

**From:** Danny Mansell [mansell@bosasa.com]

**Sent:** 01 May 2004 04:51

**To:** angelo@bosasa.com

**Subject:** Spec

RESTRICTED

**RESTRICTED**  
**TENDER CONDITIONS**

1. **INSTITUTION**

The Caterer shall tender for the provision of full catering services including full maintenance of kitchen equipment, cleaning and training of Department of Correctional Services (DCS) staff and trainee inmates, at the following Correction Centres: Durban Westville, Polismoor, St Albans, Modder Bee, Krugersdorp, Pretoria and Johannesburg, upon the terms and subject to the conditions as set out in the Specifications.

2. **CONDITIONS OF TENDER**

2.1 **GENERAL**

Tenders are scheduled mechanically in this Department. The tender has consequently been drawn up so that certain essential information is to be furnished in a specific manner.

2.1.1 The tender forms should not be retyped or redrafted but photocopies may be prepared and used but signed on the original.

2.1.2 Black ink or black typewriter ribbon should be used to fill in tenders.

2.1.3 Tenderers should check the numbers of the pages and satisfy themselves that none is missing or duplicated. No liability will be accepted in regard to claims arising from the fact that pages are missing or duplicated.

2.1.4 Unless specifically provided for in the tender invitation, no tenders by telegram, telex or fax will be considered.

2.1.5 These conditions form part of the tender and failure to comply therewith may invalidate a tender.

2.1.6 The following documents form part of this tender. (The Tender Documents).

- (a) Tender Conditions
- (b) Form of Tender (ST8)
- (c) Declaration of Interest (ST12)
- (d) Financial Summary
- (e) Schedules A, B and C
- (f) Tender Specifications
- (g) Appendix 1 to 12
- (h) Annexures A to I

2.3 Tenderers must tender in accordance with the requirements stipulated in Schedule A, B and C of the tender documents which are attached as Annexures to form ST 8.

2.4 Tenders will be invalid if they are not submitted on the aforementioned forms which must be fully

2

RESTRICTED

1

**DOCUMENT A**

**TENDER CONDITIONS**

#### **RESTRICTED**

completed and returned with conditions and specifications signed in the original as required unless decided otherwise by the Department.

2.5 Tenders indicating alternative offers deviating from the aforementioned requirements or making only qualified, conditional, alternative or incomplete offers will under no circumstances be considered and the State shall be under no obligation to enter into correspondence in this regard. It is explicitly stated that the State shall under no circumstances, before or after the award of the tender, negotiate with any party regarding alternative methods of calculating the cost of the service.

#### **3. QUALIFICATION OF TENDERS**

3.1 The Tenderer must be National Key Points Accredited, in accordance with the prescriptions of the (National Key Points Act No 102 of 1980 as amended by Act, No44 of 1984 and No 47 of 1985).

3.2 Only reputable and recognised catering concerns with sufficient experience in the provision of services, on a very large scale will be considered.

3.3 Only Joint Ventures that have been in existence for some time and have a proven track record as a Joint Venture, will be considered.

3.4 The tenderer must submit detailed information together with their tender documents of their experience in the catering trade and must furthermore submit proof of their current ability to supply high quality meals to at least 7,000 persons per day from one kitchen. (Appendix 1)

3.5 The tenderer must have experience in delivering the above service in a corrections environment or be able to show that it understands the constraints and specific requirements of this type of environment.

3.6 The tenderer must submit with the tender submission a documented "systems analyses" for a functional organization structure as a basis for managing this contract in order to show that it understands the scope of the contract. Clear indication must be given of the caterer's envisaged organizational principles, procedures and functions for the effective management and operation facilities tendered for. (ISO 9001:2000 methodology must be used in the layout of flow charts description of processes. (Appendix 2)

3.7 Facilities The tenderer must have a fully functional integrated maintenance department experienced in Management, with a minimum experience of five years.

3.8 The tenderer must have accredited training programmes in catering and related subjects, together with the relevant trainers and moderators, for its own staff as well as the staff of the Department inmates of the various facilities.

3.9 The tenderer must submit proof with the tender of a relationship, together with recorded results, with an independent auditing laboratory of its hygiene standards.

3.10 The tenderer must have a computerized system operational for meal planning and material usage to the satisfaction of the Department.

#### **RESTRICTED**

#### **RESTRICTED**

3.11 Due to the scope of this tender the tenderer must satisfy the Department that it has a temporary facility that complies with minimum health requirements to be utilized while the kitchens are upgraded.

3.12 The tenderer must produce proof that it has at least two qualified dietitians on its staff or if successful with the tender undertakes to appoint at least two full time dieticians exclusively for this tender (See paragraph 4.2 below).

3.13 The tenderer must provide proof that it has competent suppliers in place for all the materials required for the successful execution of this contract (Appendix 5), with the relevant credit facilities reflected.

3.14 Due to the potential for collusion and theft in the kitchens, the tenderer must have accredited security personnel that are ISO 9001:2000 compliant that have a proven track record in the installation and monitoring of "off-site" CCTV/P. surveillance. (Appendix 6)

3.15 In the case of Partnerships or Closed corporations, affidavit reflecting the names, ID Numbers and addresses of Partners or members and in the case of a company, such information regarding the directors, must be submitted with the tender documents. (Appendix 3). Certified copies of Certificates of Registration to be attached as well as VAT Registration Certificates.

#### **4. CURRICULUM VITAE**

4.1 The tenderer must supply the curriculum vitae of the appointed Catering Manager, member of its staff or his replacement in an affidavit, the deponent being the person whose is at stake, who is sufficiently qualified to manage the specialist catering operation of each of the Correction Centres mentioned in clause 1.1, within 14 days after being awarded the contract (Appendix 1). If, in the sole discretion of the DCS, the appointed member is not suitable for the execution of the contract, the DCS may request the Tenderer to supply an alternative member within seven days. Failure to do so, or if the alternative member is not acceptable to the DCS by his sole discretion, the DCS may terminate the contract.

4.2 The tenderer must have a suitably qualified training practitioner available for the training as well as trainers at each correctional centre. The curriculum vitae of these staff must be supplied.

4.3 The tenderer must supply the curriculum vitae of the person who will be responsible for the maintenance of the equipment at the correctional centres

4.4 The tenderer must have the dietetic services of two fully qualified dietitians registered with the South African Medical and Dental Council on the full time payroll of the company or organisation or must undertake to acquire the services of such a qualified persons on being awarded the tender to the satisfaction of the DCS. (Proof of registration to be included)

#### **RESTRICTED**

**ESTIMATED**

**ESTIMATED**

**5. DETAILS OF THE TENDERER'S NEAREST OFFICE TO THE LOCATION OF THE CONTRACT**

7.3

have to incur in this regard, as well as any differences between his tender, and the accepted new tender, provided that the DCS may fully or partly exempt in its sole discretion a tenderer from the provisions of this sub rule if he is of the opinion that the circumstances justify the exemption. A certificate by the Accountant of the DCS specifying the additional expenses will be prima facie proof of the amount thereof.

When, in the circumstances mentioned in sub rule 7.2 it is not deemed desirable to invite fresh tenders, the DCS may accept another tender from those already received.

5.1 Minimum requirements:

8.

**DATE OF COMMENCEMENT OF SERVICE**

The tenderer will be required to commence service as from 01 August 2004 or at any other date as mutually agreed upon.

- (a) Physical address and telephone number. (Appendix 4)
- (b) Are the staff as proposed in clause 3.6 above, presently stationed at the aforementioned office, if not, what is the position?

9.

**INSPECTION**

For the promotion of efficient liaison between the PO of the DCS and the Caterer it is imperative that the Caterer, after being awarded the contract, shall immediately establish an office situated in the Management area. A written undertaking to this effect must accompany the tender documents. (Appendix 4)

9.1

All prospective tenderers shall attend the compulsory meeting ± two weeks after date of publication at the Johannesburg Correctional Centre. Direction can be obtained from: The 77777777777777777777, Telephone 000000000000, Fax 00000000000000.

**6. CONTRACT PERIOD AND TENDER PRICES**

10.

**GUARANTEE**

The contract period shall be for a period of two (2) years.

10.1

The tenderer shall submit together with the tender documents, Financial Particulars (Appendix 5) together with the latest audited financial statements.

6.2 The tender price must be fixed for one year; all increases are to be linked to the CPI-X.

10.2

Should this requirement not be complied with in full, the tender may be considered invalid.

The tenderer must tender separately for the meal cost and the management fee.

10.3

**ALTERATIONS TO DOCUMENTS**

No alteration, erasure, omission or addition shall be made to the text or conditions of these documents save where expressly so stated in the documents. Should any unauthorised change be made, the same will not be recognised but the original document shall apply.

**7. PERIOD OF TENDER**

Tenders must hold good proposals for a period of 90 days from the closing date of the tender.

11.

Should a tenderer amend or withdraw his tender after the time set for the receipt and opening of tenders and during the period of its validity, but prior to his being notified of the acceptance of his original tender, or should a tenderer after having been notified that his tender has been accepted:

12.

A tenderer may withdraw his tender without incurring any liability, provided written notice to that effect is in the hands of the Director Logistics at the DCS before CLOSING TIME FOR TENDERS.

Give notice of his inability to execute the contract in terms of his tender, or

13.

**THE CONTRACT**

Fail to sign a contract within the period fixed in the conditions reflected in the form of tender or any extended period fixed by the DCS; or

13.1

The contract to supply the required catering services in terms of the tender documents shall come into being when the tender is accepted in writing by the DCS.

7.2.3

Fail to execute the Contract according to the Contract Documents; he/she shall be liable to pay either the difference between his tender and a less favourable tender accepted in terms of the provisions of sub rule 7.3, or, if the DCS decides to invite fresh tenders, all additional expenses which the DCS will

13.2

The successful tenderer shall sign a formal contract within 7 (seven) days after the acceptance of the tender (Appendix 6).

5

**ESTIMATED**

6

**ESTIMATED**



**RESTRICTED**

**RESTRICTED**

- 13.3 The contract shall be deemed to come into operation 5(five) days after the date of posting of the Letter of Acceptance of the tender by the DCS.
- 13.4 Should the successful caterer fail to sign the contract as in sub rule 13.2 the DCS shall be entitled to act as in paragraph 7.2.
- 13.5 Any amendments, omissions or waivers from or additions to the contract, shall be effected in writing by mutual agreement, signed by both parties.

## **DOCUMENT B**

### **FORM OF TENDER (ST 8)**

**RESTRICTED**

**RESTRICTED**

RESTRICTED

RESTRICTED

## DOCUMENT C

### DECLARATION OF INTEREST (ST12)

9

RESTRICTED

10

RESTRICTED

RESTRICTED

RESTRICTED

"D"

**FINANCIAL SUMMARY**

CLOSING TIME: \_\_\_\_\_

TENDER NO.: \_\_\_\_\_

TENDER PERIOD:

01 August 2004 -  
31 July 2007

NAME OF TENDERER: \_\_\_\_\_

VALIDITY: 90 days, fixed for 1 (one) year

TENDER PRICE IN SA CURRENCY  
VAT MUST BE INCLUDED

**DOCUMENT D**

**FINANCIAL SUMMARY**

Estimated number of persons	R/c per person	Est. number of inmates	Tender Value
Menu A from Schedule "A" 90 % of total inmates			
Menu B from Schedule "A" 10 % of total inmates			
TOTAL OF FOOD COSTS			
Fixed Overheads from Schedule "B"			
Vat			
GRAND TOTAL FOOD COSTS PLUS OVERHEADS			

ESTIMATED

ESTIMATED

## DOCUMENT E

## SCHEDULE A

## SCHEDULES A AND B

## CALCULATION OF FOOD COSTS

ESTIMATED

ESTIMATED

ESTIMATED

SCHEDULE A

**CALCULATION OF FOOD COSTS**

PERIOD: 01 August 2004 - 31 July 2007

NAME OF TENDERER: \_\_\_\_\_

COST PER MEAL (EXCLUDING OVERHEADS) AS PER SCHEDULE A1 AND SCHEDULE A2

Summary of food cost:

MEAL	MENU A	MENU B
BREAKFAST	TOTAL COST	
LUNCH	TOTAL COST	
DINNER	TOTAL COST	
TAKE AWAY MEAL	TOTAL COST	
TOTAL COST PER PERSON PER DAY		

ESTIMATED

SCHEDULE A1

RATION SCALE: DEPARTMENT OF CORRECTIONAL SERVICES.  
This ration scale indicates minimum quantities for tender purposes only. The 48-day menu cycle is enclosed in Appendix '1'. Any revised menu contemplated by the tenderer on being awarded the tender, must be approved by the DCS.

MENU A (Meal plan on a twelve-day cycle)

Food Item	Raw portion per person per day	Cycle	Amount per person per day Rand/cents
Breakfast	Gram/millilitre	X	
Maize meal	120	4	
Maltabella	120	4	
Oats	120	4	
Milk Powder	15	12	
Sugar	20	12	
Brown bread	76	12	
Margarine	10	12	
Syrup	10	12	
Tea/Coffee	1	12	
Sugar	10	12	
Milk Powder	7	12	
Other (Salt, Curry Powder, Oil, Etc.)			
Profit Component			
Total breakfast carried forward to summary			
Lunch			
Beef	180	3	
Fish	185	1	
Pork	180	3	
Chicken	200	2	
Beef (Half portion to be mixed with soya)	90	3	
Soya	20	3	
Maize Meal	100	4	
Mielie Rice	100	4	
Samp	100	4	
Vegetables	325	12	
Tea/Coffee	1	12	
Sugar	10	12	
Milk Powder	7	12	
Other (Salt, Curry Powder, Oil, Etc.)			
Profit Component			
Total Lunch to be carried forward to summary			
Dinner			
Brown Bread	189	12	
Margarine	25	12	
Peanut Butter	20	12	

ESTIMATED

ESTIMATED

## RESTRICTED

Syrup	25	12	
Cool Drink	15	6	
Soup Powder	20	6	
Fresh Fruit	80-120 (one off)	12	
Other (Salt, Curry Powder, Oil, Etc.)			
Profit Component			
Total Dinner to be carried forward to summary			

## MENU A (Continued)

Food Item	Raw portion per person per day	Cycle	Amount per person per day
	Gram/millilitre		Rand/cents
Take Away Meals			
Fono Pack			
Wrap			
Total Take Away Meals carried forward to summary			

Note: Guidelines on Take Away Meals are included under Annexure 11. 5% of all meals must be considered take away meals.

RESTRICTED

## RESTRICTED

## SCHEDULE A2

HIGH PROTEIN, HIGH KILOJULE DIET: DEPARTMENT OF CORRECTIONAL SERVICES  
This ration scale indicates the minimums for tender purposes only. The Therapeutic Diet Manual of DCS is enclosed for all therapeutic diets.

## MENU B

Food Item	Raw portion per person per day	Rand/cents
Breakfast	Gram/millilitre	
Maize Meal	120	
Milk Powder	15	
Milk Fresh	150	
Sugar	25	
Brown Bread	76	
Margarine	10	
Syrup	10	
Fruit	80-120 (one off)	
Tea/coffee	1	
Sugar	10	
Milk Powder	10	
Milk Fresh	70	
Cool Drink Powder	15	
Between Meals High-energy Drink		
Full Cream Milk	200	
Egg	One off	
Sugar	15	
Cream	30	
Total breakfast carried forward to summary		
Lunch		
Beef	180	
Maize Meal	100	
Vegetables	325	
Tea/coffee	1	
Milk Powder	10	
Sugar	10	
Cool Drink	15	
Between Meal Snack		
Raisins	25	
Peanuts	50	
Total Lunch to be carried forward to summary		
Dinner		
Brown Bread	200	
Margarine	25	
Peanut Butter	20	
Brawn	50	

RESTRICTED

RESTRICTED

Syrup	25	
Samp	100	
Total Dinner to be carried forward to summary		

**MENU B (Continue)**

Food Item	Raw portion per person per day	Rand/cents
Other	Gram/nililitre	
Salt	10	
Cooking Oil	3	
Vinegar	2	
Curry Powder	1	
Tomato Puree	1	
Total Other to be carried forward to summary		
Take Away Meals		
Fomo Pack		
Wrap		
Total Take Away Meals carried forward to summary		

Note: Guidelines on Take Away Meals are included under Annexure 11. 5% of all meals must be considered take away meals.

RESTRICTED

## SCHEDULE B

# CALCULATION OF OVERHEAD STRUCTURES

RESTRICTED

RESTRICTED

DESTROYED

SCHEDULE B

DESTROYED

NAME OF TENDERER

PERIOD 1 AUGUST 2004 TO 31 July 2005

TOTAL OVERHEAD FEE, EXCLUDING VAT, TENDERED FOR R \_\_\_\_\_ PER PERSON PER DAY.

The tenderer must indicate the percentage break down of the Overhead Fee below.

	% Contribution
Administration	
Cleaning materials	
Consumables	
Depreciation (from annexure D)	
Insurance	
Management fee	
Maintenance	
Pest control	
Protective clothing	
Salaries and wages	
Security equipment	
Training	
Transport	
Travel cost	
Sub-total	
Profit Component	
Total	100%

DOCUMENT F

TENDER SPECIFICATIONS

DESTROYED

DESTROYED



RESTRICTED

"F"

## TENDER SPECIFICATIONS

### DEPARTMENT OF CORRECTIONAL SERVICES

CONTRACT NO......

### CATERING AND RELATED SERVICES AT

1. SCOPE  
Rendering of a fixed price catering service subject to clause 10 at the following institution:

NAME OF CENTRE	ESTIMATED NO OF PERSONS
Durban Westville	12500
Pollsmoor	7500
St Albans	6500
Johannesburg	13500
Pretoria	10000
Modder Bee	4000
Krugersdorp	4000
Total	58000

Tenders must be for all the Correctional Centres. Only Caterers who tender for all the Correctional Centres will be considered. Due to the support structures required for the successful functioning of the tender, tenderers tendering for single Correction Centres would not be competitive.

#### DEFINITIONS

2.1 "Centre" shall mean the Correctional Centre or Centres that fall under the control of the Department of Correctional Services as set out in the Agreement.

2.2 "Schedule of Overhead Structures" means the Schedule of monthly overhead costs involved in supplying the service as per (Schedule B).

23

RESTRICTED

RESTRICTED

2.3 "Ration Scale" shall mean the schedule of values of differing types of food by weight. (Schedule A).

2.4 "Food Equivalent List" shall mean the Schedule or Exchange values of differing types of food by nutritional value. (Appendix 11).

2.5 "Management Staff" shall mean any management staff provided by the Caterer as per the Functional Organisation Chart (Appendix 2)

2.6 "Catering Staff" shall mean any catering staff provided by the Caterer as per the Functional Organisation Chart (Appendix 2)

2.7 "VAT" shall mean any tax levied on sales or other transactions in terms of the Value Added Tax Act 1991 (Act 89 of 1991) of the Republic of South Africa as amended.

2.8 "Food Specification" shall mean the schedule of food types, quantities and quality to be supplied in terms of meal and menu cycles. (Appendix 11).

2.9 "Department" shall mean the Department of Correctional Services (DCS) under the control of which the correctional centre falls, and which placed the catering and related services, required in terms hereof, out to tender.

2.10 "The Caterer" shall mean, in the case of tenders received, the tenderer and in the case of the concluded contract, the successful tenderer which undertakes, in terms hereof, to provide the required catering service.

"Contract" shall comprise the full documentation attached hereto, specifically the documents headed:

Contract

Tender (ST B)

Schedules A, B and C attached to Tender (ST B)

Tender Conditions

Specifications

Acceptance of tender by the Department

Appendixes 1 to 11

2.11.5 "Food Invoice" or "Overhead Invoice" shall mean the standard invoice format which will be used as set out in Appendix 7 hereto.

2.11.6 "Therapeutic Diets" and "Special Diets" shall include all therapeutic diet food requirements and diets based on religious persuasion as per Appendix 11 and calculated on the basis as set out on Daily Costs Schedule A.

24

Food

RESTRICTED

**RESTRICTED**

- 2.14 "Management Areas" are the different areas as demarcated by DCS in which the different correctional centres under the control of the DCS falls.
- 2.15 "Project Officer" or "PO" shall mean: the member appointed by the DCS per Management Area to oversee the relationship with and monitor the activities of the caterer (PO (DCS)) and the member appointed by the caterer to communicate with the DCS (PO (CAT)).
3. **DURATION OF CONTRACT (SEE PARAGRAPH 6 TENDER CONDITIONS)**
- 3.1 The Contract shall endure for a period of three (3) years.
4. **OBLIGATIONS OF THE CATERER**
- 4.1 **Catering related services**
- 4.1.1 The Caterer is required to tender to DCS for the delivery of catering and related services at all the Correctional Centres as set out below.
- 4.1.2 The Caterer is required to provide daily the following meals to the inmates at the respective Correctional Centres mentioned in Clause 1 above:
- a. Breakfast
  - b. Lunch
  - c. Dinner
  - d. Take Away Meals (awaiting trial)
- The above meals must be served within the time frames as contemplated in section 8 (5) of the Correctional Services Act, Act 111, of 1998.
- 4.1.3 The Caterer is required to tender for the different types of meals as per Menu A Normal diets and Menu B Special and religious diets both of which include take away meals. The contents of each category of meals are specified respectively in the Food Specifications (Appendix 11).
- 4.1.4 The Caterer undertakes to cater for the meals in each of the categories in accordance with the prices as per Schedules A and B.
- 4.1.4.1 The Caterer shall be paid monthly, only for the number of meals actually served as derived at by means of the daily orders issued by the authorised DCS official at each Centre, as full consideration for the catering and related services actually rendered on receipt of the invoices in the form of Appendix 7.
- 4.1.4.2 The meals provided daily shall be recorded in accordance with the form specified in Appendix 8.

