)	3496	10g	2 level TSP	306	0	8.3	0	0	40	1.0
Margarine, plain, brick	3484	5g	1 level TSP	149	0	4	0	0	40	0
Mayonnaise	3488	10g	1 heaped TSP	217	0.1	5.4	0.9	3	76	1
Mutton tallow	3497	5g	1 level TSP	185	0	5	0	NA	NA	NA
Oil, sunflower, olive oil	3507	5g	1 TSP	185	0	5	0	0	0	0
Olives, ripe / canned / pitted	3658	25g	5 Olives	130	0.2	2.7	0.8	1	218	2
Orley whip	3492	15g	1 level DSP	148	0	3.9	0	2	6	2
Salad cream	3489	10g	1 heaped TSP	148	0.1	3.3	1.5	4	96	4
Salad dressing, French	3487	5g	1 level TSP	121	0	3.2	0.3	1	0	1
Salad dressing, low fat	3505	30g	2 DSP	175	0.3	3.9	1.6	0	142	1
Sandwich spread	3552	10g	2 level TSP	165	0.1	3.4	2.2	NA	NA	NA

TO BE RESTRICTED

Nuts, salted (High in phosphates, sodium and potassium)

Nuts, unsalted (High in phosphates and potassium)

Drink Exchanges

10 - 300 kJ, 0 g Protein, 0 g Fat, 5 g CHO, 5 mg PO₄, 10 mg Na, 20 mg K

Food Item	Code	Portion		Energy (kJ)	Protein (g)	Fat (g)	CHO (g)	PO ₄ (mg)	Na (mg)	K (mg)
		Grams/ml	Measure							
Energy Drinks (300 kJ)										
Cold drink, carbonated	3981	250ml	1 med glass	438	0	0	25.8	8	17.5	2.5
Cold drink, squash, diluted	3982	250ml	1 med glass	298	0	0	17.5	2.5	12.5	10
Liqueur	4040	25ml	1 liqueur glass	360	0	0.1	11.6	1.5	2	7.5
Liqueur, with cream	4055	25ml	1 liqueur glass	346	0.7	3.9	5.2	13	23	8
Lucozade	4007	125ml	1/2 med glass	383	0	0	22.5	5	35	2.5
Mahewa / Magou	4056	125ml	1/2 cup	199	1.0	0.4	9.8	48	0	23
Sherry, dry / med, Vermouth	4043	50ml	1 sherry glass	225	0.1	0	2.1	4.5	4.5	46
Sherry, sweet / port, Muscadel	4032	50ml	1 glass	291	0.1	0	5.9	4.5	4.5	46
Spirit/Brandy/Gin/Whiskey/Cane/Vodka/Rum	4035	50g	1 tot	522	0	0	0	2	0.5	1
Energade	NA	125ml	1/2 cup	150	0	0	9	NA	46	6
Powerade	NA	125ml	1/2 cup	156	0	0	9.4	0	28	21
Game	NA	125ml	1/2 cup	153	0	0	9.5	19	31	6
Non-Energy Drinks (10 kJ)										
Coffee, brewed, instant	4037	180 ml	1 tea cup	16	0.2	0	0.7	2	3.6	97
Cold drink, artificially sweetened / diet squash	3999	250ml	1 med glass	7.5	0.3	0.0	0.3	25	27.5	2.5
Tea, Ceylon, brewed	4038	180ml	1 tea cup	9	0	0	0.5	1.8	5.4	67
Tea, herbal	4053	180ml	1 tea cup	5	0	0	0.4	0	2	16
Tea, rooibos	4054	180ml	1 tea cup	5	0	0	0.4	NA	5.4	7.2

TO BE RESTRICTED

All types of beer (high in phosphate, potassium)
 Ciders, sweet (high in potassium)
 Cola drinks e.g. Coke, Pepsi (high in phosphate)
 Wine (high in potassium)