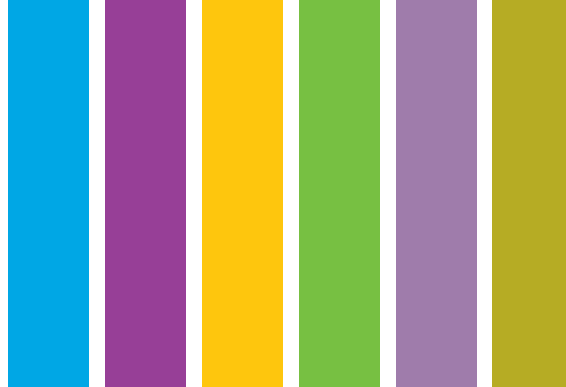


Key sources of potassium, magnesium and sodium on the two diet days



	Potassium	Magnesium	Sodium
PROTEIN FOODS			
White or oily fish	✓	✓	
Seafood	✓	✓	
Smoked fish			✓
Lean red meat	✓	✓	
Poultry (cooked without skin)	✓	✓	
Lean bacon (grilled) & ham			✓
Duck (cooked without skin)	✓	✓	
Soya beans	✓	✓	
Tofu	✓	✓	
Quorn	✓	✓	
Vegetarian sausage	✓	✓	
Low-fat hummus	✓	✓	✓
Eggs	✓		
VEGETABLES			
Green vegetables, especially spinach, kale, broccoli & okra	✓	✓	
Tomato purée			
FRUIT			
All fruit especially apricots, berries, currants, oranges & rhubarb	✓		
LOW-FAT DAIRY			
Milk	✓	✓	
Soya milk	✓	✓	
Low-fat yoghurt & fromage frais	✓	✓	
Lower-fat cheeses: camembert, lower-fat cheddar, lower-fat cheese spread, cottage cheese, edam, feta & mozzarella	✓	✓	✓
HIGH-FAT FOODS			
All nuts	✓	✓	
Salted nuts			✓
Avocado	✓	✓	
Cocoa powder	✓	✓	
OTHER FOODS			
Yeast extract	✓	✓	✓
Coffee	✓		
Soy sauce			✓
Stock cube or bouillon			✓
Meat stock			✓
Gravy powder or granules			✓

	Allowed on the 2 restricted days	Calcium	Iron	Zinc	Magnesium
PROTEIN (CONT.)					
Offal	✓		✓	✓	
Eggs	✓	✓	✓	✓	
All beans and pulses			✓		✓ <i>(especially aduki beans, red kidney beans and chick pea)</i>
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	✓	✓	✓		

	Allowed on the 2 restricted days	Calcium	Iron	Zinc	Magnesium
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>	
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>
Margarine or low fat spreads	✓				
Cocoa powder			✓		✓
Low fat malted drinks			✓		✓