25

**RESTRICTED**

**RESTRICTED**

- 4.2 **Accounting**
- 4.2.1 The caterer shall be obliged to keep all accounting records in respect of the rendering of the catering service.
- 4.2.2 The accounting period shall run from the 1<sup>st</sup> until the end of each month.
- 4.2.3 The claims for monthly payments in respect of meals actually served in terms of the daily orders shall be submitted on official invoices of the catering company, supported by the specified schedule as per Appendix 7.
- 4.2.4 Claims for produce supplied to the caterer in terms of paragraph 4.5.4 by the facilities of DCS will be made on an official claim form and deducted by DCS from the caterers invoice before settlement.
- 4.2.5 The Correctional Centres and the Caterer shall each appoint a Project Officer (PO) who shall form a communication link between the parties and who shall work in close cooperation in order to facilitate flow of information, the settlement of problems and payment of accounts.
- 4.2.6 The PO's shall keep account of and monitor all meals actually served on each occasion to the inmates at each of the respective centres in terms of the contract.
- 4.2.7 The PO's shall keep account and monitor all the produce supplied by the DCS on each occasion when such produce is received. This will include the products supplied by out side suppliers in terms of existing DCS contract that will have to be honoured by the caterer (see paragraph 4.5.1).
- 4.2.8 The PO's (DCS) shall certify as correct each monthly invoice submitted by the Caterer to him for payment.
- 4.2.9 The PO's (CAT) shall certify as correct each monthly claim form submitted by DCS to him for payment.
- 4.2.10 The PO of DCS shall check that the meals, drinks, raw materials etc., complies with the specifications in terms of the contract. This applies to the raw materials that the tenderer is obliged to purchase in terms of paragraph 4.5.1 as well.
- 4.2.11 Any deviations from agreed menus must be approved by the PO (DCS), at the respective correctional centres.
- 4.2.12 The PO (DCS) shall be entitled at any reasonable time to inspect the records, accounts and invoices, purchases and any other documentation relating to catering and related services in terms of the contract.
- 4.2.13 It is agreed that settlement of all accounts must be effected within 15 CALENDAR days of a correctly completed and certified account. The DCS does not accept responsibility for delays in payment due to faulty accounts submitted.

26

**RESTRICTED**

**RESTRICTED**

- 4.3 Provision of staff
- 4.3.1 The Caterer shall at each centre provide for management and catering staff on the basis that appears on the functional organisation chart annexed hereto, Appendix 2, taking into account personnel and inmate students made available by DCS, refer to paragraph 5.1.
- 4.3.2 The amount claimed from DCS for the above will be restricted to the amount included in the Overhead Fee tendered as per Schedule B
- 4.3.3 The Caterer must submit together with the tender a functional organisation structure for managing each centre in terms of the contract Appendix 2.
- 4.3.4 The Caterer in the event of a substantial increase in participating numbers would be entitled to negotiate for a concomitant increase of personnel with DCS.
- 4.3.5 The Caterer in the event of changes in the personnel provided by DCS would be entitled to negotiate with DCS concomitant changes in the personnel of the caterer.
- 4.3.6 The Caterer will at all times have a qualified trainer at each Correction Centre who will offer training to DCS staff and student inmates as per the organisation chart Appendix 2.
- 4.4 Management
- 4.4.1 The Caterer undertakes to provide management services in respect of the preparation of food, maintenance of equipment, cleaning of equipment, utensils and kitchens, and the training of DCS staff and student inmates.
- 4.4.2 The Caterer must show with the aid of process flow charts with procedures and management principles which complies with ISO 9001:2000 standards, how they are going to manage the pre-implementation planning, the implementation and the ongoing management of the contract Appendix 2.
- 4.4.3 The Caterer must show how the process will be supervised and controlled from the acquisition of raw materials, the transport and storage of raw materials, the preparation of meals, the distribution of the prepared meals to all the serving areas, the portion control at each serving point Appendix 2.
- 4.4.4 The Caterer must provide DCS with quarterly reports which are verified by an external quality and hygiene auditor, which show quality monitoring at all critical points in the process of food preparation and distribution.
- 4.4.5 The Caterer will provide all the accounting services as contemplated and defined in paragraph 4.2
- 4.4.6 The Caterer must provide the management and control of the premises, equipment, furniture and utensil for the proper execution of the contract.

27

**RESTRICTED**

**RESTRICTED**

- 4.5 Purchase and supply of foodstuffs
- 4.5.1 The Caterer undertakes to honour to contracts for supplies entered into by the DCS for the remainder of the contract period with the supplier on the same terms and conditions as entered into by the DCS.
- 4.5.2 The Caterer undertakes to purchase and acquire all the ingredients, foodstuffs, raw materials and other materials necessary for the proper fulfilment of the catering and management functions.
- 4.5.3 The Caterer undertakes to arrange for its own account for the supply and delivery of all the ingredients, foodstuffs, raw material and other materials necessary for the preparation of all the meals and drinks in terms of all the Menus appearing on the Food Specification Schedules and any equivalent thereof.
- 4.5.4 The Caterer undertakes to purchase all the foodstuffs and commodities that are produced at the Centres of DCS at market related prices on condition that it is of reasonable quality, (in respect of beef and pork the simple average of the prices quoted in Calo Ridge and Port Elizabeth will be used and for fresh produce the simple average of the prices quoted in Durban, Springs and Cape Town).
- 4.5.5 The Caterer undertakes to ensure that all ingredients, foodstuffs, raw materials and produce purchased are of the quality set out in the specifications and are subjected to the control procedures set out in paragraph 4.4.3 and paragraph 4.4.4 above. If the quality and quantity of any of the materials used by the caterer in this contract does not comply with the standards and specifications laid down, the DCS may after reasonable warning to comply, terminate the contract without prejudice.
- 4.5.6 The Caterer undertakes to daily display Menus reflecting the meal of the day at suitable points.
- 4.5.7 The Caterer will ensure that meals served as "food parcels" are properly packaged, in a material and in a manner that comply with the guideline in Appendix 11, Annexure G.
- 4.5.8 The Caterer will ensure that hot food is not dispersed into containers that do not comply with health regulations.
- 4.5.9 The Caterer will ensure that a minimum of 7 days stock will be held at any specific time to cater for stay-away/ National strikes etc
- 4.6 Kitchen facilities and Equipment
- 4.6.1 The Caterer shall have full access to all the kitchens at the respective correctional centres, as well as the dining areas, stores and refrigeration for the purposes as contemplated in this tender. In this regard the Caterer shall have custody and control of keys that gives access to the relevant stores and cold storage facilities assigned to the caterer and lockable furniture utilized by the Caterer within the facilities assigned to it.
- 4.6.2 The Caterer shall not use, or allow use of any of the designated catering facilities or equipment or premises for any other purposes other than that as contemplated in this tender.
- 4.6.3 The DCS shall provide all the existing premises, furniture, fixtures and equipment including gas, steam,

28

**RESTRICTED**

**RESTRICTED**

electricity and water, together with all the cooking utensils, cutlery, crockery, containers, storage facilities, trolleys and all equipment allied to the food and drink preparation, storage and dispensing process. The DCS agrees to make facilities available in the condition it is in at the time of the commencement of the contract. DCS does not in any way warrant the working condition of any of the equipment

- 4.6.4 All additional equipment required will be for the account of the Caterer and installed by the Caterer in consultation with the PO and must be provided for in this tender in Appendix 8. The DCS does not guarantee the supply of electricity and water and the reticulation thereof for these purposes.

- 4.6.5 From the date of commencement of the contract the maintenance of all the kitchen equipment, cold rooms and all utensils as per Appendix 9 will be the responsibility of the Caterer. At the termination of the contract, for whatever reason, the DCS will employ a specialist to survey all the equipment as per Appendix 9 and if found to be in an unsatisfactory state of repair, the DCS will repair these items for the account of the Caterer.

- 4.6.6 The Caterer must have available its own temporary kitchen that complies with minimum health standards, which can be transported to any of the Correctional Centres to be used whilst kitchens are decommissioned for upgrading. The Caterer and the DCS will manage this process jointly Appendix 12.

- 4.6.7 The DCS and the Department of Public Works will maintain all buildings, water, electric and sewerage reticulation.

- 4.6.8 All additional equipment required by the Caterer, in order to comply with health and safety regulations, must be procured by the Caterer. This equipment will become the property of the DCS on termination of the contract. The additional equipment must be provided for in the management fee component of the tender Schedule B.

- 4.6.9 Replacement of catering utensils is for the account of the Caterer. The PO's must ensure that there are sufficient utensils at all Centres at all times.

- 4.6.10 The DCS will supply water, electricity, steam, oil, wood and gas where required at all Correctional Centres, as is available at those Correctional Centres at the time of the commencement of the contract. No new supply connections will be provided by DCS and any new supply requirement by the Caterer in respect of this tender must be provided for in this tender.

**4.7 Cleaning, Cleaning Materials, Consumables, Uniforms, Protective Clothing and Stationery**

- 4.7.1 The Caterer undertakes to purchase, acquire and ensure the safe keeping at its own risk of all suitable cleaning materials, insecticides, stationery, all consumable items such as packing materials, bin liners, cloths, sponges, brooms, squeegees, mops, buckets, brushes, etc necessary for the proper fulfilment of its catering and management functions.

- 4.7.2 The Caterer undertakes to conduct pest control in the store rooms and kitchens and kitchen work areas every three months or sooner as required

- 4.7.3 The Caterer will provide the Caterer's staff with protective clothing or uniforms that are clearly and distinctively marked, bearing the logo of the Caterer, as well as a logo depicting the DCS. The Caterer will launder it at its own cost.

29

**RESTRICTED**

**RESTRICTED**

- 4.7.4 The items referred to herein will form part of the management fee component as per Schedule B

**4.8 Transport and Telephone**

- 4.8.1 The Caterer undertakes to provide all suitable and approved transport services necessary at each of the Centres for the purposes of execution of its management and contractual responsibilities and shall be fully liable for conveying all the supplies commensurate with the contract at each Centre.

- 4.8.2 By agreement between the parties, in certain circumstances, private telephone facilities may be installed for the Caterer at the expense of the Caterer in a place approved by DCS.

**4.9 Health and Safety**

- 4.9.1 The Caterer undertakes to employ a full time health and safety officer who will take responsibility of all health and safety issues of the contract

- 4.9.2 The Caterer shall with the provision of female labour keep all the catering and food services areas clean including catering equipment, fixtures, tables, washing areas, utensils, containers, crates, cold rooms and run off / gullies and drains inside the kitchen. Dysfunctional drains will be repaired by DCS or the Department of Public Works. Regular swabs must be taken by the external monitoring entity as contemplated in paragraph 4.4.4.

- 4.9.3 The Caterer shall ensure that all staff working in the kitchens and dining halls are checked regularly by a Medical examiner in terms of the Health Act. Comprehensive reports of the medical examinations must be furnished to the PO (DCS).

- 4.9.4 The Caterer shall ensure that all staff are properly dressed at all times and issued with the appropriate protective clothing.

- 4.9.5 The Caterer shall ensure that all the necessary signage in compliance to the Health and Safety Act is displayed in accordance to the Act.

- 4.9.6 Water Electrical and Steam reticulation that does not comply with the Health and Safety Act will be rectified by DCS or the Department of Public Works.

- 4.9.7 Equipment switches, covers, connections etc must comply with the Act; the Caterer is responsible to ensure compliance.

- 4.9.8 The boilers are the responsibility of the DCS.

- 4.9.9 All staff working in the facility must within three months complete the basic Health and Safety Course and the Caterer must provide such training at its own cost.

**4.10 Security Regulations**

- 4.10.1 The Caterer agrees that all the Caterers staff shall adhere to, the security regulations applicable to each Correctional Centre as and when statutory requirements change.

30

**RESTRICTED**

**REDACTED**

4.10.2 The Caterer shall be responsible for its staff, and accountable for actions of its staff whilst on the premises of the DCS.

#### 4.11 Fire

4.11.1 The Caterer shall ensure that all staff under its control will be trained in fire drill procedure and first aid training.

4.11.2 The Caterer undertakes to have fire drill procedures in each of the correctional centres and that the Caterers staff are aware of the position of fire fighting equipment in each of the Correctional Centres.

#### 4.12 Training

4.12.1 The Caterer must be an accredited training provider

4.12.2 All training programmes must be accredited by the relevant training authorities aligned to the National Unit Standards, (NQF)

4.12.3 The Caterer must be experienced in providing training services within a corrections environment.

4.12.4 The Caterer shall be responsible for the training of all catering staff and inmates on an on-going basis for the efficient and effective functioning of the catering function at all the correctional centres tendered for. Each DCS catering staff member assigned to the caterer in terms of paragraph 5 and every student inmate assigned to the caterer in terms of paragraph 5, shall be trained in at least two modules per annum in the relevant curricula they have applied for.

4.12.5 The Caterer undertakes to provide formal training with recognised "outcomes" to both the staff of DCS seconded to the Caterer, and the inmate students.

4.12.6 The Caterer undertakes to in conjunction with the relevant SITA will arrange accredited learnerships for the inmate students.

4.12.7 The following training must be provided:

- a) Unit Management
- b) Chefs
- c) Cooks
- d) Food Handlers
- e) Waiters
- f) Cleaners
- g) Health and Safety

4.12.8 The Caterer must have formal lecture and accommodation facilities to accommodate the DCS staff which are selected to complete the courses.

4.12.9 The cost of training must be provided for in the management fee.

4.13 Indemnity and Insurance

31

**REDACTED**

**REDACTED**

4.13.1 The Caterer shall indemnify the DCS and hold it harmless against:

4.13.1.1 Any damage to DCS property, whether movable or immovable, including any loss directly flowing from damage to such property or any act or omission on the part of the caterer or its employees or any damage arising from the use and occupation of the DCS property by the Caterer;

4.13.1.2 Legal liability in respect of any claims which may be made against the DCS arising out of damage to property, whether movable or immovable, or any third parties, including any damage directly or indirectly flowing from any act or omission on the part of the Caterer and management staff of the Caterer or any damage arising from the use and occupation by the Caterer of the DCS property;

4.13.1.3 Legal liability claims in respect of death, injury or illness of any person, or loss flowing or arising from anything done or omitted by the caterer or management staff of the Caterer or any damage while using or occupying DCS property;

4.13.1.4 Any legal cost or expenses reasonably incurred in connection with claims or actions against the DCS arising out of the foregoing including attorney and client costs.

4.13.2 For the proper fulfillment of the indemnity as provided for in paragraph 4.13.1, the Caterer shall within 14 calendar days after the conclusion of the contract, submit proof of insurance cover held by it and maintained for the duration of the contract, to cover the risks as contemplated in paragraph 4.14.1. The amount of such cover must be clearly stated. If the amount in the opinion of DCS is not sufficient, the DCS reserves the right to call upon the Caterer to increase the amount to the satisfaction of DCS, at the Caterer's expense.

4.13.3 The acceptance of this tender is subject to the condition that if proof of an acceptable insurance policy as required in paragraph 4.14.2 above, is not received by the DCS, the DCS may in its sole discretion, without prejudice to other rights available to it, terminate the contract and the Caterer shall be liable for any damage which the State may sustain as a result of the termination of the contract and the appointment of another Caterer.

#### 4.14 Guarantee

See Warranties above.

### 5 Duties and Obligations of DCS

#### 5.1 Provision of Staff

5.1.1 The DCS undertakes to provide Project Officers (1 per management area as defined).

5.1.2 The DCS undertakes to provide custodial personnel to supervise the inmate students in the kitchens at a predetermined ratio of 1 (one) Custodial officer per 10 (ten) inmates.

5.1.3 The DCS undertakes to provide custodial personnel to oversee the catering service of inmates at the various servery points.

5.1.4 The DCS undertakes to assist with the recruitment of "inmate students" in accordance to the criteria set by the tenderer who will assist with the following tasks under the supervision of the Caterer:

- a) Assist with the off loading of ingredients, foodstuffs and material when delivered to the centre.

32

**REDACTED**

**RESTRICTED**

- b) Prepare vegetables, meat, bread etc prior to cooking.
- c) Cook the various menus daily
- d) Serving of the meals daily.
- e) Cleaning all the relevant areas and equipment and utensils.

**5.2 Inventory**

5.2.1 The DCS in conjunction with the Caterer undertakes to draw up an inventory of all equipment, furniture, fixtures and utensils at each Centre on a date prior to the commencement of the contract stating clearly the operating condition of each item i.e. serviceable or unserviceable repairable or irreparable defunct. (Appendix 9)

5.2.2 At the close of the day before the commencement of the contract, the Caterer undertakes to compile an inventory at each Corrections Centre of all the raw materials, foodstuff and ingredients handed over to it by DCS. The value of the inventory will be determined at the invoice price supplied to the caterer by DCS.

5.2.3 The inventories above will be made in duplicate and signed by representatives of DCS and the Caterer simultaneously, clearly stating their capacities.

5.2.4 The combined value of all the inventories in paragraph 5.2.2 will be recovered from the second payment made by DCS to the Caterer.

**6. VALUE ADDED TAX**

6.1 The Department shall pay Value Added Tax monthly on the complete service provided by the caterer. (Food costs and overheads). VAT to be included in tender price.

**7. TAKE OVER OF FOODSTUFFS AND CLEANING MATERIALS  
(WHERE APPLICABLE)**

7.1 In the determination of the last month's payment when the contract expires, the value of the stock shall be taken over by the Department at cost, including Sales Tax paid by the caterer, and shall be added to such payment.

**8. RIOT, UNREST AND STOCK LOSS**

8.1 In the event of the closure of the institution due to resident or other boycotts, riots and/or unrest, the Department shall be liable for monthly payments as determined in accordance with the provisions of this contract.

8.2 The caterer shall be liable for the rendering of the catering services irrespective of any boycotts, riots and/or unrest affecting management or staff.

8.3 During any period of riot, boycotts or unrest, the caterer and the staff occupy the premises of the Department at their own risk and the Department shall not be liable for any damage to the caterer's or staff's property and equipment or injury to or death of the employees under his control and the caterer hereby indemnifies the Department against any such damage or claims and legal costs

33

**RESTRICTED**

**RESTRICTED**

Including attorney and client costs.

**9 MEALS FOR CATERING STAFF**

9.1 If the management or staff of the caterer are entitled to any meal per shift such costs will be for the account of the caterer.

9.2

**10 MONITORING AND CONTROL**

10.1 The PO (DCS) shall at all times have access to the facilities and materials utilised by the Caterer for the purposes of:

10.1.1 Determining whether these conditions are being adhered to:

10.1.2 Establishing whether the premises, furniture, fixtures, equipment and energy and water used are used in accordance with these conditions;

10.1.3 Inventory control of furniture, equipment and utensils etc;

10.2 The Caterer shall ensure that food services staff handle the equipment according to directions for use and use electricity fuel etc economically. From time to time spot checks will be carried out by the PO.

10.3 Quarterly inspections will be carried out by a dietician, nutritionist or service evaluator of the DCS, together with the PO's (DCS) to monitor standard and quantity of food provided. The PO(DCS) shall instruct the Caterer to rectify any breach of specifications forthwith, failure of which, the provisions of paragraph 4.5.5 may be imposed.

10.4 Regular health inspections will be carried out as laid out above by the relevant bodies and by the DCS.

10.5 The Caterer shall provide suitable CCTV equipment in the kitchens and service areas that can be monitored on site as well as remotely. The areas to be covered shall be agreed upon by the Caterer jointly. Recordings thereof will be kept for at least 45 calendar days. Appendix 8

**11 Refuse Removal**

11.1 The Caterer shall be responsible for the removal of refuse and swill and shall ensure that all refuse and containers and areas are always maintained in a clean and hygienic condition.

11.2 All empty containers, packing materials, etc. must be placed separate from the swill in an area depicted for the purpose.

11.3 All pre-existing contracts will be honoured and monitored by the Caterer

34

**RESTRICTED**

RESTRICTED

## 12 Breach and Termination

12.1 Should either party commit a breach of the provisions of this contract and fail to remedy that breach within 14 (fourteen) days after receipt of a written notice calling upon it to do so, the party that is not in default, shall be entitled to cancel this contract on written notice sent to the other party at the address appearing in the contract without prejudice to any other rights the non-defaulting party may have as a result of such breach and the parties agree to that provisions of paragraph 45 of ST 36 will apply in such an event, if it is not in conflict with this contract.

12.2 The Caterers right to use or occupy any part of the premises or use any equipment of the DCS shall cease on termination of this contract for any reason.

12.3 The Caterer shall on termination of the contract vacate the premises and hand over to the DCS all the items in the Inventory Schedule as per Appendix 9 in the same condition in which it was handed over to the Caterer as contemplated in Clause 4.6.5

12.4 The DCS shall on termination of the contract determine the value of the missing items and notify the Caterer in writing to replace same falling which the amount will be deducted from the final payment due to the Caterer.

12.5 The parties will on termination in the same manner as described in Clause 4.8.2, compile an inventory of all raw materials, foodstuffs etc on hand indicating the latest applicable invoice prices paid therefore and both shall sign same.

12.6 The DCS shall be entitled to off-set the total amount due in terms of the Inventory in Clause 8.5 against any amount due by the Caterer to the DCS and The DCS shall pay any balance due, if any, to the Caterer within 15 days after the parties signed such inventory..

RESTRICTED

## DOCUMENT G

### APPENDICES 1 TO 12

RESTRICTED

RESTRICTED



DESTINATED

DESTINATED

## APPENDIX 1

## APPENDIX 2

DETAILS AS REQUESTED PER  
PARAGRAPH 3.4 OF TENDER  
CONDITIONS

DETAILS AS REQUESTED PER  
PARAGRAPH 3.6 OF TENDER  
CONDITIONS



RESTRICTED

RESTRICTED

### APPENDIX 3

DETAILS AS REQUESTED PER  
PARAGRAPH 3.15 OF TENDER  
CONDITIONS

### APPENDIX 4

DETAILS AS REQUESTED PER  
PARAGRAPH 5.1 (a) OF TENDER  
CONDITIONS

RESTRICTED

RESTRICTED

APPENDIX 5

**FINANCIAL PARTICULARS**

(Paragraph 10 of Tender Conditions)

This Schedule must be completed and submitted together with the Tender. Should this requirement not be complied with in full, the Tender may be considered invalid.

**TENDER NO.:**

**FILE NO.:** \_\_\_\_\_

**SERVICES:**

As per paragraph 1 (one) of the Conditions of Tender

**NAME OF TENDERER:**

\_\_\_\_\_

**TENDER PRICE:**

**PART 1 : FINANCIAL POSITION OF TENDERER**

It is hereby certified that \_\_\_\_\_ has the financial capacity to execute the

Contract successfully for the amount of R \_\_\_\_\_

**NAME OF FINANCIAL INSTITUTION :**

**ADDRESS**

**TELEPHONE NUMBER**

**SIGNATURE**

**CAPACITY**

**DATE**

\_\_\_\_\_

**APPENDIX 5**

**FINANCIAL PARTICULARS**

RESTRICTED

RESTRICTED

RESTRICTED

**PART 2: PROVISION OF GUARANTEE**

Tenderers are to indicate with an "X" in the appropriate block.

