

Key dietary sources of nutrients

Key dietary sources for nutrients to include on the 2 restricted days and the 5 unrestricted days of the diet

	Allowed on the 2 restricted days	Calcium	Iron	Zinc	Magnesium	Selenium	Folate and Folic acid	Vitamin A
CARBOHYDRATES								
Fortified wholegrain cereals, e.g. branflakes, wheat or oat bisks, no added sugar muesli, shredded wheat, bran flakes			✓	✓	✓		✓	
Wholemeal flour/ bread		✓	✓	✓	✓	✓		
Granary bread		✓			✓	✓	✓	
Wheatgerm bread		✓	✓	✓	✓	✓		
Rye bread			✓					
Rye crispbread			✓	✓	✓			
Oatcakes				✓	✓			
Wholegrain (brown) pasta			✓		✓	✓		
Wholegrain (brown) rice					✓	✓		
Old potatoes with skins on					✓			
Plantain					✓			
Sweet potato		✓			✓			
PROTEIN								
White fish	✓				✓	✓		
Oily fish	✓	✓ <i>(if you eat the bones)</i>	✓ <i>(sardines and pilchards only)</i>	✓ <i>(sardines and pilchards only)</i>	✓	✓		
Shellfish	✓			✓	✓	✓		
Prawns	✓	✓			✓			
Lean red meat	✓		✓ <i>(beef and lamb only)</i>	✓	✓	✓		
Poultry (cooked without skin)	✓				✓	✓		
Duck (cooked without skin)	✓		✓	✓	✓	✓		

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PROTEIN (CONT.)								
Offal	✓		✓	✓				✓ (liver only)
Eggs	✓	✓	✓	✓		✓		✓
All beans and pulses			✓		✓ (especially aduki beans, red kidney beans and chick pea)			
Black eye beans					✓		✓	
Red kidney beans		✓			✓			
Baked beans		✓						
Lentils		✓		✓	✓			
Soya beans	✓		✓		✓			
Quorn	✓				✓			
Tofu	✓	✓						
VEGETABLES								
Asparagus	✓						✓	
Beans: green and French		✓						
Beetroot							✓	
Broad beans							✓	
Broccoli	✓	✓	✓		✓		✓	
Brussels sprouts	✓		✓				✓	
Cabbage	✓	✓	✓					
Kale	✓	✓	✓		✓		✓	
Okra	✓	✓			✓			
Peas		✓	✓		✓		✓	
Spinach	✓	✓	✓		✓		✓	
Spring greens	✓	✓	✓					
Watercress	✓	✓	✓					

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FRUIT								
Bananas					✓			
Dried fruit		✓	✓					
Oranges		✓						
Rhubarb	✓	✓			✓			
Fruit juice with added calcium		✓						
DAIRY								
Semi skimmed or skimmed milk	✓	✓		✓				
Soya milk (calcium-fortified)	✓							
Rice, hazelnut and oat milks (calcium-fortified)		✓						
Yoghurt: diet fruit, low fat Greek, low fat fromage frais, plain soya yoghurt, whole or low fat plain yoghurt	✓	✓						
Yoghurt: whole or low fat fruit, flavoured soya yoghurt (calcium-fortified)		✓						
Lower fat cheeses: camembert, lower fat cheddar, edam, feta, mozzarella, low fat halloumi, paneer made with semi-skimmed milk, low fat cream cheese, cottage cheese	✓	✓		✓ <i>(except cottage cheese, feta, low fat cream cheese)</i>				✓ <i>(except cottage cheese)</i>
FATS								
All nuts	✓ <i>(except chestnuts)</i>	✓ <i>(almonds only)</i>	✓ <i>(except chestnuts)</i>	✓ <i>(except chestnuts and coconuts)</i>	✓ <i>(except chestnuts and coconuts)</i>	✓ <i>(brazil nuts only)</i>		
Margarine or low fat spreads	✓							✓
Cocoa powder			✓		✓			
Low fat malted drinks			✓		✓			