



New South African Renal Exchange Lists

These lists have been prepared and developed by a sub-committee from ADSA (Marietjie Herselman, Nazeema Esau, Marie Hollander and Ancois Basson) and were launched at the recent Nutrition Congress. The lists are available in electronic format from the ADSA National Office (upon request). Please send a disc and prepaid envelope to the National Office.

A few notes from Marietjie Herselman regarding the new South African Renal Exchange Lists:

The exchange lists should not be seen as rigid RULES, but as a tool that may be individualised by the dietitian according to the special needs of her clients. Dietitians should use their own discretion about foods that must be limited or allowed.

- The MRC database was used for assessment of nutrient composition.
- The NRIND Food Quantities Manual was used for assessment of approximate household portion sizes.
- Dietitians with knowledge of the eating habits of the Moslem, black and coloured groups were consulted regarding traditional foods that should be included in the lists.
- The approach followed was to include as many foods as possible to prevent too restrictive a diet. Foods recommended for restriction are indicated at the end of a particular group, together with the rationale.
- The protein content of foods was used to determine portion sizes in grams/ml, but it was felt that portion sizes should be kept as simple and realistic as possible (e.g. rounded off to the nearest 5 g, and 30 g portions for most meats and cheeses).

We have decided to allow 1 year for testing the lists in practice before publication. We further recommend that the lists are revised every 5 years by the National Renal Nutrition Practice Group – the NRPG (SA). Please forward any comments to us!

Prof Marietjie Herselman

National Renal Nutrition Practice Group: South Africa

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ADA Renal Nutrition Guidelines

The American Dietetic Association-Renal Practice Group (ADA-RPG) has published the 3rd edition of *Guidelines for the Nutritional Care of Renal Patients*. This publication can be obtained from the American Dietetic Association. ISBN Number: 0-88091-189-1.

Cost: US Dollars \$32 for non-ADA members and \$28 for ADA members.

To order contact: ADA Customer Service

Fax: +1 312 899 4899

E-mail: www.eatright.org

www.renalnutrition.org

Book review

DON'T DO IT ALL TO GET IT ALL

By Suna Kassier (RD SA)

This chatty, informative book unravels the confusing myths around healthy eating. Based on sound scientific principles, but written in a down-to-earth, humorous style, Kassier assures us that healthy eating doesn't have to be a tedious, complex business. Her recipe for uncomplicated health includes low-fat, rich in roughage and nutrient-dense, quick-fix meals that are easy to prepare. Furthermore, there is an emphasis on limiting the intake of preservatives. There is no such thing as forbidden foods – total non-prescriptive nutrition is the core focus. Her premise is that adopting good health principles needs to make life easier, not more difficult.

Kassier firmly believes that 'you don't have to do it all, to get it all'. The key is to take stock and make a conscious decision to live life guilt-free within the boundaries of your available time, energy levels and resources. 'Women need to say goodbye to guilt. We're all prone to some not-so-healthy cravings – the answer is to avoid the guilt-factor when you give in to your craving.'

The author's enthusiasm for her subject is contagious. Her light-hearted, sincere and balanced approach to health goes a long way to putting the joy back into eating.

Don't Do It All To Get It All can be found on bookshelves at Exclusive Books and in Pick 'n Pay.

If you have any interesting snippets of information to share with Dietitians, please send them to:

Penny Love: ADSA Communications, Fax: 031-7658005;

E-mail: penny@austware.com

Congresses and conferences

NOF/DESSA/SEMDSA CONGRESSES

28 March - 2 April 2003

Champagne Sports Resort, Drakensberg, KwaZulu-Natal

Topics include:

- The role of hormone replacement therapy
- Psychological aspects of diabetes
- PTH – the new therapy for osteoporosis
- Methodology of the glycaemic index for labelling purposes
- Leptin and the pathophysiology of the metabolic syndrome

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INTERNATIONAL CONGRESS OF DIETETICS

28 - 31 May 2004

Chicago, Illinois, USA

Hosted by the American Dietetic Association and Dietitians of Canada, more than 3 000 delegates are expected to convene and explore the conference theme 'Sharing Global Perspectives: Building Our Common Ground'.

There are 5 sub-themes for the Congress on which speakers are invited to build a presentation:

- Building Healthy Communities
- Issues in the Dietetic Profession
- Food Administration Management
- Nutrition Strategies for new Epidemics
- Food Security

For more information visit www.internationaldietetics.org.

Enquiries: ICD 2004 c/o ADA International Alliance Program, 216 West Jackson Boulevard, Chicago, IL 60606, USA.

NUTRITION SYMPOSIUM

16 - 18 September 2003

Department of Human Nutrition; Free State University

To celebrate the Department's 20th birthday, old students, friends and colleagues are invited to a very exciting academic and social programme. First announcements should reach ADSA members shortly with information on the programme and themes for abstracts.

For more information, e-mail nutrition@med.uovs.ac.za

12th INTERNATIONAL CONGRESS: NUTRITION AND METABOLISM IN RENAL DISEASE

19 - 22 June 2004

Padua/Venice, Italy

First announcement with details about abstract forms, registration and hotel accommodation will be available later this year on the Congress Website, www.nutrition.metabolism-2004.it

Or write to the Congress Secretariat:

Meet and Work

Piazza del Sole e della Pace 5, 35031

Abano Terme (Padova) Italy

Email: meet@meetandwork.com

www.meetandwork.com

Or write to Dr Gianfranco Guarnieri, MD

Chairperson of the Program and Organising Committee

Email: gianfranco.guarnieri@clmed.univ.trieste.it

Or write to Dr Annamaria Bernardini, MD

Scientific Secretariat

Email: scientific_info@nutrition.metabolism-2004.it

JOURNAL NEWS

The *Pakistan Journal of Nutrition* is offering the opportunity to publish research articles within one month of acceptance.

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The *Journal of Human Nutrition and Dietetics* is offering ADSA members the chance to subscribe to this journal in 2003 at the special discount rate of only £70 pa (normal rate £95 pa).

From 2003 this personal print subscription includes an automatic entitlement to all available online content.

For further information about the journal, visit:

www.blackwellpublishing.com/journals/jhn

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