Cash deposit of 2.5% of the Annual Tender Value \_\_\_\_\_ ☐

Bank guarantee of 2.5% of the Annual Tender Value \_\_\_\_\_ ☐

Insurance guarantee of 2.5% of the Annual Tender Value \_\_\_\_\_ ☐

Development Corporation guarantee of 2.5% of the Annual Tender Value \_\_\_\_\_ ☐

It is hereby certified that a guarantee, as indicated above will be issued to

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**AS WITNESSES**

1. \_\_\_\_\_

2. \_\_\_\_\_

(SIGNED) \_\_\_\_\_  
for the GUARANTOR

2. \_\_\_\_\_

\_\_\_\_\_  
Name (in block letters)

43

RESTRICTED

RESTRICTED

Address: \_\_\_\_\_

THUS SIGNED and ENTERED into at \_\_\_\_\_ on  
20 \_\_\_\_\_

\_\_\_\_\_  
for the Caterer

**AS WITNESSES**

1. \_\_\_\_\_

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The latest audited financials of the tenderer must enclosed

44

RESTRICTED

RESTRICTED

RESTRICTED

APPENDIX 6

**CONTRACT**

(Paragraph 13.2 of the contract conditions)

MADE AND ENTERED INTO  
BY AND BETWEEN:

THE GOVERNMENT OF THE REPUBLIC OF SOUTH AFRICA (in its Department of

**APPENDIX 6**

**CONTRACT**

represented

herein

by

he/she being duly authorised to enter into this agreement, hereinafter referred to as the "Department", of the one part

and

address:

registration

number:

(or identity

number

if

a

person)

(hereinafter referred to as the "Caterer" represented herein by

duly authorised to enter into this agreement by a resolution of the Caterer

dated

attached

herein marked "A", of the other part.

(If the Caterer is a partnership, the full names of the parties, their identity numbers and their addresses should be set out above.)

WHEREAS the department has called for tenders for the supply of catering and related services at

RESTRICTED

RESTRICTED

RESTRICTED

RESTRICTED

details of which are fully set out in the documents inviting tenders (tender documents).

AND WHEREAS the Caterer has submitted a tender for such catering and related services as set out in the tender documents which tender documents are attached hereto and forms part of this agreement in all respects as if incorporated herein ;

AND WHEREAS the State through the Department has accepted such tender which acceptance is attached hereto and forms an integral part of this agreement;

NOW THEREFORE the parties agree as follows:

1. The Caterer undertakes to render the catering and related services to the Department according to the requirements and specifications as set out in the aforementioned documents (viz tender documents, the caterers tender and the acceptance of such tender by the Department) - see paragraph 2 of the specification.

2. The Department undertakes to pay the caterer the amounts due and payable monthly according to the rates provided for in the agreement and claimed in an invoice setting out the details required by the specifications and certified as correct by the department's project officer, (PO) which invoice shall be payable within 30 days after receipt by the Department of such invoice.

3.1 The Department chooses as its domicilium citandi et executandi and for the service of legal process and all other documents or notices the following street address in South Africa:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3.2 The caterer chooses as its domicilium citandi et executandi and for the service of legal process and all other documents or notices the following street address in South Africa:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The aforementioned addresses may be changed by either party provided 14 days notice is given to the other.

RESTRICTED

RESTRICTED

RESTRICTED

4. The proper law of the contract shall be the law of the Republic of South Africa.

THUS SIGNED and ENTERED into at \_\_\_\_\_ on

20 \_\_\_\_\_

AS WITNESSES

FOR THE CATERER

RESTRICTED

1.

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AS WITNESSES

1.

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2.

\_\_\_\_\_  
Name (in block letters)

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

THUS SIGNED and ENTERED into at \_\_\_\_\_ on

19 \_\_\_\_\_

49

RESTRICTED

50

RESTRICTED

RESTRICTED

RESTRICTED

APPENDIX 1

MONTHLY INVOICE FOR MEALS AND OVERHEADS

Centre	Date
Budgetary No.	Invoice No.
Department	Month
	Trading Days

APPENDIX 7

MEALS

MENU A	ACTUAL NO. OF MEALS	TENDER PRICE PER MEAL	INVOICE MEALS
BREAKFAST			
LUNCH			
DINNER			
TAKE AWAY MEAL			
SUB TOTAL A			

MENU B	ACTUAL NO. OF MEALS	TENDER PRICE PER MEAL	INVOICE MEALS
BREAKFAST			
LUNCH			
DINNER			
TAKE AWAY MEAL			
SUB TOTAL B			

MONTHLY INVOICE FOR MEALS AND  
OVERHEADS

RESTRICTED

RESTRICTED

RESTRICTED

RESTRICTED

OVERHEADS

ITEM	AMOUNT AS PER TENDER	INVOICE
Overhead Fee		
Other (Specify)		
SUB TOTAL C		
A+B+C		
Less Supplies from DCS		
VAT		
TOTAL		
CERTIFIED ABOVE IS AS PER TENDER CONTRACT		
SIGNATURE	OFFICIAL DATE STAMP	
RANK		

RESTRICTED

RESTRICTED

APPENDIX 8

SCHEDULE OF NEW EQUIPMENT TO BE SUPPLIED



RESTRICTED

INVENTORY OF ADDITIONAL EQUIPMENT TO BE INSTALLED BE THE CATERER IN ORDER TO DELIVER THE REQUIRED SERVICE (PARAGRAPH 4.6.4 AND 4.6.8 OF THE TENDER SPECIFICATIONS)

RESTRICTED

CORRECTION CENTRE	DESCRIPTION OF EQUIPMENT	VALUE OF EQUIPMENT	MONTHLY DEPRECIATION

SCHEDULE OF CCTV/I.P. SURVEILLANCE EQUIPMENT REQUIRED IN TERM OF PARAGRAPH 3.14 OF THE CONDITIONS OF TENDER AND PARAGRAPH 10.6 OF THE TENDER SPECIFICATIONS.

CORRECTIONAL CENTRE	DESCRIPTION OF EQUIPMENT	VALUE OF EQUIPMENT	MONTHLY DEPRECIATION

RESTRICTED

RESTRICTED

## APPENDIX 9

## INVENTORY SCHEDULE

## RESTRICTION

## APPENDIX 9

## INVENTORY SCHEDULE

(Paragraph 5.2.1 of Specifications)

It is hereby certified that a complete inventory of all fixtures, furniture and catering equipment has been drawn up and signed by the under mentioned persons.

For the Department No \_\_\_\_\_ Rank \_\_\_\_\_

<b>Name</b>	_____
<b>Capacity</b>	_____

For the Caterer      Name \_\_\_\_\_ Capacity \_\_\_\_\_

Copies of the signed inventory will be kept on behalf of the department by

(appointment)

---

al

**{place}**

\_\_\_\_\_ and on behalf of \_\_\_\_\_

the Caterer by \_\_\_\_\_ at \_\_\_\_\_

## RESTAURANTE

## APPENDIX 10

# FOOD INVENTORY SCHEDULE

57

**RESTRICTED**

58

## TESTIMONY

DESTROYED

APPENDIX 10

**FOOD INVENTORY SCHEDULE**

(Paragraph 9, 1 of Specifications)

A. ITEM QUANTITY PRICE TOTAL


B. CLEANING MATERIAL:

ITEM QUANTITY PRICE TOTAL


DESTROYED

DESTROYED

APPENDIX 11

**NUTRITIONAL SPECIFICATION FOR  
CONTRACT CATERING IN THE  
DEPARTMENT OF CORRECTIONAL  
SERVICES**

DESTROYED

RESTRICTED

APPENDIX 11

**NUTRITIONAL SPECIFICATION FOR CONTRACT CATERING IN THE  
DEPARTMENT OF CORRECTIONAL SERVICES**

**SCOPE**

1. This specification covers the nutritional standard for the Department of Correctional Services for catering services rendered by the Contractor.

**APPLICABLE DOCUMENTS**

2. The following documents will be applicable:

- (a) Annexure A : Ration Scale and meal plan for males only
- (b) Annexure B : Therapeutic Dietary Manual
- (c) Annexure C : 12-day Cycle Meal Plan
- (d) Annexure D : Food Specifications
- (e) Annexure E : Protein Issuing pattern – 12 day cycle in 84 days
- (f) Annexure F : The prudent diet and the five basic food groups
- (g) Annexure G : Guidelines for take-away meals
- (h) Annexure H : ST32 Specification for fresh produce (available on request)
- (i) Annexure I : Attendance of compulsory meeting

**APPLICABLE DEFINITIONS**

**RATION SCALE**

3. A ration scale is all the ration items for a period of 24-hours which are prescribed by the Department of Correctional Services and supplied by the Caterer for the balanced nutrition of students. See Annexure A and B for detail.

**RATION SCALE ITEM**

4. A ration item is a single specified foodstuff of which the quantity is determined according to the ration scale and the quality is determined by the food specifications of the Department of Correctional Services, see Annexure C for detail, and ST32 dated June 1994. Detail of the Department of Correctional Services' Food Specifications can be obtained from the Director Logistics, Correctional Services, Head Office, Poynton Building, Church Street, Pretoria.

61

RESTRICTED

5.

**PRIMARY RATION ITEM**

Primary ration items are foodstuffs prescribed in columns a and b of the ration scale and calculated according to the meal plan. Under normal circumstances the primary ration item must be supplied and the equivalents may only be used as described in paragraph 6.

**EQUIVALENT**

An equivalent on the ration scale is an alternative ration item which is supplied instead of the primary ration item, when the primary ration item is not available, and lends variety and flexibility to the ration scale. An equivalent must have the same or approximately the same nutritional value as the primary ration item.

**MEAL PLAN**

A meal plan is a fixed nutritional pattern which stipulates when or what must be served in the course of 24-hours, and indicates the approximate portion size of each menu item.

**UNPREPARED (RAW) PORTION SIZE**

An unprepared portion size is the quantity of food as indicated in column b of the meal plan. The portion size of prepared food will depend on the pre-preparation and cooking losses during the preparation process.

**MENU PLANNING**

This is the planning of meals in advance, according to the prescribed meal plan, in such a manner that meals presented are balanced, attractive and offer sufficient variety. All the basic principles of menu planning are applicable, see Annexure D as a guideline for a 12-day menu cycle.

**NUTRIENTS**

Nutrients are complex chemical compounds of basic elements such as carbon, oxygen, hydrogen, nitrogen, calcium, iron, magnesium, etc. from which food-stuffs are made up. Nutrients are divided into proteins, fats, carbohydrates, minerals, vitamins and trace elements.

**BALANCED NUTRITION**

Balanced nutrition is a diet which will daily supply all the nutrients necessary for normal growth and development, maintenance of physical, mental and emotional health, stamina and energy, and in the correct proportion to one another.

62

RESTRICTED

**RESTRICTED**

**12. NUTRITIONAL STANDARD**

The Nutritional Standard is based on the principles of balanced nutrition including the prudent diet, and the correct application of the five Basic Food Groups. See Annexure F for detail.

**13. MEAL COURSE**

A meal course consists of one of more menu items which may be only one dish or a combination of dishes.

**14. MENU ITEM**

A menu item is a specific food-stuff which is used for the composition of a particular course.

**15. BALANCED NUTRITION**

Three balanced meals, which shall comply with the principles of the prudent diet, must be served daily at regular times, i.e. breakfast, lunch and supper. The ration items described in the meal plan as in-between snacks, may be served with meals or at any other time. Where it is necessary, on account of exceptional circumstances, to deviate from the meal plan, the PO (DCS) must obtain the authorization from the Head of Catering Services at Correctional Services Head Office. The 12-day menu will be applicable (see Annexure C).

**16. NUTRIENT REQUIREMENTS**

The balanced meals supplied by the caterer to the students must comply with the Recommended Dietary Allowances (Revised 1989) of the Food and Nutrition Board, National Academy of Science, National Research Council of the United States of America. The energy distribution between the energy giving nutrients should be approximately 30% from fat, 15% from protein and 55% from carbohydrates. The Nutritional Standard is based on the principles of balanced nutrition including the prudent diet, and the correct application of the Five Basic Food Groups.

**17. TAKE-AWAY MEALS**

Take-away meals for breakfast, lunch and supper, in the form of hot meals or individually packed cold meals, must always be equivalent in quality and quantity to the meals served at the kitchen. See Annexure G for details.

**18. THE MEAL PLAN**

The meal plan is applicable to all students.

**19.**

**MENU BOOK**

The caterer must keep a menu book up to date, in which the following details in connection with each meal are recorded :

- (a) Date and food items issued.
- (b) Complete menu for each meal, take-away and in-between snacks, where applicable.
- (c) The portion sizes, indicating prepared or unprepared, of the main menu items, namely the protein rich dish, starch and vegetables must be stipulated.
- (d) The actual head count of students.

**20.**

**MENU DISPLAY**

A menu indicating all the menu items must be displayed in the kitchen and dining room during meal times.

**21.**

**VERIFICATION OF NUTRITIONAL STANDARD**

The controlling authority will regularly control meals with the menu book and rectify any deviations and record his/her finding in the book. The menu book must also be presented to the staff of the Inspectorate during nutritional inspection visits to the Centre.

**22.**

**RELIGIOUS AND CULTURAL EATING HABITS**

The Contractor must take the religious and ethnic eating habits of students into consideration when planning menus.

**(a) Orthodox Jews**

Kosher food including Kosher meat must be supplied to Orthodox Jews. The latest publication of the Beth Din Kosher Guide, issued by the Kashrut Department of the Union of Orthodox Synagogues of South Africa, is a very handy guide to use in the planning and purchasing of Kosher food.

**(b) Moslems**

Halal butchered meat must be purchased and prepared for Moslem members. Pork is a forbidden food and alternative menu items must be planned in lieu of pork and pork products.

**(c) Seventh-Day Adventists**

Seventh-Day Adventists are ovo- lacto-vegetarians and food planning to ensure a balanced diet for these members is necessary.

REDACTED

(d) Zionists

As for Moslems, pork and pork products are unacceptable to Zionists, thus alternative menu items must be planned to accommodate these members.

(e) Cultural Groups

Cultural preferences, such as certain group's liking to of stiff maize porridge to rice and strong flavoured dishes, must be catered for. Many equivalents on the ration scale accommodate the cultural needs of different groups and the equivalents must be utilised for this purpose.

REDACTED

## APPENDIX 11

### ANNEXURE A

## RATION SCALE - FOR MALES ONLY

(FIVE PAGES ATTACHED THAT CONTAIN THIS INFORMATION)

REDACTED

REDACTED

RESTRICTED

RESTRICTED  
CONTENTS

1.	INTRODUCTION
2.	TERMINOLOGY
3.	PROCEDURE IN RESPECT OF THERAPEUTIC DIETS
4.	THE NORMAL DIET
5.	THE THERAPEUTIC DIET
5.1	LIQUID DIETS
5.1.1	CLEAR LIQUID DIET
5.1.2	FULL LIQUID DIET
5.2	CONSISTENCY AMENDED DIETS
5.2.1	MECHANICAL SOFT DIET
5.2.2	LIGHT DIET
5.3	LIMITED DIETS
5.3.1	SODIUM LIMITED DIET
5.3.2	PROTEIN LIMITED DIET
5.3.3	FAT LIMITED DIET
5.3.4	CHOLESTEROL LIMITED DIET
5.3.5	ROUGHAGE LIMITED DIET
5.4	DIETS RICH IN CERTAIN NUTRIENTS
5.4.1	HIGH PROTEIN-HIGH KILOULE DIET
5.4.2	HIGH-FIBRE DIET
5.5	DIETS FOR SPECIFIC ILLNESSES
5.5.1	DIABETIC DIET
5.5.2	SLIMMING DIETS

APPENDIX 11  
ANNEXURE B

THERAPEUTIC DIET MANUAL  
(PAGES 62 TO 163)

A	4 200 kJ DIABETIC/SLIMMING DIET
A	5 400 kJ DIABETIC/SLIMMING DIET
A	6 400 kJ DIABETIC/SLIMMING DIET
A	7 500 kJ DIABETIC/SLIMMING DIET
A	8 400 kJ DIABETIC/SLIMMING DIET
B	4 200 kJ DIABETIC/SLIMMING DIET
B	5 400 kJ DIABETIC/SLIMMING DIET
B	6 400 kJ DIABETIC/SLIMMING DIET
B	7 500 kJ DIABETIC/SLIMMING DIET
B	8 400 kJ DIABETIC/SLIMMING DIET
5.6	OTHER DIETS
5.6.1	PORK-FREE DIET
5.6.2	MEAT- AND FISH-FREE DIET
5.6.3	CHICKEN-FREE AND EGG-FREE DIET
5.6.4	MAIZE-FREE DIET

RESTRICTED

RESTRICTED

RESTRICTED

RESTRICTED

## 1. INTRODUCTION

The Physical Care Section identified a need to compile a manual for district surgeons, doctors, caterers and prisoners to facilitate the prescribing, preparation and serving of therapeutic diets.

The manual was compiled in co-operation with the Department of Health and is available in two of the official languages.

The therapeutic diets were planned in such a way that unnecessary food products do not have to be purchased additionally as all the food items were, as far as possible, taken from the existing ration scale/meal-plan. As the meal-plan/ration-scale is amended from time to time, this manual will also be subject to amendment. This manual is thus the first edition.

## 2. TERMINOLOGY

Definition of unfamiliar terms as defined as follows:

### 2.1 Therapeutic diet manual

This is a manual in which the more common therapeutic diets are defined and meal-plans for males and females are set out according to the existing ration-scale.

### 2.2 Indications for use

The illnesses for which a specific diet are suitable are set out under this heading.

### 2.3 Properties

The properties of the relevant diet are discussed here, eg. consistency, gas formation, etc.

### 2.4 Remarks

Any important aspects are pointed out here, eg. whether the diet is deficient in certain nutrients.

### 2.5 List of permitted foods and foods to be avoided

Food items are divided into groups and food items which are permitted and food items which should be avoided are differentiated.

### 2.6 Food Groups

Food items with more or less the same nutritional value are grouped together, eg. the milk group, meat group and others. All food items in the group are not mentioned, as prisoners do not receive the broad spectrum of food items.

### 2.7 Milk Group

The most important nutrients in this group are calcium and food items which contain large amounts of this nutrient, such as milk, cheese and yogurt are included in this group.

### 2.8 Meat Group

Food items which are rich in protein, are included in this group, eg. red meat (beef, pork, lamb and venison)

69

RESTRICTED

chicken, fish, liver, kidneys, cold meat products, eggs, textured plant protein products and others.

### 2.9 Milk Group

All food items known as fruit are included in this group. Nutrients typical of this group are vitamins and minerals.

### 2.10 Vegetable Group

All food items known as vegetables, as well as starch vegetables such as potatoes, sweet-potatoes, mealies and others are included in this group. Nutrients generally present in this group are minerals and vitamins.

### 2.11 Cereal Group

The cereal group provides carbohydrates and consist of well-known grains and grain products such as mealie-meal, bread, etc. Examples of refined grain products include: white bread, cake flour, pasta and white rice. Unrefined grain products include brown and whole-wheat bread, all-bran and any baked product which contains bran.

### 2.12 Fat Group

All fats are included in this group, eg. oils, margarine, animal fat, etc. This group provides energy.

### 2.13 Permitted Foods

Foods in this group are foods which may be eaten, but in quantities as prescribed in the meal-plan. The choice of food items is determined by the availability thereof on the ration scale of the normal diet.

### 2.14 Food to be avoided

Food items in this column may not be eaten.

### 2.15 Diet prescription

The dietary prescription consists of the meal-plan with raw portion sizes, cooked portion sizes, issuing cycle and tips for preparation of this food. It is thus a prescription of the diet in mealtime format. In most cases two different dietary prescriptions are given - one for males, and one for females.

### 2.16 Mug

In this manual the word mug refers to a prisoner's mug which has a volume of 300ml. It is a simple measuring instrument which is available in all prison kitchens.

### 2.17 Spoon

In this manual a spoon refers to a prisoner's spoon. If a reasonable heaped spoon of sugar is scooped up it will be 20g of sugar. As in the case of the mug, the spoon is a measure which is available in all prison kitchens.

### 2.18 Teaspoon

In some dietary prescriptions it is necessary to measure a small amount of a specific food item. Only a teaspoon will measure the correct amount. A teaspoon measures approximately 5g.

## 3. PROCEDURE IN RESPECT OF THERAPEUTIC DIETS

### 3.1 District Surgeon

70

RESTRICTED



## RESTRICTED

If a patient visits the District Surgeon and he diagnoses an illness which requires a therapeutic diet as part of the treatment, the paragraph "indications for use" will facilitate the choice or correct therapeutic diet.

Once the doctor has decided which diet should be followed, he is requested to discuss the list of "good to avoid" with the patient in order that the patient knows which food items are prohibited. Should prohibited food items be found in the prisoner's locker, the dietary prescription should be reconsidered.

In order to avoid misunderstandings with the caterer, it is important that a therapeutic diet is prescribed correctly. Consequently the doctor is requested to prescribe the therapeutic diet in writing. Information which should be provided is the name and number of the diet as well as the number of the page on which the diet appears. For example, "Light diet, number 5.2.2, page 14." The period for which the diet should be followed should also be clearly specified.

This therapeutic diet manual only contains a limited number of diets, as only the most common diets are included. Should a diet which is not described be required, Headquarters can be approached to provide such a diet. A diet which is chosen from the manual or one requested from Headquarters should be given preference in order to ensure that it is adapted to the available food items as described in the normal ration-scale.

As a therapeutic diet may only be prescribed on medical grounds (Regulation 114), a diagnosis must accompany the dietary prescription. If certain food items or substances of food items cannot be tolerated, they must be pathologically identified and the results of the test must accompany the therapeutic diet requisition to Headquarters.

### 3.2 Medical Personnel

The Nursing personnel are responsible for making the manual available to the medical doctor. (The Nursing personnel must thus always be in possession of a manual). If a therapeutic diet is required, the Nursing personnel must ensure that the medical doctor prescribes the diet in the correct manner. It is also the responsibility of the Medical Officer to ensure that the dietary requisition is forwarded to the Kitchen or Headquarters, depending on the case.

### 3.3 Caterer

The therapeutic diet manual must be available in the kitchens for the use of caterers and chefs.

Once the dietary prescription has been received from Headquarters or the doctor, the caterer is responsible for implementing the diet.

### 4. THE NORMAL DIET

The normal diet is a diet comprising the five basic food groups, namely milk, meat, vegetables and fruit, cereal and fat. This diet contains all the nutrients which the body requires for maintenance, repair, and growth and development. The diet meets the nutritional needs of the body as recommended in the Recommended Dietary Allowances (RDA) of the American National Academy of Sciences.

This normal diet refers to the current ration-scale/meal-plan as described in Chapter II, Official Order 1, Annexure A.

### 5. THE THERAPEUTIC DIET

The normal diet can be amended to form a specific therapeutic diet. The amendments and substitutions are made to compensate for the malfunctioning of an affected part of the body or to comply with specific needs as determined by the illness, or to prevent an illness from developing or deteriorating.

Therapeutic diets can be classified as qualitative and quantitative amendments to the normal diet. The qualitative diets content is determined by the type of food allowed, eg. a light diet - for patients with digestive problems. The

## RESTRICTED

quantitative diet is determined by the increase or limitation of food ingredients, eg. a diabetic diet.

The changes may include any of the following:

- Liquid diets, eg. clear liquid diets.
- Changes to the consistency of food, eg. the mechanical soft diet.
- Increase or limitation of nutrients, eg. sodium limited diet.
- Adaptation of the ratio and balance of food ingredients such as proteins, fats and carbohydrates, eg. the diabetic diet.
- Increase or decrease of the energy value of a diet, eg. the slimming diet.
- Elimination of specific food items, eg. the pork-free diet.

### 5.1 Liquid Diets

#### 5.1.1 Clear liquid diet

##### 5.1.1.1 Indications for use

- Patients with acute intestinal disturbances such as vomiting, diarrhoea and obstruction.
- As preparation for intestinal examinations or operations.
- As transitional phase from intravenous feeding to a liquid diet.

##### 5.1.1.2 Properties of the diet

The diet comprises:

- clear liquids, which are easily absorbed
- little residue
- limited substances which stimulate the digestive tract.

### 5.1.1.3 Remarks

This diet is deficient in many nutrients and must thus only be prescribed for one or two days.

#### 5.1.1.4 List of permitted foods and foods to be avoided.

FOOD GROUPS	PERMITTED FOOD	FOOD TO AVOID
MILK	None.	All.
MEAT	None.	All.
FRUIT AND VEGETABLES	Clear fruit juices such as apple and grape juice, other fruit juices which are clear after having been strained.	Tomato, guava, prune juice or any other juice which is not clear.
CEREAL	Clear, strained meal-rice extract.	All others.
FAT	None.	All.
MISCELLANEOUS SWEETS	Sugar, jelly, syrup, honey, clear boiled sweets.	All others.

# RESTRICTED

DRINKS	Black tea/coffee, clear fruit drink (fruit-flavoured cooldrink), fizzy drinks, clear fat free soup.	All others.
NB: Certain individuals cannot tolerate fruit juices and carbonated drinks and these can be replaced by any other permitted liquids.		

## 5.1.1.5 DIET PRESCRIPTION, MALES AND FEMALES

NAME  
REG. NO

### CLEAR LIQUID DIET: MALES AND FEMALES

As only small measures of liquid may be given at a time, it is given every 2 - 3 hours.

MEAL PLAN	RAW PORTION SIZE	COOKED PORTION SIZE	TIPS
EARLY MORNING			
Fruit juice, syrup, clear	20 ml	2/3 mug	See list of foods for correct choice. Fruit juice to water relation is 1:10.
BREAKFAST			
Maize-rice extract	200 ml	2/3 mug	
BETWEEN MEALS			
Fruit juice, syrup, clear	20 ml	2/3 mug	See list of foods for correct choice. Fruit juice to water relation is 1:10.
LIGHT MEAL			
Soup, fat-free, clear broth cube Water	1 cube 200 ml	2/3 mug	Dissolve 1 broth cube beef/chicken (or any available meat/chicken stock) in 200 ml boiling water
BETWEEN MEALS			
Tea, black Sugar	1 g 10 g	2/3 mug ½ spoon	

7.3

# RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION SIZE	COOKED PORTION SIZE	TIPS
BETWEEN MEALS			
Fruit drink - powder	15 g	½ mug	
DINNER			
Soup, clear fat-free, broth Cube Water	1 cube 200 ml	2/3 mug	Dissolve broth cube beef/chicken (or any available meat/chicken stock) in 200 ml boiling water.
LATE NIGHT SNACK			
Jelly powder Water	30 g 160 ml	2/3 mug	Jelly powder must be purchased to best advantage. Dissolve jelly in 60ml boiling water. Add rest of water. Stir well. Allow to set or drink when cool.

## 5.1.2 Full liquid diet

### 5.1.2.1 Indications for use

- Patients with moderate intestinal disturbances, chewing problems or problems with swallowing
- Patients who for some reason or other cannot tolerate solid foods
- As transitional phase from a clear liquid to a mechanical soft diet

### 5.1.2.2 Properties of the diet

The food contains

- food which is liquid or semi-liquid at room temperature
- food which does not have to be chewed and is thus easy to swallow

### 5.1.2.3 Remarks

*This diet is deficient in many nutrients except macro nutrients, calcium and vitamin C. If this diet is required for longer than 2 to 3 days, nutritional supplements must be prescribed.*

### 5.1.2.4 List of permitted foods and foods to be avoided

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	Milk, milk drink; milk dessert; custard; ice-cream; soup (strained); white sauce; yogurt (without fruit and nuts) smooth cheese (cottage).	Ice-cream or yogurt which contains fruit and nuts, cheese.
MEAT	Meat purée added to soup and then strained, eggs in drinks such as custard and eggnog.	All other.

7.4

# RESTRICTED

# RESTRICTED

FRUIT AND VEGETABLES	All fruit or vegetable juice without pips and peels, liquid mashed potato.	All other.
CEREAL	Boiled, strained cereal.	All other.
FAT	All.	None.
MISCELLANEOUS SWEETS	Sugar, jelly, syrup, honey, clear boiled sweets	All other.
DRINKS	All drinks except alcoholic drinks	Alcoholic drinks.

## 5.1.2.5 DIET PRESCRIPTION - MALES AND FEMALES

NAME: .....  
REG NO: .....

### FULL LIQUID DIET : MALES AND FEMALES

MEAL PLAN	RAW PORTION SIZE	COOKED PORTION SIZE	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
CEREAL Maize-meal/ Maltabell/ Oats	100 - 120g 100 - 120g 100 - 120g	2 mugs	As described in ration-scale	The porridge must be very soft. Heat milk. Mix with porridge and sugar and strain. Must be drinking consistency.
CEREAL SIDE DISH Milk-powder/milk fresh Sugar	15 g/150ml 20g	½ mug 1 spoon	Daily	
<b>BEVERAGE</b>				
Fruit juice, Syrup	25ml	1 mug		See list of foods for correct choice.
<b>BETWEEN MEALS</b>				

# RESTRICTED

# RESTRICTED

Tea Milk-powder/milk fresh Sugar	1g 5g/50ml 10g	2/3 mug ½ spoon	Daily	
<b>LIGHT MEAL</b>				
BARLEY SOUP: Barley Vegetables Broth cube Milk-powder	12g 50g 1 cube 10g	1 mug	Daily	Wash barley and soak overnight in 250 ml cold water. Cook in same water till 200 ml remains. Add vegetables and boil till soft. Add broth cube and milk and strain before served.
<b>BETWEEN MEALS</b>				
Tea Milk-powder/milk fresh Sugar	1g 5g/50ml 10g	2/3 mug ½ spoon	Daily	
<b>DINNER</b>				
BARLEY SOUP: Barley Vegetables Broth cube Milk-powder	12g 50g 1 cube 10g	1 mug	Daily	Follow method as per lunch.
<b>LATE NIGHT SNACK</b>				
Jelly powder water	30g 160ml	½ mug	Daily	Purchase jelly powder to best advantage. Dissolve powder in 60 ml boiling water. Add rest of water. Stir well. Set or drink when cool.

## 5.2 Consistency amended diets

### 5.2.1 Mechanical Soft Diet

#### 5.2.1.1 Indications for use

- Patients who have difficulty chewing due to dental or jaw problems
- Patients who cannot cope with a normal diet such as the aged and the weak

#### 5.2.1.2 Properties of the diet

The diet consists of soft food which can be chewed easily.

# RESTRICTED

RESTRICTED

RESTRICTED

### 5.2.1.3 Remarks

The diet can satisfy all nutritional requirements, provided enough food is consumed.

### 5.2.1.4 List of foods allowed and foods to be avoided

FOOD GROUP	PERMITTED FOODS	FOOD TO AVOID
MILK	All, except as listed under food to avoid.	Hard cheeses, yogurt with fruit and nuts.
MEAT	Any soft meat/fish/poultry minced, crushed or flaked, fine-textured plant protein products, soft-boiled or scrambled eggs.	Tough meat, processed cold meat products, bacon, hard-boiled or fried eggs.
FRUIT	Fruit juices and purees; ripe banana and paw-paw; citrus fruit without pith and pips; steamed dried fruit, canned or stewed peaches, pears, apples and apricots; avocado.	All other other fruit especially berry fruit, guavas, pine-apples, figs, raw dried fruit and raisins.
VEGETABLES	Vegetable juice and purees, soft-boiled vegetables eg. pumpkin family, potato, sweet potato, cabbage and carrots.	Raw vegetables or cooked vegetables with hard membrane eg. carrot salad, green beans, cauliflower.
CEREAL	All porridges or cooked cereal, brown bread (without hard crusts); maize-rice and samp.	Wholemeal bread and rolls with hard crusts.
FAT	All.	None.
MISCELLANEOUS SWEETS	Sugar, syrup, honey, smooth jam, boiled sweets and marshmallows.	Jam with pips, seed and peels, chewing-gum, sweets that have to be chewed.

### 5.2.1.5.1 DIET PRESCRIPTION - MALES

Name :  
Reg. no :

#### MECHANICAL SOFT DIET - MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				

77

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL Maize-meal/ Maltabellia/ Oats	100 - 120g 100 - 120g 100 - 120g	2 mugs	As prescribed in ration-scale	Only smooth jam if more affordable
CEREAL SIDE DISH Milk-powder/ milk fresh Sugar	15g 150ml 20g	½ mug 1 spoon		
BREAD Bread brown Margarine Syrup	80g 10g 10g	2 slices ½ spoon ½ spoon		
FRUIT Fresh/dried	1 fruit/50g	1 Fruit		
BEVERAGE : 1) Tea/Coffee Sugar Milk-powder/ milk fresh 2) Coldrink-powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug		See list of foods
LIGHT MEAL				
BREAD 1. Bread brown Margarine Peanut- butter/Brown Syrup	200g 25g 20g 50g 25g	5 slices 1 spoon 1 spoon 2 spoons 1 spoon		Only smooth jam if more affordable
STARCH 2. Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		
BEVERAGE : Fruidrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				

78

RESTRICTED

RESTRICTED

PROTEIN DISH			As described in ration scale	See list of foods
1) Beef/Mutton/Pork	180g	½ mug		See list of foods
Fish	165g			See list of foods
Chicken	200g			See list of foods
Egg-powder/	24g			See list of foods
Fresh eggs	2 eggs	2 eggs		See list of foods
Brawn	150g	½ mug		See list of foods
2) GPP dry	40 - 50g	½ mug		See list of foods
Maaballe/	140g	2/1		
Beef sausage	140g	2/1		
3) Combination				See list of foods
Meat/Fish/	90g/85g/	½ mug		
poultry	100g			
GPP dry	25g			
STARCH				
Maize-meal	80-100g			
Maize-rice	80-100g	1 mug		
Samp	80-100g			
VEGETABLES	325g	2/3 mug		See list of foods
BEVERAGE :				
1) Tea	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/	7g			
Milk fresh	70ml			
2) Coldrink powder	15g	1 mug		

5.2.1.5.2 DIET PRESCRIPTION - FEMALES

Name :  
Reg. no :

MECHANICAL SOFT DIET - FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL				
Maize-meal/	80 - 80g			
Maltaballa/	80 - 80g			
Oats	80 - 90g	1 1/3 mugs	As prescribed in ration-scale	
CEREAL SIDE DISH				
Milk-powder/	15g	½ mug		
milk fresh	150ml			
Sugar	15g	3/4 spoon		
BREAD				
Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		
Syrup	5g	1/4 spoon		
FRUIT				
Fresh/dried	1 fruit/50g	1 Fruit		Only smooth jam if more affordable
BEVERAGE :				See list of foods
1) Tea/Coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/	7g			
Milk fresh	70ml			
2) Coldrink-powder	15g	1 mug		
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread brown	160g	4 slices		
Margarine	20g	1 spoon		
Peanut butter	20g	1 spoon		
Brawn	50g	2 spoons		
Syrup	20g	1 spoon		
STARCH				
2. Maize-meal	40 - 80g	½ mug		
Maize-rice	40 - 60g			
Samp	40 - 60g			
BEVERAGE :				
Fruitdrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		

RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
DINNER				
PROTEIN DISH			As described in ration scale	See list of foods
1) Beef/Mutton/ Pork/Venison Fillet Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug		See list of foods See list of foods See list of foods See list of foods
2) GPP dry Mealballs/ Beef sausage	30 - 40g 140g 140g	½ mug 2/1 2/1		See list of foods See list of foods See list of foods
3) Combination Meat/Fish/ poultry GPP dry	90g/85g 100g 20g	½ mug		See list of foods
STARCH				
Maize-meal/ Maize-rice/ Samp	40 - 60g 40 - 60g 40 - 60g	½ mug		
VEGETABLES	260g	½ mug		
BEVERAGE :				
1) Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2) Cooledrink powder	15g	1 mug		

## 5.2.2 Light Diet

### 5.2.2.1 Indications for use

- Patients with digestive problems, including duodenal and gastric ulcers.
  - The elderly and weak patients who experience difficulty with chewing and digestion.
  - As transitional phase from a full liquid diet to a normal diet.
- 5.2.2.2 Properties of the diet

81

# RESTRICTED

# RESTRICTED

The food is easy to digest, of a soft texture, fairly neutral in flavour and low in fibre and non gas-forming.

### 5.2.2.3 Remarks

The diet can satisfy all nutritional needs, provided enough food is consumed. Meals must be eaten at regular times.

### 5.2.2.4 List of permitted foods and foods to be avoided

FOOD GROUP	PERMITTED FOOD	FOOD TO BE AVOIDED
MILK	All, except as listed under food to avoid	Hard and strongly flavoured cheeses; ice-cream and yogurt with fruit and nuts
MEAT	Any soft meat/fish/poultry minced, crushed or flaked, prepared without herbs and spices; eggs - soft-boiled or scrambled	Tough or grilled meat/fish poultry; processed cold meat products; sausage and bacon, textured plant protein products; eggs - hard-boiled or fried
FRUIT	Fruit juices and purees; avocado, ripe banana and paw-paw, citrus fruit without pith or pips, stewed dried fruit; canned or stewed fruit without pips and peels	All other fruit especially berry fruit, guavas, pine-apples, figs, raw dried fruit and raisins
VEGETABLES	Vegetable juices and purees, soft boiled vegetables, eg pumpkin family, potatoes, sweet-potatoes, carrots	Raw or gas-forming vegetables or cooked vegetables with hard membranes eg carrot salad, green beans, cabbage, brusselsprouts and broccoli
CEREAL	All porridge and refined cereals; brown bread	Maize-rice and samp, whole wheat bread
FAT	All, except as listed under foods to avoid	All fried food, mayonnaise and salad dressings
MISCELLANEOUS SWEETS	Sugar, syrup, honey, Smooth jam, boiled sweets and marshmallows	Jam with pips and peels, marmalade, chocolate with hard centres/nuts/raisins
DRINKS	MILDLY flavoured soup; fruit flavoured drinks and fruit juice without pips	Strong tea or coffee and Alcoholic drinks

82

# RESTRICTED

RESTRICTED

RESTRICTED

5.2.2.5.1 DIET PRESCRIPTION-MALES

NAME:

REG. NO:

LIGHT DIET- MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		2 Mugs	As described in ration- scale	
Maize-meal/ Maltibella/ Oats	100-120g 100-120g 100-120g			
CEREAL SIDE DISH				
Milk-powder	15g			
Milk, fresh	150ml	½ Mug		
Sugar	20g	1 spoon		
BREAD				
Bread, brown	80g	2 slices		
Margarine	10g	½ spoon	Only smooth jam if more affordable	
Syrup	10g	½ spoon		
FRUIT				
Fresh/dried	1/50g	1 fruit		
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug	See list of foods Only weak tea/coffee	
Sugar	10g	½ spoon		
Milk-powder/ milk fresh	7g 70ml			

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown Margarine Syrup	200g 25g 25g	5 slices 1 spoon 1 spoon		
STARCH			Only maize-meal	Only smooth jam if more affordable.
2. Maize-meal	80 - 100g	1 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
DINNER				
BEVERAGE :				
Fruit Juice - powder Soup powder	15g 20g	1 mug 2/3 mug	Strained	
PROTEIN DISH			As described in ration scale.	See list of foods
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs	180g 165g 200g 24g 2 eggs	½ mug   2 eggs		
2. Home-made soup Milk-powder Vegetables - Fresh	20g 20 - 50g	2/3 mug		
STARCH			Issue when GPP products are on menu	When GPP products are on menu
Maize-meal/ VEGETABLES	80 - 100g 325g	1 mug 2/3 mug		

RESTRICTED



# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		Only weak tea
2. Coldrink - powder	15g	1 mug		

## 5.2.2.5.2 DIET PRESCRIPTION-FEMALES

NAME:

REG. NO:

### LIGHT DIET: FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		1 1/3 Mug	As described in ration scale	
Maize-meal/ Maltabell/ Oats	80 - 90g 80 - 90g 80 - 90g			
CEREAL SIDE DISH				
Milk-powder	15g			
Milk fresh	150ml	½ Mug		
Sugar	15g	¾ spoon		
-BREAD				
Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		
Syrup	5g	1/4 spoon		Only smooth jam if more affordable
FRUIT				
Fresh/dried	1 Fruit/50g	1 Fruit		See list of foods
BEVERAGE:				

85

# RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
1. Tea/coffee Sugar	1g 10g	2/3 mug ½ spoon		See list of foods Only weak tea/coffee
Milkpowder/ Milk fresh	7g 70ml			
2. Coldrink powder	15g	1 mug		
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine Syrup	160g 20g 25g	4 slices 1 spoon 1 spoon	As described in ration scale	Only smooth jam if more affordable.

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH				
2. Maize meal	40 - 60g	½ mug	Only Maize-meal	
BEVERAGE :				
Fruit/drink-powder Soup powder	15g 20g	1 mug 2/3 mug	Strained	
DINNER				
PROTEIN DISH			As described in ration scale.	See list of foods
1. Beef/Mutton Pork/ Venison Fish	180g 165g 200g	½ mug		See list of foods
Chicken Egg powder Fresh eggs	24g 24g 2 eggs	2 eggs		See list of foods
2. Homemade soup/ Milk powder	20g	2/3 mug	Issue when GPP products are on menu	When GPP products are on menu
Vegetables fresh unprepared	20 - 50g			
STARCH				
Maize-meal	40 - 60g	½ mug		Only maize-meal
VEGETABLES	260g	½ mug		See list of foods

86

# RESTRICTED



**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea	1g	2/3 mug		Only weak tea
Sugar	10g	1/2 spoon		
Milk-powder / Milk fresh	7g			
2. Coldrink-powder	15g	1 mug		

**5.3 Limited Diets**

**5.3.1 Sodium limited diet**

**5.3.1.1 Indications**

- Patients with hyper-tension
- As preventative measure and treatment of oedema in the following conditions:
  - nephritis
  - kidney degeneration
  - kidney failure
  - cardiac failure
  - cirrhosis of the liver
  - toxæmia resulting from pregnancy

**5.3.1.2 Properties of the diet**

- All food is prepared without any addition of table salt or other products which contain sodium, such as baking powder and bicarbonate of soda
- All commercially processed food is excluded

**5.3.1.3 Remarks**

*It is often necessary to adapt the texture, eg consistency, softness, etc. of the diet to suit the patient's specific needs as patients with one of the above-mentioned diseases are often in a weakened condition.*

**5.3.1.4 List of permitted foods and foods to avoid.**

FOOD GROUPS	PERMITTED FOOD	FOOD TO AVOID
MILK	All except as listed under foods to avoid.	More milk than permitted amount, condensed milk, cheese, except unsalted cottage cheese.

**RESTRICTED**

FOOD GROUPS	PERMITTED FOOD	FOOD TO AVOID
MEAT	Fresh meat/fish/poultry, prepared without salt, dry legumes, eg dried peas, lentils, and beans; eggs - prepared as preferred, without salt	Processed cold meat products; all smoked and pickled products; all canned products; textured plant protein products; egg powder.
FRUIT	All, except as listed under foods to avoid.	Dried fruit.

RESTRICTED

FOOD GROUPS	PERMITTED FOOD	FOOD TO AVOID
VEGETABLES	All, prepared without salt.	Canned vegetables Vegetables to which salt, baking powder or bicarbonate of soda has been added.
CEREAL	Wholewheat or brown bread, grain products such as mealie-meal, samp and others prepared without salt	Ready-cooked breakfast cereals, eg Pronutro.
FAT	Margarine, butter and oil; All unsalted nuts	Commercially manufactured mayonnaise and salad dressing, salted nuts, peanut butter.
MISCELLANEOUS SWEETS	Any except as listed under foods to be avoided.	Ice-cream, chocolate
HERBS, SPICES AND FLAVOURANTS	Vinegar, pepper, turmeric, parsley, curry, rosemary, garlic, onion.	Achar, bouillon cubes and powder, bovril marmite, fish, cheese or other spreads, garlic salt, aromat, mustard prepared olives, horse radish with salt, chilly sauce, celery salt, leaves and stalks, soya sauce, soup powder, salt, tomato sauce, worcester sauce.
DRINKS	Natural fruit and vegetable juice, fruit flavoured powder, coffee or tea.	Drinks such as cocoa, malted milk drink.

5.3.1.5.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

## SODIUM LIMITED DIET- MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal	100 - 120g	2 mugs		No salt
Maltabella	100 - 120g			
Oats	100 - 120g			
CEREAL SIDE DISH				
Milk-powder	15g	½ spoon		

89

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Milk fresh	150ml	1 spoon		
Sugar	20g			
BREAD				
Bread, brown	80g	2 slices		
Margarine	10g	½ spoon		
Syrup	10g	½ spoon		
FRUIT				
Fruit Fresh	1 Fruit	1 Fruit		
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk powder/	7g			
Milk fresh	70 ml			
2. Cold drink powder	15g	1 mug		
LIGHT MEAL				
BREAD				
1. Bread, brown	200g	5 slices		
Margarine	25g	1 spoon		
Syrup	25g	1 spoon		
STARCH				
2. Maize-meal	80 - 100g	1 mug		No salt
Maize-rice	80 - 100g			
Samp	80 - 100g			
VEGETABLES	180g	1/3 mug	Make stew with vegetables as side dish with starch.	

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
-----------	-------------	----------------	---------------	------

90

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
1. Tea Sugar Milk-powder/ Milk Fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Fruitdrink- powder	15g	1 mug		

DINNER				
PROTEIN DISH				
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs	180g 165g 200g - 2 eggs	½ mug - 2 eggs		See list of foods See list of foods See list of foods
2. Homemade soup Milk-powder Vegetables fresh unprepared	20g 20 - 50g	2/3 mug	Issue when GPP products are on menu	When GPP products are on menu
STARCH Maize-meal/ maize-rice/samp	80 - 100g 80 - 100g	1 mug		No salt
VEGETABLES	325g	2/3 mug		No salt
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink powder	15g	1 mug		

5.3.1.5.2 DIET PRESCRIPTION-FEMALES

NAME:  
REG. NO:

SODIUM LIMITED DIET - FEMALES

LIGHT DIET: FEMALES

91

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		1 1/3 Mug	As described in ration scale	No salt
Maize-meal/ Maltabell/ Oats	80 - 90g 80 - 80g 80 - 80g			
CEREAL SIDE DISH				
Milk-powder	15g	½ Mug		
Milk fresh	150ml	3/4 spoon		
Sugar	15g			
BREAD,				
Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		
Syrup	5g	1/4 spoon		
FRUIT				
Fresh only	1 fruit	1 fruit		Only smooth jam if affordable
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk powder/ Milk fresh	7g 70ml			
2. Coldrink-powder	15g	1 mug		

LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown Margarine Syrup	180g 20g 20g	4 slices 1 spoon 1 spoon		Only smooth jam if more affordable.
STARCH				
2. Maize-meal Maize-rice Samp	40 - 60g 40 - 60g 40 - 60g	½ mug		No salt

92

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
VEGETABLES	180g	1/3 mug	Make stew with vegetables as side dish with starch	
BEVERAGE :				
1. Tea Sugar Milk powder/ Fresh milk	1g 10g 7g 70g	2/3 mug ½ spoon		
2. Fruit juice	15g	1 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	No salt
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs	180g 185g 200g - 2 eggs	½ mug		See list of foods See list of foods See list of foods Only fresh eggs
2. Home-made soup/ Milk-powder Vegetables fresh unprepa- red	20g 20 - 50g	2/3 mug	Issue when GPP products are on menu	When GPP products are on menu
STARCH Maize-meal/ maize-rice/samp	40 - 60g 40 - 60g	½ mug		No salt
VEGETABLES	260g	½ mug		No salt
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink powder	15g	1 mug		

5.3.2 Protein Limited Diet

5.3.2.1 Indications for use

93

RESTRICTED

RESTRICTED

Patient's with:  
hepatic coma  
chronic uraemia  
acute glomerulonephritis

5.3.2.2 Properties of the diet

Protein-rich food e.g meal, fish, poultry, eggs and milk are strictly limited according to prescription. The diet provides approximately 40 g protein and 7 770 kJ per day. Carbohydrates are permitted in liberal amounts to provide for energy requirements.

5.3.2.3 Remarks

If excessive swelling and/or anuria are present, sodium and calcium are also limited. This diet is deficient in calcium and certain of the B-group vitamins.

5.3.2.4 List of permitted foods and foods to avoid.

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	All as allowed according to prescription.	More milk than allowed.
MEAT	Fresh meat/fish/poultry, according to prescription, prepared without salt, if necessary; eggs - only permitted amounts, prepared without salt, if necessary.	Processed cold meat products; bacon, sausage, smoked and pickled products; textured plant protein products.
FRUIT	All, except as listed under foods to avoid.	Dried fruit. If calcium is also limited see attached list of foods to avoid.
VEGETABLES	All, except as listed under foods to avoid.	Vegetables to which salt, baking powder or bicarbonate of soda has been added; canned vegetables. If calcium is also limited, see list of foods to avoid.
CEREAL	All, except as listed under foods to avoid.	Ready-cooked breakfast cereals eg. Pronutro.
FAT	Margarine, butter and oil.	Commercially produced mayonnaise and salad oil peanut-butter.
MISCELLANEOUS SWEETS	Any, except as listed under foods to avoid.	Ice-cream, sweets with nuts.
DRINKS	Natural fruit and vegetable juice; fruitdrink- powder, coffee and tea.	Drinks such as cocoa, malted milk drinks.
* AVOID THESE IF SODIUM IS LIMITED		

94

RESTRICTED

NESTLE

NB : LIST OF FOODS TO AVOID IF POTASSIUM IS LIMITED

STRAWBERRIES	PRUNES AND JUICE
POTATOES	BANANA
APRICOTS	TURNIP-LEAVES
BETROOT LEAVES	MUSHROOMS
BRUSSELSPOUTS	CELERY
POMEGRANATE	MELONS
KIWI FRUIT	SPINACH
CUCUMBER	LEMON
LOW-SODIUM BAKING POWDER	CHOCOLATE
LOW-SODIUM CANNED SOUP	SUNFLOWER SEED
ORANGES	TABLE SALT SUBSTITUTE
PUMPKIN	TOMATO
PAW-PAW	WATERMELON
PARSLEY	CARROTS

5.3.2.5 DIET PRESCRIPTION- MALES AND FEMALES

NAME:

REG. NO:

PROTEIN LIMITED DIET - MALES AND FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		2/3 Mug	As described in ration scale	
Maize-meal/ Maltabella/ Oats	40g 40g 40g			
CEREAL SIDE DISH				
Milk-powder	15g	1/2 Mug		
Milk fresh	150ml			
Sugar	25g	1 spoon	Full cream milk	

NESTLE

NESTLE

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAD Bread, Brown Margarine Syrup	60g 20g 30g	1 ½ slices 1 spoon 1 ½ spoon	Weekly	Only smooth jam if more affordable
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE:				
1. Tea/coffee Sugar Milk-powder/ Milk fresh 2. Cold drink- powder	1g 10g 5g 50ml 15g	2/3 mug ½ spoon   1 mug		
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine Syrup	60g 20g 30g	1½ slice 1 spoon 1½ spoon	Weekly	Only smooth jam if affordable
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		

NESTLE



# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE: Fruitdrink-powder	15g	1 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork / Venison	100g	1/4 mug		
Fish	75g			
Chicken	120g			
Egg-powder/ Fresh eggs	2 eggs	2 eggs		Only fresh eggs
Brawn	60g	1/4 mug		
VEGETABLES	325g	2/3 mug		Add margarine to vegetables
Margarine	10g	1/2 spoon		
STARCH				
Maize-meal/ maize-rice/samp	100g	2/3 mug		
BEVERAGE				
1. Tea	1g	3/4 mug		
Sugar	10g	1/2 spoon		
Milk-powder/ Milk fresh	7g			
	70ml			Full cream milk
2. Coldrink- powder	15g	1 mug		

## 5.3.3 Fat restricted diet

### 5.3.3.1 Indications for use

Patients with diseases of gallbladder and/or liver and who suffer from malabsorption of fat and fat intolerance.

### 5.3.3.2 Properties of the diet

Fat, oil, fatty and fried foods as well as food with a high fat content are excluded.

### 5.3.3.3 Remarks

As this diet is deficient in fat-soluble vitamins, the normal ration scale must be given as soon as the person improves. Texturised plant protein products and certain gas-forming vegetables such as cabbage and onions may cause discomfort and are therefore excluded from the diet.

# RESTRICTED

## 5.3.3.4 List of permitted food and food to avoid.

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	Separated milk; low fat buttermilk, yogurt, cheese.	Full cream milk, cream cheese; ice-cream and cream, cheese with a high fat content eg. cheddar and sweetmilk.
MEAT	Lean meat - without visible fat; chicken - without skin; fish - oven roasted, steamed or poached; eggs - 4 per week, not fried.	Fatty meat and any fried diet; processed cold meat products, sausage and bacon; texturised plant protein products - if they cause discomfort.
FRUIT	All, except as listed under food to avoid.	Avocado
VEGETABLES	All, except as listed under food to avoid.	Fried vegetables such as potato chips, gas-forming vegetables such as onions, cabbage, broccoli if they cause discomfort.
WHEAT	All.	None.
FAT	None.	All.
MISCELLANEOUS SWEETS	Any, except chocolate.	Chocolate.
DRINKS	Any, except as listed under food to avoid.	Alcoholic and cocoa drink.

## 5.3.3.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

## FAT LIMITED DIET: MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		2 mugs	As described in ration scale	
Maize-meal/ Maltabella/ Oats	100 - 120g 100 - 120g 100 - 120g			
CEREAL SIDE DISH				

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Milk-powder Milk fresh Sugar	15g 150ml 20g	½ Mug 1 spoon	Only low fat milk	
BREAD Bread, brown	80g	2 slices		
Syrup	20g	1 spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE: 1. Tea/coffee Sugar	1g 10g	2/3 mug ½ spoon		
Milk-powder/ Milk fresh 2. Coldrink- powder	7g 70ml 15g	1 mug	Only low fat milk	
LIGHT MEAL				
BREAD 1. Bread, brown Syrup	200g 50g	5 slices 2½ spoons	As described in ration scale	
STARCH 2. Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruit/drink - powder	15g	1 mug		
Soup powder	20g	2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	See list of foods See list of foods See list of foods See list of foods See list of foods
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs	180g 185g 200g 24g 2 eggs	½ mug    2 eggs		
2. Home-made soup Milk-powder Vegetables fresh unprepa-red	20g 20 - 50g	2/3 mug		
STARCH Maize-meal/ maize-rice/samp	80 - 100g 80 - 100g	1 mug		
VEGETABLES	325g	2/3 mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon   1 mug		Only fat free milk
2. Coldrink - powder	15g	1 mug		
			Issue when GPP products are on menu	When GPP pro- ducts are on menu

RESTRICTED

RESTRICTED

RESTRICTED

5.3.3.5.2 DIET PRESCRIPTION - FEMALES

NAME:

REG. NO:

FAT LIMITED DIET - FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
CEREAL		1 1/3 Mug	As described in ration scale	
Maize-meal/ Maltabellat/ Oats	80 - 90g 80 - 90g 80 - 90g			
CEREAL SIDE DISH				
Milk-powder	15g	1/2 Mug		Low fat milk only
Milk fresh	150ml			
Sugar	15g	3/4 spoon		
BREAD,				
Brown	40g	1 slice		
Syrup	10g	1/2 spoon		
FRUIT				
Fresh/dried	1 Fruit/50g	1 Fruit		See list of foods
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		See list of foods
Sugar	10g	1/2 spoon		Only weak tea/coffee
Milk-powder/ Milk fresh	7g 70ml			Only low fat milk.
2. Coldrink-powder	15g	1 mug		
<b>LIGHT MEAL</b>				
BREAD				
1. Bread, brown	160g	4 slices	As described in ration scale	
Syrup	40g	2 spoons		

101

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>DINNER</b>				
STARCH				
2. Maize-meal	40-60g	1/2 mug		
Maize-rice	40-60g			
Samp	40-60g			
BEVERAGE :				
Fruit/drink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison	180g			See list of foods
Fish	165g	1/2 mug		See list of foods
Chicken	200g			See list of foods
Egg-powder/	24g			See list of foods
Fresh eggs	2 eggs	2 eggs		
2. Home-made				
soup				
Milk-powder	20g	2/3 mug		Issue when GPP products are on menu
Vegetables				
fresh	20 - 50g			
unprepa-red				
STARCH				
Maize-meal/	40 - 60g	1/2 mug		
samp/	40 - 60g			
maize-rice	40 - 60g			
VEGETABLES	260g	1/2 mug		
BEVERAGE				
1. Tea	1g	2/3 mug		
Sugar	10g	1/2 spoon		
Milk-powder/	7g			
Milk fresh	7g / 70ml			Only low fat milk
2. Coldrink - powder	15g	1 mug		

102

RESTRICTED



**RESTRICTED**

**5.3.4 Cholesterol restricted diet**

**5.3.4.1 Indications for use**

Patients with hyper-cholesterolemia and arteriosclerosis.

**5.3.4.2 Properties of the diet**

Food rich in cholesterol and saturated fatty acids are limited.  
The total fat content is low.  
Refined foods are limited.

**5.3.4.3 Remarks**

Patients who are over-weight should be placed on a slimming diet.

**5.3.4.4 List of permitted foods and foods to be avoided.**

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	Separated milk; low fat buttermilk, yogurt, cheese.	Full cream milk, cream cheese; cheese with a high fat content eg, cheddar and sweetmilk; ice-cream and cream.
MEAT	Lean meat - without visible fat; chicken - without skin; fish - oven roasted, steamed or poached; texturised plant protein products; eggs- only 2 per week; eggwhite- unlimited.	Fatty meat and any fried food; processed cold meat products, sausage and bacon; canned meat products; liver, kidneys, etc, more eggs than the permitted amount.
FRUIT	All.	None.
VEGETABLES	All, except as listed under food to avoid.	Fried vegetables such as potato chips.
CEREAL	All unrefined wheat products.	All refined wheat product eg, white bread.
FAT	All, except as listed under food to avoid.	Butter and cream, mayonnaise, cooking fat.

**RESTRICTED**

MISCELLANEOUS SWEETS	DRINKS
All, provided the person is not overweight.	All, if overweight.
Any, except as listed under food to avoid.	Drinks made with full cream milk.

**5.3.4.5.1 DIET PRESCRIPTION- MALES**

NAME:

REG. NO:

**CHOLESTEROL LIMITED DIET: MALES**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
CEREAL		2 mugs	As described in ration scale	
Maize-meal/ 100 - 120g				
Mellabella/ 100 - 120g				
Oats				
CEREAL SIDE DISH				
Milk-powder/ 15g				
Milk fresh/ 150ml				
Sugar 20g				
BREAD, Brown	80g	2 slices		
Margarine	5g	1/4 spoon		
Syrup	10g	1/2 spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE 1. Tea/coffee Sugar	1g 10g	2/3 mug 1/2 spoon		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Milk-powder/ Milk fresh 7g 70ml	15g	1 mug		Only low fat milk
2. Coldrink- powder				
LIGHT MEAL				
BREAD			As described in ration scale	Wholewheat bread
1. Bread, brown Margarine Peanut-butter Syrup	200g 10g 20g 25g	5 slices ½ spoon 1 spoon 1 1/4 spoon		
STARCH				
2. Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh 1g 10g 7g 70ml		2/3 mug ½ spoon		Only low-fat milk
2. Coldrink - powder	15g	1 mug		

5.3.4.5.2 DIET PRESCRIPTION- FEMALES

NAME:

REG. NO:

CHOLESTEROL LIMITED DIET- FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruit/drink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				
1. PROTEIN DISH Beef, mutton/ pork/venison/ fish chicken egg-powder/- fresh brawn	180g 165g 200g - 2 eggs 24g	½ mug 2 eggs		
STARCH Maize-meal/ maize-rice/samp	80 - 100g 80 - 100g	1 mug		
VEGETABLES	325g	2/3 mug		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		1 1/3 Mug	As described in ration scale	
Maize-meal/ Maltabellal/ Oats	80 - 80g 80 - 80g 80 - 80g			
CEREAL SIDE DISH Milk-powder Milk fresh Sugar	15g 150ml 15g	½ Mug 3/4 spoon		
BREAD Bread, brown Margarine Syrup	40g 5g 5g	1 slice 1/4 spoon 1/4 spoon		Whole wheat bread
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		See list of foods

RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE: 1. Tea/coffee Sugar Milk-powder/ Milk fresh 2. Coldrink- powder	1g 10g 7g 70ml 15g	2/3 mug 1/2 spoon 1 mug		See list of foods Only weak tea/coffee Only low fat milk.
LIGHT MEAL				
BREAD 1. Bread, brown Margarine Peanut-butter Syrup	160g 5g 20g 20g	4 slices 1/2 spoon 1 spoon 1 spoon	As described in ration scale	Whole wheat bread
STARCH 2. Maize-meal Maize-rice Samp	40-60g 40-60g 40-60g	1/2 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE : Fruitdrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				
PROTEIN DISH 1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs	160g 165g 200g 24g 2 eggs	1/2 mug 1/2 mug 2 eggs	As described in ration scale.	See list of foods See list of foods See list of foods
STARCH Maize-meal/ samp/maize-rice	40 - 60g 40 - 60g	1/2 mug		
VEGETABLES	260g	1/2 mug		

107

# RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE 1. Tea Sugar Milk-powder/ Milk fresh 2. Coldrink - powder	1g 10g 7g 70ml 15g	2/3 mug 1/2 spoon 1 mug		Only low fat milk

## 5.3.5 Elbra, restricted diet

### 5.3.5.1 Indications for use

- Patients with:
  - serious diarrhoea
  - acute exacerbation of inflammatory intestinal canal diseases such as Crohn's disease, ulcerative colitis, infective enterocolitis and diverticulosis.
  - partial intestinal obstruction.

### 5.3.5.2 Properties of the diet

Fibre-rich food is excluded because the diet must be non-irritant, therefore fried foods, strongly flavoured and gas-forming foods are also excluded.

### 5.3.5.3 Remarks

This diet contains less than 15g fibre per day and must only be prescribed for a short period of time. If a more moderate limitation of fibre is required, a light diet is applicable.

5.3.5.4 List of permitted food and foods to be avoided.

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	All except as listed under food to be avoided.	Ice-cream and yogurt with fruit and/or nuts; strong cheese.
MEAT	Any soft meat/fish/poultry- minced, crushed or flaked prepared without herbs and spices eggs- prepared as preferred- excluding fried.	Tough or fried meat/fish/poultry; processed cold meat products, sausage and bacon; textured plant protein products; fried eggs.
FRUIT	Fruit juice, strained.	All other fruit.
VEGETABLES	Vegetable juice and soup, strained cooked vegetables which can be rubbed through a sieve.	All other vegetables.
CEREALS	All refined wheat such as white bread.	Maize-rice, samp, whole wheat and brown bread and other unrefined wheat.
FAT	All, except as listed under food to be avoided.	All fried food/ peanut butter.

108

# RESTRICTED

RESTRICTED

MISCELLANEOUS SWEETS	All, except as listed under food to be avoided.	Jam with pips and peels, marmalade, sweets with fruit or nuts.
DRINKS	All.	

5.3.5.5.1 DIET PRESCRIPTION- MALES

NAME:  
REG. NO.:

LIMITED FIBRE DIET: MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL				
Maize-meal/ Maltabella	100 - 120g	2 mugs	As described in ration scale	
CEREAL SIDE DISH				
Milk-powder	15g	½ Mug		
Milk fresh	150ml	1 spoon		
Sugar	20g			
BREAD				
Bread, white	80g	2 slices		Only white bread
Margarine	20g	1 spoon		
Syrup	10g	½ spoon		Only syrup or smooth jam.
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/ Milk fresh	7g 70ml			

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
LIGHT MEAL				
2. Coldrink-powder	15g	1 mug		
BREAD				
1. Bread, white	80g	2 slices	As described in ration scale	
Margarine	20g	1 spoon		
Brown Syrup	50g	2 spoons		
	25g	1 spoon		Only syrup or smooth jam.
2. STARCH				
Maize-meal	80g - 100g	1 mug		Only maize-meal

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruitdrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		Strained
DINNER				
PROTEIN DISH				
1. Beef/Mutton/ Pork/ Venison	180g		As described in ration scale.	See list of foods
Fish	185g			See list of foods
Chicken	200g			See list of foods
Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs		See list of foods
2. Home-made soup				
Milk-powder	20g			Issued when GPP Products are on menu
Vegetables fresh unprepa-red	20-50g	2/3 mug		
STARCH				
Maize-meal	80-100g	1 mug		Only Maize-meal
VEGETABLES	325g	2/3 mug		Strained

RESTRICTED

RESTRICTED



RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7ml 70ml	2/3 mug ½ spoon		
2. Coldrink - powder	15g	1 mug		

# 5.3.5.5.2 DIET PRESCRIPTION- FEMALES

NAME:

REG. NO:

## LIMITED FIBRE DIET FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL			As described in rallonscale	
Maize-meal Maltabella	80 - 90g 80 - 90g	1 1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	15g	½ Mug		
Milk fresh	150ml	3/4 spoon		
Sugar	15g			
-BREAD, White bread	40g	1 slice		Only white bread
Margarine	5g	1/4 spoon		
Syrup	5g	1/4 spoon		Only syrup or smooth jam
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		

111

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Milk-pow-der/ Milk fresh	7g 70ml			
2. Coldrink- powder	15g	1 mug		
LIGHT MEAL				
BREAD				
1. Bread, white Margarine Brawn Syrup	80g 20g 50g 20g	2 slices 1 spoon 2 spoons 1 spoon		Only white bread Only smooth jam or syrup
2. STARCH Maize-meal	40 - 60g	½ mug		Only Maize-meal
BEVERAGE :				
Fruitdrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		Strained

112

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison	180g	½ mug	Issue when GPP is on menu	Strained
Fish	165g			
Chicken	200g			
Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs ½ mug		
2. Home-made soup	20g			
Milk-powder	20 - 50g	2/3 mug		
Vegetables fresh unprepared				
STARCH				Only maize-meal
Maize-meal	40 - 60g	½ mug		
VEGETABLES	260g	½ mug		Strained
BEVERAGE				
1. Tea	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/ Milk fresh	7g 70ml			
2. Coldrink - powder	15g	1 mug		

#### 5.4 DIETS HIGH IN CERTAIN NUTRIENTS

##### 5.4.1 HIGH-PROTEIN/HIGH-KILOJULE DIET

###### 5.4.1.1 Indications for use

- Patients who for some or other reason are below the normal mass for their length and who need to put on mass.
- Cases of prolonged high fever associated with infection or hyperthermia

###### 5.4.1.2 Properties of the diet

Food high in protein and kilojoules are included between meals on the normal ration scale as in between meals. The additional protein and energy content of the snacks is 30g and 3000kJ respectively.

113

RESTRICTED

RESTRICTED

#### 5.4.1.3 Remarks

- Patients who are underweight often do not have good appetites and must thus be encouraged to eat.
- In cases where large amounts of food must be consumed, it is better to eat small meals instead of three large meals.
- As these patients usually cannot eat large portions, it is a good idea to serve portions.

#### 5.4.1.4 List of permitted food and foods to be avoided.

No food is excluded.  
High-energy drinks or snacks between meals are recommended.

#### 5.4.1.5.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

#### HIGH PROTEIN- HIGH KILOJULE DIET: MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		2 mugs	As described in ration scale	
Maize-meal/ Maltabella/ Oats	100 - 120g 100 - 120g 100 - 120g			
CEREAL SIDE DISH		½ Mug		
Milk-powder	15g			
Milk fresh	150g	1 spoon		
Sugar	25g			
BREAD		2 slices		
Bread	80g	½ spoon		
Margarine	10g	½ spoon		
Syrup	10g			
FRUIT				
Fresh/dried	1 Fruit/50g	1 Fruit		

114

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE: 1. Tea/coffee Sugar	1g 10g	2/3 mug ½ spoon		
Milk-powder/ Milk fresh	7g 70ml			
2. Coldrink- powder	15g	1 mug		
BETWEEN-MEALS				
HIGH-ENERGY DRINK	250ml	1 mug	Daily	200ml Full cream milk 1 egg 15g sugar 30ml cream. Mix together
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, broken Margarine Peanut-butter/ Brown Syrop	200g 25g 20g 50g 25g	5 slices 1 spoon 1 spoon 2 spoons 1 spoon		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
2. STARCH Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		
BEVERAGE :				
Fruildrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
BETWEEN MEALS				
High-energy snack	75g	3 spoons	Daily	25g raisins + 50g peanuts
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison Fish	180g 165g 200g	½ mug		
Chicken Egg-powder/ Fresh eggs Brown	24g 2 eggs 150g	2 eggs ½ mug		
2. GPP dry mealballs/ Beef sausage	40 - 50g 140g	½ mug 2/1		
3. Combina-tion Meat/fish/ poultry with GPP, dry	90g/85g 100g 25g	½ mug		
STARCH Maize-meal/ maize-rice/samp	80 - 100g 80 - 100g	1 mug		
VEGETABLES	325g	2/3 mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink - powder	15g	1 mug		

RESTRICTED

RESTRICTED

RESTRICTED

5.4.1.5.2 DIET PRESCRIPTION-FEMALES

NAME:

REG. NO:

HIGH PROTEIN-HIGH KILOJULE DIET - FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	80 - 90g 80 - 90g 80 - 90g	1 1/3 mug		
CEREAL SIDE DISH				
Milk-powder	15g	1/2 Mug		
Milk fresh	150ml	3/4 spoon		
Sugar	15g			
BREAD, Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		
Syrup	5g	1/4 spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	1/2 spoon		
Milk-powder/ Milk fresh	7g 70ml			
2. Coldrink- powder	15g	1 mug		
BETWEEN MEALS				
HIGH ENERGY DRINK	250ml	1 mug	Daily	200ml Full Cream milk 1 egg 15g sugar/30ml cream = Mix together

117

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
LIGHT MEAL				
BREAD				
1. Bread, brown	160g	4 slices	As described in ration scale	
Margarine	20g	1 spoon		
Peanut-butter/ Brawn	20g 50g	2 spoons 1 spoon		
Syrup	20g			
2. STARCH				
Maize-meal/ Maize-rice/ Samp	40-60g 40-60g 40-60g	1/2 mug		
BEVERAGE :				
Fruildrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
BETWEEN MEALS				
High-energy snack	75g	3 spoons	Daily	50g peanuts + 25g raisins
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison	180g	1/2 mug		
Fish	165g			
Chicken	200g			
Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs 1/2 mug		
Brawn	150g			
2. GPP dry mealballs/ Beef sausage	30-40g 140g 140g	1/2 mug 2/1 2/1		
3. Combination				
Meal/ Fish/ poultry	90g 85g 100g	1/2 mug		
GPP dry	20g			
STARCH				
Maize-meal/ samp/ maize-rice	40 - 60g 40 - 60g 40 - 60g	1/2 mug		

118

RESTRICTED



RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
VEGETABLES	260g	½ mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink - powder	15g	1 mug		

#### 5.4.2 HIGH FIBRE DIET

##### 5.4.2.1 Indications for use

- Patients with:
- Chronic constipation
- diverticulosis

##### 5.4.2.2 Properties of the diet

- Food high in fibre enjoys preference
- The diet provides approximately 25 - 50g fibre

##### 5.4.2.3 Remarks

It is important to:

- drink six to eight glasses of water per day
- eat slowly and chew food properly
- exercise regularly, especially the stomach muscles
- acquire regular toilet habits

##### 5.4.2.4 List of permitted foods and foods to be avoided

- Vegetables and fruit with peels and pips must enjoy preference
- Refined foods like white bread must be avoided
- To increase the total fibre content of the diet, Bran-S biscuits are included as part of the ration.

RESTRICTED

#### 5.4.2.5.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

HIGH FIBRE DIET: MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL		2 mugs	As described in ration scale	
Maize-meal/ Maltabella/ Oats	100 - 120g 100 - 120g 100 - 120g			
CEREAL SIDE DISH		½ Mug		
Milk-powder Milk, fresh Sugar	15g 150ml 20g	1 spoon		
BREAD Bread, brown	80g	2 slices		
Margarine Syrup	10g 10g	½ spoon ½ spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE: 1. Tea/coffee Sugar	1g 10g	2/3 mug ½ spoon		
Milk-powder/ Milk fresh	7g 70ml			
2. Coldrink- powder	15g	1 mug		
BETWEEN MEALS				

RESTRICTED

RESTRICTED

**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BRAN-S RUSK	1 Rusk	1 Rusk	Daily	
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown Margarine Peanut butter/ Brawn Syrup	200g 25g 20g 50g 25g	5 slices 1 spoon 1 spoon 2 spoons 1 spoon		

**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH Maize-meal/ maize-rice/samp	80 - 100g 80 - 100g	1 mug		
VEGETABLES	325g	2/3 mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink powder	15g	1 mug		

**5.4.2.5.2 DIET PRESCRIPTION- FEMALES**

NAME:

REG. NO:

**HIGH FIBRE DIET - FEMALES**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltibella/ Oats	80 - 90g 80 - 90g 80 - 90g	1 1/3 mug		
CEREAL SIDE DISH				
Milk-powder	15g	½ Mug		
Milk fresh	150ml	3/4 spoon		
Sugar	15g			
BREAD, Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH 2. Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		
BEVERAGE :				
Fruitdrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
BETWEEN MEALS				
BRAN-S RUSK	1 Rusk	1 Rusk	Daily	
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison Fish	180g 165g 200g	½ mug		
Chicken Egg-powder/ Fresh eggs Brawn	24g 2 eggs 150g	2 eggs ½ mug		
2. GPP dry meatballs/ Beef sausage	40 - 50g 140g 140g	½ mug 2/1		
3. Combination Meat/fish/ poultry GPP, dry	90g/85g 100g 25g	½ mug		

**RESTRICTED**

**RESTRICTED**

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Syrup	5g	1/4 spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 fruit		
BEVERAGE: 1. Tea/coffee Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug 1/2 spoon		
2. Coldrink- powder	15g	1 mug		
BETWEEN MEAL				
BRAN-S RUSK	1 Rusk	1 Rusk	Daily	
LIGHT MEAL				
BREAD 1. Bread, brown Margarine Peanut butter/ Brown Syrup	160g 20g 20g 50g 20g	4 slices 1 spoon 1 spoon 2 1/2 spoons 1 spoon		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH 2. Maize-meal/ Maize-rice/ Samp	40-60g 40-60g 40-60g	1/2 mug		
BEVERAGE : Fruildrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
BETWEEN MEALS				

123

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BRAN-S RUSK	1 Rusk	1 Rusk	Daily	
DINNER				
PROTEIN DISH 1. Beef/Mutton/ Pork/ Venison Flesh Chicken Egg-powder/ Fresh eggs Brown	180g 165g 200g 24g 2 eggs 150g	1/2 mug 1/2 mug 2 eggs 1/2 mug	As described in ration scale.	
2. GPP dry meatballs/ Beef sausage	30-40g 140g 140g	1/2 mug 2/1 2/1		
3. Combination Meat/ Flesh/ poultry GPP dry	90/85g/ 100g 20g	1/2 mug		
STARCH Maize-meal/ sampil maize-rice/ VEGETABLES	40 - 60g 40 - 60g 40 - 60g 280g	1/2 mug 1/2 mug		
BEVERAGE 1. Tea Sugar Milk-powder/ Milk fresh 2. Coldrink powder	1g 10g 7g 70ml 15g	2/3 mug 1/2 spoon 1 mug		

124

RESTRICTED

# RESTRICTED

## 5.5 DIETS FOR SPECIFIC DISEASE CONDITIONS

### 5.5.1 DIABETIC DIET

- Indications for use
  - Patients with diabetes mellitus.
  - Patients with hypoglycaemia

#### 5.5.1.2 Properties of the diet

- Two carbohydrate distributions are provided:

	Distribution A	Distribution B
Breakfast	2/8	2/9
Snack	1/8	1/9
Lunch	2/8	2/9
Snack	1/8	-
Supper	2/8	2/9
Late night	1/9	2/9

- An attempt was made to provide protein with each meal and snack, total energy permitting.
- Simple carbohydrates such as sugar, jam and syrup are excluded or strictly limited.

#### 5.5.1.3 General guidelines for the various diabetic diets.

- If the patient is overweight, he must lose weight by following a low-kilojoule diabetic diet.
- Meals and snacks must be eaten at regular times daily.
- The distribution of the carbohydrates has been carefully planned. It is therefore important to keep to the diet and eat everything.
- The late night snack is extremely important and must be eaten regularly to prevent the blood sugar level from dropping too low during the night.

#### 5.5.1.4 List of permitted food and food to avoid:

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	All except as listed under food to be avoided.	Ice-cream and sweetened yogurt.
MEAT	Lean meat- remove all visible fat; chicken- remove skin; fish- oven grilled; steamed or poached; texturised plant protein products; eggs- boiled, poached or scrambled.	Fatty meat and all other fried food; processed cold meat products; bacon and sausage; fried eggs.
FRUIT	All except as listed under food to avoid.	Canned fruit in syrup.

# RESTRICTED

VEGETABLES	All, except as listed under food to avoid.	Fried vegetables such as potato chips; any sweetened vegetables such as sweet carrots and sweet pumpkin.
CEREAL	All unrefined cereal such as wholewheat bread.	All refined cereal such as white bread.
FAT	Margarine, peanut butter.	All others.
MISCELLANEOUS SWEETS	None	All.
DRINKS	All, except as listed under food to be avoided.	Drinks which contain sugar.

### 5.5.2 SLIMMING DIET

#### 5.5.2.1

- Indications for use
  - In cases where patients' mass exceeds that which is normal for their length.

#### 5.5.2.2

- Properties of the Diet
  - The diet is balanced but limited in energy

#### 5.5.2.3

- Remarks
  - The diet must be followed strictly
  - Regular exercise is important.

#### 5.5.2.4

- List of permitted food and food to avoid:

FOOD GROUP	PERMITTED FOOD	FOOD TO AVOID
MILK	Skimmed milk; low fat buttermilk; yogurt, cheese.	Cheese with a high fat content such as cheddar, sweetmilk, ice-cream and sweetened yogurt.
MEAT	Lean meat - remove all visible fat; chicken - remove skin; fish - oven grilled; steamed or poached; texturised plant protein products; eggs- boiled, poached or scrambled.	Fatty meat and any fried meat dishes; processed cold meat products; sausage and bacon.
FRUIT	All, except as listed under food to avoid.	Canned fruit in syrup.
VEGETABLES	All, except as listed under food to avoid.	Fried vegetables such as potato chips.
CEREAL	All unrefined wheat such as wholewheat bread.	All refined wheat products such as white bread.

RESTRICTED

FAT	Margarine, peanut-butter.	All others.
MISCELLANEOUS		
SWEETS	None.	All.
DRINKS	Any, except as listed under food to avoid.	Drinks made with full cream milk and drinks containing sugar.

5.5.3 DIET PRESCRIPTION-MALES & FEMALES

NAME:

REG. NO:

A 4 200KJ DIABETIC/SKLIMMING DIET: MALES AND FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Matlapella/ Oats	20g 20g 20g	1/3 mug		
CEREAL SIDE DISH				
Milk-powder	13g			
Milk fresh	130ml	1/3 mug		Only low fat milk
BETWEEN MEALS				
BREAD Bread Brown	40g	1 slice	Daily	
Margarine	5g	1 tea spoon		
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices 1 spoon	As described in ration scale	

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH				
2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
BETWEEN MEALS				
FRUIT Fresh/dried	1 X 170g/50g	1 medium size	Daily	
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison	180g	1/2 mug		
Fish	165g			
Chicken	200g			
Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs		
Brawn	150g	1/2 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
2. GPP dry meatballs/ Beef sausage	50g 140g 140g	1/2 mug 2/1 2/1		
3. Combination Meat/fish/ poultry GPP, dry	90g/85g 100g 25g	1/2 mug		
STARCH Maize-meal/ maize-rice/samp	20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		
BEVERAGE: 1. Tea	1g	2/3 mug		
Milk-powder/ Milk fresh	7g 70ml			Only low fat milk
BETWEEN MEALS				

RESTRICTED

RESTRICTED



RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Milk-powder Milk fresh	20 g 200ml	2/3 mug	Daily	Only low fat milk

RESTRICTED

5.5.4 DIET PRESCRIPTION- MALES & FEMALES

NAME:

REG. NO:

A 5 400KJ DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				Only low fat milk
Milk-powder Milk fresh	13g 130ml	1/3 Mug		
FRUIT Fresh/dried	1 x 170g/50g	Medium x 1	Daily	
BEVERAGES				
Tea/Coffee Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Low fat milk only
BETWEEN MEALS				
BREAD			Daily	
Bread, brown Margarine	40g 5g	1 slice 1 tea spoon		
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices 1 spoon		
STARCH				
2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		

130

RESTRICTED

RESTRICTED

**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>PROTEIN DISH</b> Peanut-butter Cheese/meat fish/chicken Egg-powder/fresh egg	20g 30g 30g 12g/1 egg	1 spoon 1 x match box 1 x match box 1 egg		
<b>BETWEEN MEALS</b>				
<b>FRUIT</b> Fresh/dried	1 X 170g/50g	1 medium size	Daily	

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>DINNER</b>				
<b>PROTEIN DISH</b> 1. Beef/Mutton/ Port/ Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug	As described in ration scale.	
2. GPP dry mealballs/ Beef sausage	50g 140g 140g	½ mug 2/1		
3. Combination Meat/fish/ poultry GPP, dry	90g/85g 100g 25g	½ mug 2/1		
<b>STARCH</b> Maize-meal/ maize-rice/ samp	20g 20g	2 spoons		
<b>VEGETABLES</b>	325g	2/3mug		
<b>BEVERAGE:</b> 1. Tea Milk-powder/ Milk fresh	1g 7g 70ml	2/3 mug		Only low fat milk
<b>BETWEEN MEALS</b>				

**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Bread, brown Margarine Milk-powder Milk fresh	40g 5g 13g 130ml	1 slice ¼ spoon 1/3 mug	Daily	Only low fat milk

**5.5.5 DIET PRESCRIPTION-MALES & FEMALES**

NAME:

REG. NO:

A 6 400KJ DIABETIC/SLENNING DIET : MALES AND FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 mug		
CEREAL SIDE DISH				
Milk-powder	13g	1/3 Mug		
Milk fresh	130ml			
FRUIT			Daily	
Fresh/dried	1 x 170g/50g	1 medium		
BEVERAGE:				
Tea/coffee	1 g	2/3 Mug		
Milk-powder	7g			
Milk fresh	70ml			Only low fat milk
BETWEEN MEALS				
BREAD			Daily	
Bread, brown	40g	1 slice		
Margarine	5g	1/4 spoon		
Peanut-butter	20g	1 spoon		
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown	80g	2 slices		
Margarine	10g	1 spoon		

132

**RESTRICTED**

**RESTRICTED**

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH 2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
PROTEIN ENRICHED DISH Peanut-butter Cheese/meat fish/chicken egg-powder/fresh	20g 30g 30g 12g/1egg	1 spoon 1 x match box 1 x match box 1 egg		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BETWEEN MEALS				
Bread, brown Margarine	40g 5g	1 slice 1 tea spoon	Daily	
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 185g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug		
2. GPP dry mealballs/ Beef sausage	50g 140g 140g	½ mug 2/1		
3. Combination Meat/fish/ poultry GPP, dry	80g/85g 100g 25g	½ mug		
STARCH Maize-meal/ maize-rice/samp	20g 20g	1 spoon		
VEGETABLES	325g	2/3 mug		
BEVERAGE:				
Tea milk-powder milk fresh	1g 7g 70ml	2/3 mug	Low fat milk only	
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter Cheese/meat/fish / chicken Egg-powder/eggs Milk-powder/Milk fresh	40g 5g 20g 30g  12g/1 egg 13g/130ml	1 slice 1/4 spoon 1 spoon 1 x matchbox 1 eggs 1/3 mug		Low fat milk only

RESTRICTED

RESTRICTED



RESTRICTED

## 5.5.6 DIET PRESCRIPTION-MALES &amp; FEMALES

NAME:

REG. NO:

## A 7500KJ DIABETIC/SKLIMMING DIET: MALES AND FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	13g			
Milk fresh	130ml	1/3 Mug		
<b>BREAD</b>				
Bread brown	40g	1 slice		
Margarine	5g	1/4 spoon		
FRUIT			Daily	
Fresh/dried	1 x 120g/50g	1 small		
BEVERAGE:				
Tea/Coffee	1 g			
Milk-powder	70ml	2/3 mug		
Milk fresh	7g			Only low fat milk
<b>BETWEEN MEALS</b>				
<b>BREAD</b>				
Bread, brown	40g	1 slice	Daily	
Margarine	5g	1/4 spoon		
Peanut-butter/ cheese/meat/fish chicken	20g 30g 30g	1 spoon 1 x matchbox 1 x matchbox		
egg-powder/egg	12g/1egg	1 egg		
<b>LIGHT MEAL</b>				
<b>BREAD</b>				
1. Bread, brown	80g	2 slices	As described in ration scale	
Margarine	10g	1/2 spoon		

135

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>STARCH</b>				
2. Maize-meal Maize-rice/ Samp	40g 40g 40g	1/4 mug		
<b>PROTEIN ENRICHED DISH</b>				
Peanut-butter Cheese/meat fish/chicken egg-powder/fresh	20g 30g 12g/1egg	1 spoon 1 x match box 1 egg		
FRUIT				
Fresh/dried	1 x 120g/50g	1 small	Daily	
<b>BETWEEN MEALS</b>				
<b>Bread, brown</b>				
Bread, brown	40g	1 slice	Daily	
Margarine	5g	1/4 spoon		
<b>DINNER</b>				
<b>PROTEIN DISH</b>				
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	1/2 mug   2 eggs 1/2 mug	As described in ration scale.	
2. GPP dry meatballs/ Beef sausage	50g 140g 140g	1/2 mug 2/1 2/1		
3. Combination Meat/fish/ poultry GPP, dry	80g/85g 100g 25g	1/2 mug		
STARCH				
Maize-meal/ maize-rice/samp	20g 20g	2 spoon		
VEGETABLES	325g	2/3 mug		
BEVERAGE:				
Tea milk-powder milk fresh	1g 7g 70ml	2/3 mug	Low fat milk	

136

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter Cheese/meat/fish chicken Egg-powder/eggs Milk-powder Milk fresh	40g 5g 20g 30g 12g/1 egg 13g 130ml	1 slice 1/4 spoon 1 spoon 1 x matchbox 1 egg 1/3 mug	Daily	Low fat milk

5.5.7 DIET PRESCRIPTION-MALES & FEMALES

NAME:

REG. NO:

A 8 400KJ DIABETIC/SUMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL				As described in ration scale
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder Milk fresh	13g 130ml	1/3 Mug		
BREAD				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon		
FRUIT				
Fresh/dried	1 x 170g/50g	1 medium size	Daily	
BEVERAGE:				
Tea Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low fat milk

137

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter/ cheese/meat/fish chicken egg-powder/egg	40g 5g 20g 30g 12g/1 egg	1 slice 1/4 spoon 1 spoon 1 x matchbox 1 x matchbox 1 egg	Daily	
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices 1/4 spoon	As described in ration scale	
STARCH				
2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
PROTEIN ENRICHED DISH				
Peanut-butter Cheese/meat fish/chicken egg-powder/fresh	20g 30g 30g 12g/1 egg	1 spoon 1 x match box 1 x match box 1 egg		
FRUIT				
Fresh/dried	2 x 120g/50g	2 small	Daily	
BETWEEN MEALS				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon	Daily	
DINNER				

138

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
PROTEIN DISH 1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug	As described in ration scale.	
2. GPP dry/ mealballs/ Beef sausage	50g 40g 140g	½ mug 2/1 2/1		
3. Combination Meat/fish/ poultry GPP, dry	90g/85g 100g 25g	½ mug		
STARCH Maize-meal/ maize-rice/samp	20g 20g	2 spoon		
VEGETABLES	325g	2/3 mug		
BEVERAGE: Tea milk-powder milk fresh	1g 7g 70ml	2/3 mug	Low fat milk	
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter Cheese/meat/fish / chicken Egg-powder/eggs Milk-powder Milk fresh	40g 5g 20g 30g 30g 12g/eggs 25g 250ml	1 slice 1/4 spoon 1 spoon 1 x matchbox 1 x matchbox 1 eggs 1 mug	Daily	Low fat milk

RESTRICTED

## 5.5.8 DIET PRESCRIPTION- MALES &amp; FEMALES

NAME:

REG. NO:

B 4 200KJ DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder Milk fresh	13g 130ml	1/3 Mug		
BEVERAGE: Tea milk-powder milk fresh	1g 7g 70ml	2/3 mug		
BETWEEN MEALS				
BREAD				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon	Daily	
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices ½ spoon	As described in ration scale	
STARCH 2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
DINNER				

RESTRICTED

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
1. PROTEIN DISH Beef/Mutton/ Pork/Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 185g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug	As described in ration scale	

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
2. GPP, dry Meatballs/ Beef sausages	50g 140g 140g	½ mug 2/1 2/1		
3. Combination meal/fresh/ poultry GPP, dry	90g/85g 100g 25g	½ mug		
CEREAL Maize-meal/ Maize-rice/ samp	20g 20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		
BEVERAGE : Tea Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low-fat milk
BETWEEN MEALS				
Milk-powder Milk fresh	20g 200ml	2/3 mug	Daily	Low fat milk
FRUIT Fresh/dried	1 x 170g	50g	1 medium	Daily

RESTRICTED

5.5.9 DIET PRESCRIPTION- MALES & FEMALES

NAME:

REG. NO:

B 5 400KU DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltaballa/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	13g	1/3 mug		Only low fat milk
Milk fresh	130g			
FRUIT Fresh/dried	1 x 170g/50g	1 medium size	Daily	
BEVERAGE Tea Coffee Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low-fat milk
BETWEEN MEALS				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon	Daily	
LIGHT MEAL				
BREAD 1. Bread, brown Margarine	80g 10g	2 slices ½ spoon	As described in ration scale	
CEREAL Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
PROTEIN Peanut-butter Cheese/meat/fish / poultry Egg-powder/fresh	20g 30g 30g 12g/1 egg	1 spoon 1 x match box 1 x match box 1 egg		

RESTRICTED

RESTRICTED



RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
DINNER				
1. PROTEIN DISH Beef/Mutton/ Port/Venison Fish Chicken Egg-powder/ Fresh eggs	180g 165g 200g 24g 2 eggs	½ mug	As described in ration scale	
2. GPP dry mealballs/ Beef sausage	50g 140g 140g	½ mug 2/1 2/1		
3. Combination Meat/fish/poultry GPP, dry	90g/85g/ 100g 25g	½ mug 2/1		
STARCH Maize-meal/ Maize-rice/ Samp	20g 20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		
BEVERAGE Tea Milk-powder/ Milk fresh	1g 7g 70ml	2/3 mug		
BETWEEN MEALS				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon	Daily	
FRUIT Fresh/dried	1 x 170g/50g	1 medium size		
Milk-powder/ Milk fresh	13g 130ml	1/3 mug		Low fat milk

143

RESTRICTED

RESTRICTED

## 5.5.10 DIET PRESCRIPTION- MALES &amp; FEMALES

NAME:

REG. NO:

B 6 400KJ DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabellat/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	13g	1/3 mug		Only low fat milk
Milk fresh	130ml			
FRUIT Fresh/dried	1 x 170g/50g	1 medium size	Daily	
BEVERAGE 1. Tea/Coffee Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low fat milk
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter Cheese/meat/fish chicken Egg-powder/eggs	40g 5g 20g 30g 30g 12g/1 egg	1 slice 1/4 spoon 1 spoon 1 x match box 1 x match box 1 egg		
LIGHT MEAL				
CEREAL			As described in ration scale	
1. Bread, brown Margarine	80g 10g	2 slices 1/2 spoon		
STARCH Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		

144

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
PROTEIN DISH Peanut-butter/ Cheese/meat/ fish/poultry Egg-powder/fresh	20g 30g 30g 12g/1 egg	1 spoon 1 x matchbox 1 x matchbox 1 egg		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
DINNER				
1. PROTEIN DISH Beef/Mutton/ Pork/Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 185g 200g 24g 2 eggs 150g	½ mug    2 eggs ½ mug	As described in ration scale	
2. GPP dry meatballs/ Beef sausage	50g 140g 140g	½ mug 2/1 2/1		
3. Combination Meat/fish/poultry GPP dry	90g/85g 100g 25g	½ mug		
STARCH Maize-meal/ Maize-rice/ Samp	20g 20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		
BEVERAGE Tea Milk-powder/ Milk fresh	1g 7g 70ml	2/3 mug		
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter Cheese/meat/fish/ chicken Egg-powder/fresh Milk-powder/ Milk fresh	80g 10g 20g 30g 30g 12g/1 egg 13g 130ml	2 slices ½ spoon 1 spoon 1 x matchbox 1 x matchbox 1 egg 1/3 mug	Daily	Low fat milk

RESTRICTED

RESTRICTED

RESTRICTED

RESTRICTED

5.5.11 DIET PRESCRIPTION- MALES & FEMALES

NAME:

REG. NO:

B 7 500KJ DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
CEREAL			As described in rationscale	
Maize-meal/ Maltabellia/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	13g	1/3 mug		
Milk fresh	130ml			Only low fat milk
BREAD				
Bread, brown Margarine	40g 5g	1 slice 1/4 spoon		
FRUIT			Daily	
Fresh/dried	1 x 120g/50g	1 small size		
BEVERAGE				
1. Tea/Coffee Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low fat milk
<b>BETWEEN MEALS</b>				
Bread, brown Margarine Peanut-butter Cheese/meat/fish chicken Egg-powder/eggs	40g 5g 20g 30g 30g 12g/1 egg	1 slice 1/4 spoon 1 spoon 1 x match box 1 x match box 1 egg		
<b>LIGHT MEAL</b>				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices 1/2 spoon		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>STARCH</b>				
2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
<b>PROTEIN ENRICHED</b>				
Peanut-butter Cheese/meat/fish / chicken Egg-powder/ fresh eggs	20g 30g 30g 12g 1 egg	1 spoon 1 x matchbox 1 x matchbox 1 egg		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>FRUIT</b>				
Fresh/dried	1 x 120g/50g	1 small	Daily	
<b>DINNER</b>				
1. PROTEIN DISH			As described in ration scale	
Beef/Mutton/ Pork/Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 25g 2 eggs 150g	1/2 mug    2 eggs 1/2 mug		
2. GPP dry mealballs/ Beef sausage	50g 140g 140g	1/2 mug 2/1 2/1		
3. Combination Meat/fish/poultry GPP, dry	90g/85g/ 100g 25g	1/2 mug		
STARCH				
Maize-meal/ Maize-rice/ Samp	20g 20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE Tea Milk-powder/ Milk fresh	1g 7g 70ml	2/3 mug	Only low fat milk	
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter/ Cheese/meat/fish/ chicken Egg-powder/fresh	80g 10g 20g 30g 30g 12g/1 egg	2 slices 1/2 spoon 1 spoon 1 x matchbox 1 x matchbox 1 egg	Daily	
Milk-powder/ Milk fresh	13g 130ml	1/3 mug		Only low fat milk

5.5.12 DIET PRESCRIPTION-MALES & FEMALES

NAME:

REG. NO:

B 8 400KJ DIABETIC/SLIMMING DIET

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maltabella/ Oats	20g 20g 20g	1/3 Mug		
CEREAL SIDE DISH				
Milk-powder	13g	1/3 mug		
Milk fresh	130ml			Only low fat milk
BREAD Bread, brown Margarine	40g 5g	1 slice 1/4 spoon		

149

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
FRUIT Fresh/dried	1 x 170g/50g	1 medium size	Daily	
BEVERAGE 1. Tea/Coffee Milk-powder Milk fresh	1g 7g 70ml	2/3 mug		Only low fat milk
BETWEEN MEALS				
Bread, brown Margarine Peanut-butter/ Cheese/meat/fish/ chicken Egg-powder/eggs	40g 5g 20g 30g 30g 12g/1 egg	1 slice 1/4 spoon 1 spoon 1 x match box 1 x match box 1 egg		
LIGHT MEAL				
BREAD				
1. Bread, brown Margarine	80g 10g	2 slices 1/2 spoon		
STARCH				
2. Maize-meal/ Maize-rice/ Samp	40g 40g 40g	1/4 mug		
PROTEIN ENRICHED Peanut-butter/ Cheese/meat/fish/ chicken Egg-powder/ fresh eggs	20g 30g 30g 12g 1 egg	1 spoon 1 x matchbox 1 x matchbox 1 egg		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
FRUIT Fresh/dried	2 x 120g/50g	2 small	Daily	
DINNER				

150

RESTRICTED



RESTRICTED

RESTRICTED

- Patients who are allergic to pork.

5.6.1.2 Properties of the diet  
The diet contains no pork or products containing pork.

5.6.1.3 Remarks  
The diet must include enough proteins for a balanced diet without pork.

5.6. List of permitted foods and foods to avoid  
All foods is permitted except pork and pork products.

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
1. PROTEIN DISH Beef/Mutton/ Pork/Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	½ mug   2 eggs ½ mug	As described in ration scale	
2. GPP dry meatballs/ Beef sausage	50g 140g 140g	½ mug 2/1 2/1		
3. Combination Meat/fish/poultry GPP, dry	90g/85g/ 100g 25g	½ mug		
STARCH Maize-meal/ Maize-rice/ Samp	20g 20g 20g	2 spoons		
VEGETABLES	325g	2/3 mug		
BEVERAGE Tea Milk-powder/ Milk fresh	1g 7g 70ml	2/3 mug		
BETWEEN MEALS			Daily	Only low fat milk
Bread, brown Margarine Peanut-butter Cheese/meat/fish/ chicken Egg-powder/fresh	80g 10g 20g 30g 30g 12g/1 egg	2 slices ½ spoon 1 spoon 1 x matchbox 1 x matchbox 1 egg		
FRUIT Fresh/dried	1 x 120g/50g	1 small		
Milk-powder/ Milk fresh	25g 250ml	1 mug		

5.6 OTHER DIETS

5.6.1 PORK-FREE DIET

5.6.1.1 Indications for use

- People who may not eat pork for religious reasons.

RESTRICTED

RESTRICTED

RESTRICTED

RESTRICTED

5.6.1.5.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

PORK-FREE DIET - MALES

FOUNTAINHEAD DIST. - MUMBAI

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS	
BREAKFAST					
CEREAL			As described in ration scale		
Maize-meal/ Maltabella/ Oats	100 - 120g 100 - 120g 80 - 90g	2 mugs			
CEREAL SIDE DISH					
Milk-powder Milk fresh Sugar	15g 150ml 20g	½ Mug 1 spoon			
BREAD	80g	2 slices			
Bread, brown Margarine Syrup	10g 10g 10g	½ spoon ½ spoon			
FRUIT Fresh	50g	1 fruit			
BEVERAGE:					
1. Tea/coffee Sugar Milk-powder/ milk fresh 2. Coldrink- powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug			
LIGHT MEAL					
BREAD	200g	5 slices	As described in ration scale		
Bread, brown Margarine Peanut-butter/ Syrup	25g 20g 25 g	1¼ spoon 1 spoon 1 spoon			
STARCH 2. Maize-meal/ Maize-rice/ Samp	80-100g 80-100g 80-100g	1 mug			

153

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BEVERAGE :</b>				
Fruldrlnk-powder Soup powder	15g 20g	1 mug 2/3 mug		
<b>DINNER</b>				
<b>PROTEIN DISH</b>			As described in ration scale.	No pork
1. Beef/Mutton/ Venison Fish Chicken Egg-powder/ Fresh eggs	180g (no pork) 185g 200g 24g 2 eggs	½ mug    2 eggs		No pork
2. GPP dry meatballs/ Beef sausage	40-50g 140g 140g	½ mug 2/1 2/1		No pork
3. Combination Meal/ Fish/ poultry GPP dry	90g 85g/ 100g 25g	½ mug		
<b>STARCH</b>				
Maize-meal/ maize-rice/ Samp	80-100g 80-100g 80-100g	½ mug		
<b>VEGETABLES</b>	325g	2/3 mug		
<b>BEVERAGE</b>				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink - powder	15g	1 mug		

154

RESTRICTED

RESTRICTED

5.6.1.5.2 DIET PRESCRIPTION-FEMALES

NAME:

REG. NO:

PORK-FREE DIET - FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in rationscale	
Maize-meal/ Maltibella/ Oats	80 - 90g 80 - 90g 80 - 90g	1 - 1/3 mugs		
CEREAL SIDE DISH				
Milk-powder Milk fresh Sugar	15g 150ml 15g	½ Mug ¾ spoon		
BREAD				
Bread, brown Margarine Syrup	40g 5g 5g	1 slices 1/4 spoon 1/4 spoon		
FRUIT	50g	1 fruit		
BEVERAGE:				
1. Tea/coffee Sugar Milk-powder/ Milk fresh 2. Coldrink- powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug		
LIGHT MEAL				
BREAD				
Bread, brown Margarine Peanut-butter Syrup	160g 20g 20g 20 g	4 slices 1 spoon 1 spoon 1 spoon		
STARCH				
Maize-meal/ Maize-rice/ Samp	40-60g 40-60g 40-60g	½ mug		

155

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruit/drink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	No pork
1. Beef/Mutton Venison Fish Chicken Egg-powder/ Fresh eggs	180g (no pork) 185g 200g 24g 2 eggs	½ mug    2 eggs		
2. GPP dry mealballs/ Beef sausage	30 - 40g 140g 140g	½ mug 2/1 2/1		No pork
3. Combination Meat/ Fish/ poultry GPP dry	90g 85g 100g 20g	½ mug		
STARCH		½ mug		
Maize-meal/ Maize-rice/ Samp	40 - 60g 40 - 60g 40 - 60g			
VEGETABLES	280g	½ mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon  1 mug		
2. Coldrink - powder	15g			

156

RESTRICTED

**RESTRICTED**

**5.6.2 MEAT AND FISH-FREE DIET**

**5.6.2.1** Indications for use  
 \* People who may not eat meat (beef, mutton, venison, pork or chicken) or fish for religious reasons  
 \* Patients who are allergic to all meat and fish.

**5.6.2.2** Properties of the diet  
 \* The diet contains no meat, fish or products containing meat or fish.

**5.6.2.3** Remarks  
 \* The diet must include enough proteins from other sources such as eggs and textured plant protein products.

**5.6.2.4** List of permitted foods and foods to avoid  
 \* All foods is permitted except meat, fish and meat and fish products.

**5.6.2.5.1** DIET PRESCRIPTION-MALES

NAME:

REG. NO:

**MEAT AND FISH-FREE DIET - MALES**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BREAKFAST</b>				
<b>CEREAL</b>			As described in ration scale	
Maize-meal	100 - 120g	2 mugs		
Maltabella	100 - 120g			
Oats	100 - 120g			
<b>CEREAL SIDE DISH</b>				
Milk-powder	15g		½ Mug	
Milk fresh	150ml		1 spoon	
Sugar	20g			
<b>BREAD</b>				
Bread, brown	80g	2 slices		
Margarine	10g	½ spoon		
Syrup	10g	½ spoon		
<b>FRUIT</b>				
Fresh	150g	1 fruit		

**RESTRICTED**

**RESTRICTED**

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
<b>BEVERAGE:</b>				
Tealcoffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/	7g			
Milk fresh	70ml			
Coldrink-powder	15g	1 mug		
<b>LIGHT MEAL</b>				
<b>BREAD</b>				
Bread, brown	200g	5 slices		
Margarine	25g	1 spoon		
Peanut-butter/	20g	1 spoon		
Syrup	25g	1 spoon		

**RESTRICTED**

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		
BEVERAGE : Fruildrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				
PROTEIN DISH 1. Egg-powder/ Fresh eggs 2. GPP dry	24g 2 eggs 40-50g	2 eggs ½ mug	As described in ration scale.	No meal of fish
VEGETABLES	325g	2/3 mug		
STARCH Maize-meal/ maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		
BEVERAGE 1. Tea Sugar Milk-powder/ Milk fresh 2. Coldrink - powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug		
* MORE ISSUANCE IS ALLOWED AS DESCRIBED IN RATION SCALE				

RESTRICTED

RESTRICTED

5.6.2.5.2 DIET PRESCRIPTION- FEMALES

NAME:  
REG. NO:

MEAT AND FISH-FREE DIET - FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL Maize-meal/ Maltibella/ Oate	80 - 80g 80 - 80g 80 - 90g	1 1/3 mugs	As described in ration scale	
CEREAL SIDE DISH Milk-powder Milk fresh Sugar	15g 150ml 15g	½ Mug 3/4 spoon		
BREAD Bread, brown Margarine Syrup	40g 5g 5g	1 slices 1/4 spoon 1/4 spoon		
FRUIT Fresh	1/50g	1 fruit		
BEVERAGE: 1. Tea/coffee Sugar Milk-powder/ Milk fresh 2. Coldrink- powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug		
LIGHT MEAL				

RESTRICTED



RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAD 1. Bread, brown Margarine Peanut-butter Syrup	160g 20g 20g 25 g	4 slices 1 spoon 1 spoon 1 1/4 spoon	As described in ration scale	
STARCH Maize-meal/ Maize-rice/ Samp	40 - 60g 40 - 60g 40 - 60g	½ mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS	
BEVERAGE :					
Fruitdrink-powder	15g	1 mug			
Soup powder	20g	2/3 mug			
DINNER					
PROTEIN DISH			As described in ration scale.	No meat of fish	
1. Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs			
2. GPP dry	30-40g	½ mug			
VEGETABLES	260g	½ mug			
STARCH					
Maize-meal/ maize-rice/ Samp	40 - 60g 40 - 60g 40 - 60g	½ mug			
BEVERAGE					
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon			
2. Coldrink powder	15g	1 mug			
• MORE ISSUANCE IS ALLOWED AS DESCRIBED IN RATION SCALE					

RESTRICTED

# RESTRICTED

## 5.6.3 CHICKEN AND EGG-FREE DIET

5.6.3.1 Indications for use  
 \* Patients who are allergic to all poultry and eggs

5.6.3.2 Properties of the diet  
 \* The diet contains no poultry, eggs or products containing such.

5.6.3.3 Remarks  
 \* The diet must include enough proteins from other sources such as red meat and textured plant protein.

5.6.3.4 List of permitted foods and foods to avoid  
 \* All foods is permitted except poultry and eggs and products containing such.

## 5.6.3.5.1 DIET PRESCRIPTION-MALES

NAME:

REG. NO:

## CHICKEN AND EGG-FREE DIET- MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	
Maize-meal/ Maibabella/ Oats	100 - 120g 100 - 120g 100 - 120g	2 mugs		
CEREAL SIDE DISH				
Milk-powder	15g			
Milk fresh	150ml	½ Mug		
Sugar	20g	1 spoon		
BREAD				
Bread, brown	80g	2 slices		
Margarine	10g	½ spoon		
Syrup	10g	½ spoon		
FRUIT				
Fresh/dried	1/50g	1 fruit		

1.63

# RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE:				
1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/ Milk fresh	7g 70ml			
2. Coldrink-powder	15g	1 mug		
LIGHT MEAL				
Starch				
1. Bread, brown	200g	5 slices		
Margarine	25g	1 1/4 spoon		
Peanut-butter/ Syrup	20g 25g	1 spoon 1 spoon		
CEREAL				
Maize-meal/ Maize-rice/ Samp	80 - 100g 80 - 100g 80-100g	1 mug		

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruit/drink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	No meat of fish
1. Beef/Mutton/ Pork/ Venison	180g	½ mug		
Fish	165g			
2. GPP dry mealballs/ Beef sausage	40-50g 140g 140g	½ mug 2/1 2/1		
3. Combination red Meat	90g	½ mug		
STARCH				
Maize-meal/ maize-rice/ Samp	80 - 100g 80 - 100g 80 - 100g	1 mug		

1.64

# RESTRICTED



RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
VEGETABLES	325g	2/3 mug		
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink - powder	15g	1 mug		
* MORE ISSUANCE IS ALLOWED AS DESCRIBED IN RATION SCALE				

- 5.6.4 MAIZE-FREE DIET
- 5.6.4.1 Indications for use  
Patients who are allergic to maize
- 5.6.4.2 Properties of the diet  
The diet contains no maize products
- 5.6.6.3 Remarks  
The diet must include enough bread and other wheat products.
- 5.6.6.4 List of permitted foods and foods to avoid  
All foods is permitted except maize and maize products such as maize-meal, maize-rice and samp.

5.6.4.5.1 DIET PRESCRIPTION- MALES

NAME:  
REG. NO:

MAIZE-FREE DIET - MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL			As described in ration scale	No maize-meal. Bread can be served 200g bread = 100g maize-meal
Maltabella Oats	100 - 120g 100 - 120g	2 mugs		
CEREAL SIDE DISH				If bread is being served. Replace milk-powder with 25g margarine and sugar with 25g syrup.
Milk-powder Milk fresh Sugar	15g 150ml 20g	½ Mug 1 spoon		
BREAD				
Bread, brown Margarine Syrup	80g 10g 10g	2 slices ½ spoon ½ spoon		
FRUIT Fresh/dried	1/50g	1 fruit		
BEVERAGE:				
1. Tea/coffee Sugar Milk-powder/ Milk fresh	1g 10g 7g 70ml	2/3 mug ½ spoon		
2. Coldrink- powder	15g	1 mug		

RESTRICTED

RESTRICTED

RESTRICTED

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown Margarine Peanut-butter/ Brawn Syrup	200g 25g 20g 50g 25g	5 slices 1 1/4 spoon 1 spoon 2 1/4 spoons 1 1/4 spoon		
* MORE ISSUANCE IS ALLOWED AS DESCRIBED IN RATION SCALE				

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE :				
Fruitdrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	1/2 mug    2 eggs 1/2 mug		
2. G.P. dry Meatballs Beef sausages	40 - 50g 140g 140g	1/2 mug 2/1		
3. Combination - red Meat poultry	90g 100g	1/2 mug 1/2 mug		
VEGETABLES	325g	2/3 mugs		Serve bread 100g maize- 200g bread serve also 25g margarine

# RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk fresh 2. Coldrink - powder	1g 10g 7g 70ml 15g	2/3 mug 1/2 spoon   1 mug		

## 5.4.3 HIGH KILOJoule DIET

### 5.4.3.1 Indications for use

- \* Patients with tuberculosis and epileptics.
- \* Cases of prolonged high fever associated with infection or hyperthermia.

### 5.4.3.2 Properties of the diet

- \* All cereal and starch issues are increased with naive an issue more.

### 5.4.3.3 Remarks

- \* None

### 5.4.3.4 List of permitted foods and foods to avoided

- \* No food is excluded

## 5.4.3.5.1 DIET PRESCRIPTION- MALES

NAME:

REG. NO:

## HIGH KILOJoule DIET: MALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BREAKFAST				
CEREAL			As described in ration scale	No maize-meal. Bread can be served 200g bread = 100g maize-meal
Maize-meal Maltabella Oats	150 - 180g 150 - 180g 150 - 180g	3 mugs		

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL SIDE DISH				If bread is being served: replace milk-powder with 25g margarine and sugar with 25g syrup.
Milk-powder Milk, fresh	15g 150ml	½ Mug		
Sugar	37g	1½ spoon		
BREAD, brown	120g	3 slices		
Margarine	15g	¾ spoon		
Syrup	15g	¾ spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE : 1. Tea/coffee	1g	2/3 mug		
Sugar	10g	½ spoon		
Milk-powder/ Milk, fresh	7g 70ml	½ spoon		
2. Coldrink-powder	15g	1 mug		
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown	264g	8 slices		
Margarine	40g	2 spoon		
Peanut-butter/	20g	1 spoon		
Brown	50g	2 spoons		
- Syrup	40g	2 spoon		

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
STARCH				
Maize-meal	180 - 200g	1½ mug		
Maize-rice	180 - 200g			
Samp	180 - 200g			
BEVERAGE :				
Fruitdrink-powder	15g	1 mug		
Soup powder	20g	2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison	180g	½ mug		
Fish	185g			
Chicken	200g			
Egg-powder/ Fresh eggs	24g 2 eggs	2 eggs ½ mug		
Brawn	150g			
2. G.P.P. dry	40 - 50g	½ mug		
Flav-o-stew	58g	½ mug		
Beef/sosse	140g	2/1		
3. Combination	90g/85g	½ mug		
Meat/fish/poul try with G.P.P., dry	100g 25g			
STARCH				
Maize-meal	180 - 200g	1½ mug		
Maize-rice	180 - 200g			
Samp	180 - 200g			
VEGETABLES	325g	2/3 mugs		
Serve bread 100g maize- 200g bread serve also 25g margarine				

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE 1. Tea Sugar Milk-powder/ Milk, fresh 2. Coldrink - powder	1g 10g 7g 70ml 15g	2/3 mug 1/2 spoon		
		1 mug		

5.4.3.5.2 DIET PRESCRIPTION- FEMALES

NAME:

REG. NO:

HIGH KILOJoule DIET: FEMALES

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
CEREAL			As described in ration scale	No maize-meal. Bread can be served 200g bread = 100g maize-meal
Maize-meal Maltabella Oats	150 - 180g 150 - 180g 180 - 180g	2 mugs		
CEREAL SIDE DISH				If bread is being served: replace milk-powder with 25g margarine and sugar with 25g syrup.
Milk-powder Milk, fresh Sugar	15g 150ml 15g	1/2 Mug 3/4 spoon		
BREAD brown Margarine Syrup	50g 5g 5g	1 1/2 slices 1/4 spoon 1/4 spoon		
FRUIT Fresh/dried	1 Fruit/50g	1 Fruit		
BEVERAGE: 1. Tea/coffee	1g	2/3 mug		

171

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
Sugar Milk-powder/ Milk, fresh 2. Coldrink- powder	10g 7g 70ml 15g	1/2 spoon 1 mug		

172

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
LIGHT MEAL				
BREAD			As described in ration scale	
1. Bread, brown Margarine Peanut-butter/ Brawn Syrup	200g 30g 20g 50g 30g	6 slices 1½ spoon 1 spoon 2 spoons 1½ spoon		
STARCH				
Maize-meal Maize-rice Samp	60 - 80g 60 - 80g 60 - 80g	¾ mug		
BEVERAGE :				
Fruildrink-powder Soup powder	15g 20g	1 mug 2/3 mug		
DINNER				
PROTEIN DISH			As described in ration scale.	
1. Beef/Mutton/ Pork/ Venison Fish Chicken Egg-powder/ Fresh eggs Brawn	180g 165g 200g 24g 2 eggs 150g	½ mug		
2. GPP, dry Meatballs/ Beef sausage	30 - 40g 140g 140g	½ mug 2/1		
3. Combination Meat/fish/ poultry with GPP, dry	80g/65g 100g 20g	½ mug		
				Serve bread 100g maize- 200g bread serve also 25g margarine
STARCH				
Maize-meal Maize-rice Samp	40 - 80g 40 - 80g 40 - 80g	¾ mug		
VEGETABLES	260g	½ mugs		

173

RESTRICTED

RESTRICTED

MEAL PLAN	RAW PORTION	COOKED PORTION	ISSUING CYCLE	TIPS
BEVERAGE				
1. Tea Sugar Milk-powder/ Milk, fresh 2. Coldrink - powder	1g 10g 7g 70ml 15g	2/3 mug ½ spoon 1 mug		

174

RESTRICTED

RESTRICTED

RESTRICTED

## APPENDIX 11

## APPENDIX 11

## ANNEXURE C

## ANNEXURE D

# 12 DAY CYCLE MEAL PLAN

(SEVEN PAGES ATTACHED THAT CONTAIN THIS INFORMATION)

# FOOD SPECIFICATIONS

RESTRICTED

RESTRICTED



**RESTRICTED**

1.

**DEHYDRATED VEGETABLES ANNEXURE**

The cost of dehydrated vegetables must be lower compared to that of fresh vegetables before it can be purchased. The given dehydrated vegetable portions are equal to the unprepared fresh vegetable portion. The preparation loss of 25% is included.

1.1

**INDIVIDUAL VEGETABLES**

TYPE OF VEGETABLE (FRESH)	MALE PRISONERS (325g)
POTATOES	47g
SWEET POTATOES	56g
MIXED VEGETABLES	46g
GREEN BEANS	37g
CABBAGE	24g
SPINACH	34g
CARROTS	35g

**COMBINED VEGETABLE DISHES (All vegetables dehydrated)**

TYPE OF VEGETABLE (FRESH)	MALE PRISONERS (325g)
FRESH GREEN BEANS	27g
POTATOES	16g
ONIONS	7g
CABBAGE	18g
POTATOES	16g
ONIONS	7g
SPINACH	25g
POTATOES	16g
ONIONS	7g

**RESTRICTED**

TYPE OF VEGETABLE (FRESH)	MALE PRISONERS (325g)
CARROTS	26g
POTATOES	16g
ONIONS	7g

**COMBINED VEGETABLE DISHES (Only potatoes and onions are dehydrated)**

TYPE OF VEGETABLE (FRESH)	MALE PRISONERS (325g)
ALL VEGETABLES FRESH	27g
DEHYDRATED POTATOES	16g
DEHYDRATED ONIONS	7g



RESTRICTED

RESTRICTED

MEAL PLAN (A)	RAW PORTION (B)	COOKED PORTION (C)	DISTRIBUTION CYCLE (D)
<b>MAIN MEAL</b> <b>Protein Rich Dish:</b> <b>1. Only Animal Protein</b> - Beef	180g	1 Mug	12X including 2 Combinations with Soya cubes or Soya Mince
- Pork	180g	1 Mug	
- Fish	165g		
- Chicken	200g	1 Mug	
2. - Beef or	90g	3/4 Mug	2X Soya Combinations
- Pork or	90g	3/4 Mug	
- Chicken with	100g	3/4 Mug	
- Soya	20g		
- Beef or	92g	3/4 Mug	
- Pork or	92g	3/4 Mug	
- Chicken with	100g	3/4 Mug	
- Soya	20g		
Starch:			
Maize Meal/	80 - 100g		12X
Mealie Rice/	80 - 100g		
Samp	80 - 100g		
VEGETABLES OR SALADS	326g	2 to 3 Mugs (Note: 2 types of vegetables)	12X in 12 days
Beverages:			
1. Tea or	1g	1 Mug	12X
Coffee	1g	1 Mug	
Sugar	10g	½ Spoon	
Milk powder/ Fresh	7g / 70ml		

RESTRICTED

**PROTEIN ISSUING PATTERN  
12 DAYS CYCLES IN 84 DAYS  
(ONE PAGE ATTACHED THAT CONTAINS THIS INFORMATION)**

**APPENDIX 11  
ANNEXURE E**

RESTRICTED

## THE PRUDENT DIET

1.

### DEFINITION

The prudent diet is a balanced diet consisting of a variety of foods, compiled in such a manner that it is high in fibre and low in fat, promotes growth and maintains desired body mass. The prudent diet is not a therapeutic diet, nor a slimming diet.

2.

### OBJECTIVE

The aim with the prudent diet is to promote the quality of life of the general population by diminishing the risk of developing nutrition related diseases and disorders such as certain types of cancer, hypertension, coronary artery disease, diabetes mellitus, over and under nutrition, and disorders of the gastro-intestinal tract.

3.

### GUIDELINES FOR FOOD SELECTION

a. Eat a variety of foods.

b. Increase fibre intake by

- (i) Eating plenty of fresh fruit and vegetables, preferably raw.
- (ii) Using dry legumes such as dry beans and lentils more frequently.
- (iii) Giving preference to unrefined cereal products such as brown and whole-wheat bread and high-fibre breakfast cereals.

c. Restrict fat intake by

- (i) Using low-fat or skimmed milk and its products. (Please note: Children under the age of one should preferably have full-cream milk).
- (ii) Choosing meat with little fat.
- (iii) More often making use of fish and chicken from which the skin has been removed.
- (iv) Spreading bread thinly and using low- or medium-fat spreads.
- (v) Using little fat and cooking oil in food preparation.
- (vi) Only occasionally having chocolates, cream, ice cream, rich pastries, cakes and puddings, fried take-away meals and fatty bacon.
- (vii) Avoiding non-dairy creamers and imitation cream.

## APPENDIX 11

## ANNEXURE F

# PRUDENT DIET AND 5 BASIC FOOD GROUPS

RESTRICTED

RESTRICTED

d. Restrict salt intake by

- (i) Using only a little salt in food preparation.
- (ii) Not adding salt to food at table.
- (iii) Using herbs and spices as flavouring agents instead of seasoning salts such as garlic and celery salt and products containing monosodium glutamate.
- (iv) Making limited use of commercial soup and gravy powders, meat extract cubes, tomato, Worcestershire and soya sauce and other.
- (v) Only occasionally using processed meat products such as polony, Vienna sausages, russians, biltong and other salted meat products such as ham and corned beef.
- (vi) Limiting the intake of savoury biscuits, salted nuts, popcorn and potato crisps.

e. Use moderate amounts of sugar and jam, and regard sweets and cold drinks as items to be used only on special occasions.

f. Drink plenty of water.

g. If taking alcohol, do so in moderation.

HINTS FOR THE PREPARATION OF FOOD

a. Give preference to cooking methods such as grilling, baking, steaming, boiling, poaching and micro-wave cooking, instead of frying, especially deep-fat frying and oven roasting.

b. When vegetables are cooked, use a little boiling water and boil the vegetable until just done.

c. Refrain from adding too much sugar, fat, butter, margarine, cream and cooking oil when preparing foods.

d. Where possible, substitute low-fat yoghurt for cream.

e. Extend meal dishes by replacing part of the meat with dry legumes.

Compiled by the Sub-committee: Nutritional services of the Health Matters Committee.

5. PRACTICAL HINTS FOR THE PRUDENT DIET

FOOD GROUP a	FOODS ALLOWED b	FOODS TO BE RESTRICTED c
1. <u>Milk and milk products</u> Give preference to low-fat products	Skimmed and low-fat milk (2% fat), fresh or in powdered form; low-fat cheese (less than 18% fat) such as fat-free, processed cheese, low-fat cheese spreads, Ricotta, Mozzarella and Pizzarella.	
2. <u>Protein-rich food group</u> Restrict portion sizes and use plant proteins regularly.		
<u>Eggs</u>	Preferably prepared without the addition of fat/cooking oil	Fried eggs
<u>Dry Legumes and nuts</u>	All types of Legumes such as dry beans, Lentils, soya beans and soya products, split peas, nuts and peanut butter	Excessive intake of nuts and peanut butter due to their high fat content.
<u>Meat</u>	Lean beef and pork with all visible fat removed; Lean mince; veal; venison	Fatty meat such as fatty mince, beef, mutton, Lamb, pork and bacon; fatty sausage, organ meats; processed meat products such as polony, Vienna sausages and tinned meats
<u>Poultry</u>	All types (remove the skin).	Duck has a higher fat content than chicken.
<u>Fish</u>	All types The fat content of fish is lower than that of lean meat.	Crumbed fried fish, fish canned in oil.
3. <u>Carbohydrate-Rich Food Group Bread</u>	Whole-wheat or brown bread and rolls, rusks and other baked products rich in bran; commercially prepared whole-grain biscuits such as Provita, Ryvita.	White bread and rolls; biscuits and crackers made from sifted flour such as plain crackers, salty crackers and snacks

RESTRICTED

RESTRICTED

# RESTRICTED

Food Group	Foods Allowed	Foods to be Restricted
Grains	High-fibre grains such as unsofted maize meal, grain sorghum, oats, unsofted rice, whole-grain pastas; unsofted ready-to-eat breakfast cereals such as All Bran, Weet-bix, Digestive Bran, Old Bran, home-made muesli.	Products made from refined cereals and/or sugar coated, such as sugar coated puffed wheat.
4. <u>Fruit and Vegetable Group</u>		
This group is particularly rich in fibre. Eat a large variety and give preference to raw fruit and vegetables.		
<u>Fruit</u>		
Give preference to the whole fresh fruit rather than juice.	All types of fresh fruit with skin and pips, if possible, and fruit juice; dried-fruit; canned fruits in natural juice.	Sweetened fruit juice; glazed and canned fruits in syrup.
<u>Vegetables</u>		
Eat as much raw vegetables as possible	All types of vegetables, cooked until just done.	Creamed, buttered or glazed vegetables, stir-fry vegetables; vegetables that are over cooked.

# RESTRICTED

Food Group	Foods Allowed	Foods to be Restricted
5. <u>Fat Group</u>		
Restrict intake	Fats and oils in minimal amounts.	Restrict intake of the following: poly-unsaturated and hard kinds of margarine; sunflower and other oils; butter, cream and imitation cream; salad dressings and mayonnaise; fatty bacon and gravy; lard, dripping, tallow and chicken fat.
6. <u>Miscellaneous</u>		
	Clear soups, low-fat vegetable soup, preferably home-made; tea, coffee, sugar, jam, honey and other sweet foodstuffs, home-made popcorn, sorbet, and meringue all in moderate amounts; mineral water and soda water.	Cream soups and commercially prepared soup powders; sweets and chocolates; ice cream, rich cakes, pastries and tarts; take-away meals such as hamburgers made from refined and fatty products; fried chips; cocoa, malted and chocolate bave-rages; sweetened cold drinks; pickles and relish
7. <u>Flavourings and Seasonings</u>		
Use in moderation, if desired.	Herbs, spices, lemon juice, vinegar, mustard, chutney, tomato and other sauces.	Salt and seasoning salts. Adding salt at table.
8. <u>Alcohol</u>		
Use in moderation, if at all.	Use very little salt in preparation.	
	Not more than 3 lots daily One lot = 1 lot (25ml) spirits = 375ml beer = 120ml dry	Avoid more than the amounts allowed
9. <u>Cooking methods</u>		
	Give preference to: grilling, drip roasting, baking, steaming, boiling, poaching and microwave cooking.	Frying, especially deep-fat frying; oven roasting (basting).

## NESTINGED

6.

### THE FIVE BASIC FOOD GROUPS

To ensure a balanced diet, adequate fluid (=2.5 L water) and a large variety of food should be taken daily. A daily choice must be made from each of the five basic food groups and if the food groups are represented at each meal, it will result in balanced nutrition. The five basic food groups incorporate the following:

#### a. Group 1 : Foods Rich in Calcium

Calcium is necessary for the growth and maintenance of a healthy, strong bone and teeth structure, the coagulation process of blood, the functioning of certain enzymes, control of the permeation of fluids through the cell membranes and the alternative contraction and relaxation of the heart muscle. It is difficult to obtain sufficient calcium in the diet without milk and cheese, nature's richest source of calcium. Balance the diet by using 400 ml milk daily. Apart from calcium, milk also contains protein and because cheese is such a concentrated food, it can substitute meat, fish and eggs as a main course. Thirty grams (30g) cheese contains more or less the same nutritional value as 200 ml milk. Milk is also a good source of other nutrients such as Vitamin A and D, riboflavin and thiamine.

#### b. Group 2 : Foods Rich in Protein

Protein is necessary for the growth and maintenance of all soft tissue eg. muscles, skin organs and forms part of the blood, enzymes and hormones. Protein assists to keep the blood-sugar level constant over a longer period of time, which is important for the conservation of stamina and should therefore be served at each meal. Food sources are meat, fish, poultry, eggs, dry legumes, nuts, textured vegetable protein products and cheese.

#### c. Group 3 : Foods rich in Vitamins and Minerals

All vegetables and fruit contribute to the vitamin and mineral content of the diet, which is necessary for the regulation of body functions, as well as fruit acids and roughage which are necessary for healthy digestion. There are however, several vegetables and fruit particularly rich in one specific vitamin and they are divided as follows:

##### (i) Foods rich in Vitamin C

This vitamin is necessary for the forming of the connective tissue which binds cells, and to prevent scurvy. It is indispensable for strong blood-vessels and healthy gums. Wounds heal faster when the body has enough of this vitamin. A general

## NESTINGED

feeling of weakness, decreased resistance against infection and bruising occur more readily when there is a Vitamin C deficiency. Fresh, raw foods are the best sources, because Vitamin C is easily destroyed by heat or when food becomes old and loses its freshness. Food rich in Vitamin C must be stored in a cool, dark place, eg. guavas, papaws, citrus fruit, tomatoes, pineapples, mangoes, berry fruit, cauliflower, cabbage and broccoli.

Vitamin C is water-soluble and cannot be stored by the body. It is therefore important to eat one portion of food rich in Vitamin C daily, or if not available, two portions of fresh, raw vegetables or fruit.

##### (ii) Foods Rich in Carotene

Carotene is the substance from which the body manufactures Vitamin A. This vitamin keeps the eyes, the skin and all epithelium membranes healthy and makes the body resistant to disease. All yellow and green vegetables and yellow fruit - raw and cooked are rich in carotene. The darker the colour the higher the carotene. Examples are carrots, pumpkin, yellow peaches, apricots, paw-paws, mangoes and cantaloupe. Fruit and vegetables from this group should be consumed daily. The total daily intake of vegetables and fruit should be four or more portions, of which one vegetable at least should be eaten raw.

#### d. Group 4 : Foods Rich in Fat and Oil

Fats and oils, vegetable or animal, are very useful in the diet, because apart from containing nutrients essential to the body, eg. essential fatty acids, they are the most concentrated sources of energy. A small quantity of fats and oils prove may kilojoules and so provide the body with heat and energy. Excessive use must be avoided, seeing that it may cause overweight. Fat retards digestion to such an extent that a person does not get hungry too soon after the intake thereof. Fat must therefore be included in each meal. Make provision for at least 15mg or more butter or yellow margarine per person per day. Butter, margarine and fish-oil are rich in Vitamin A. Other fats and oils contain only very small quantities or not at all. The former can substitute one another, however, other fats (eg. chicken fat) cannot replace these in the diet.

#### e. Group 5 : Foods Rich in Carbohydrates

Carbohydrates provide energy to the body and the most important food sources of carbohydrates are cereals such as wheat, mealies, oats, rice etc. The less refined cereal products such as wholewheat bread, provita and oats contain more nutritive value, especially vitamins of the B-complex, without which the body cannot utilize starch and minerals in the

RESTRICTED

RESTRICTED

form of highly refined cereal products, such as sifted mealie meal, cake flour and white bread. Besides, unrefined cereals contain fibre which helps prevent constipation and other diseases, unrefined cereals should be served at least twice a day.

## APPENDIX 11

## ANNEXURE G

# GUIDELINES FOR TAKE AWAYS

RESTRICTED

RESTRICTED

RESTRICTED

## GUIDELINES FOR TAKE-AWAY MEALS

1. Take-away meals (TAMs) for breakfast, lunch and supper must always be equivalent in quantity and quality to the meals served at the dining room, thus TAMs must comply with balanced nutrition, be attractive and offer sufficient variety to combat menu fatigue. TAMs can either be hot meals or individually packed cold meals.
2. The standard of TAMs issued to the inmate is a reflection of the attitude of the Caterer towards the nutrition of the living-in offender eating away from the dining room. It is expected that the Caterer will maintain a constant high standard of catering.
3. TAMs form part of the daily menu planning and require careful attention and advanced planning to ensure interesting and successful TAMs. Variety is most important to prevent monotony and menu fatigue. Imagination, originality and improvisation are important aspects in the planning of successful TAMs.
4. THE FOLLOWING RULES AND GUIDELINES APPLY TO SUCCESSFUL TAMs:

- a. The same menu item, but especially sandwich fillings, must not be served two days in succession or in the same week (Bread is the exception).
- b. At least one sandwich must be whole wheat or brown bread, if bread represents the starchy food of the TAM.
- c. Fish, meat, cold meat products, chicken, eggs and legumes can be used for variety as protein rich foods. Use suitable condiments with these eg. salt and pepper sachets with a boiled egg.
- d. Bread can be exchanged for bread rolls, vetkoek, jacket potatoes, potato salad, etc.
- e. Fruit and/or fruit juice and/or vegetables must be included in the TAM. Fresh fruit must be edible and not green or over ripe. Vary fresh fruit with dried fruit. Vegetable pieces or fillings lend variety in texture and colour and supply additional fibre to the TAM.
- f. Margarine must be used and spread evenly over the whole slice of bread.

RESTRICTED

### Individually packed

- g. TAMs must not be prepared too long in advance. At the utmost it may be done the previous afternoon or evening for the next morning's distribution.
- h. The individually packed TAM must be neat and appealing and have a fresh smell and appearance. If the TAM is not distributed immediately, it must be stored in a cool place as soon as possible after preparation until distribution.
- i. Where possible, each menu item should be wrapped individually before it is put in the TAM, especially moist foods eg. sandwiches. This aspect is very important when cold meat and salads are planned for a lunch or supper pack.
- j. The layout of the TAM must be in such a way that the sandwiches and other menu item are not squashed.

RESTRICTED

RESTRICTED



RESTRICTED

RESTRICTED

## APPENDIX 11

## APPENDIX 11

### ANNEXURE H

### ANNEXURE I

## ST 32 - SPECIFICATION FOR FRESH PRODUCE

## ATTENDANCE OF COMPULSORY MEETING

AVAILABLE FROM THE OFFICE OF THE STATE TENDER BOARD

RESTRICTED

TENDER NO: .....

RESTRICTED

CLOSING DATE: .....

The compulsory meeting on ..... at 10:00 was attended by  
.....

## APPENDIX 12

### TEMPORARY KITCHEN

REFER TO PARAGRAPHS 3.11 OF THE  
CONDITIONS OF THE TENDER AND 4.6.6 OF  
THE TENDER SPECIFICATIONS

SIGNATURE  
OFFICIAL: CORRECTIONAL SERVICES

RESTRICTED

RESTRICTED