



NATIONAL  
RENAL CARE

# HEALTHY KIDNEY RECIPE CONTEST

ENTRY FORM

Name: .....

Unit: .....

Tel No. ....

Entry Category: .....

**Categories: A= Starter B= Main C=Dessert**



Total Kidney  
Disease  
Management

Paste photo of your  
complete dish here

### CONTEST PERIOD:

Monday, June 28th, 2010 to Wednesday, August 4th, 2010.

### NOTE TO ENTRANTS:

Through completion of the official entry form entrants  
acknowledge that they have read and understood;

- 1) recipe specification requirements and
- 2) the official rules and regulations of the  
National Renal Care Healthy Kidney Recipe Contest.

**INGREDIENTS**

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# SPECIFICATIONS

## HEALTHY KIDNEY RECIPE SPECIFICATIONS

### **Recipe Specification (Starter) / portion**

Protein	30g
Starch	1 slice of bread / 3 crackers
Vegetable or Fruit	Choose 1 serving from the attached list

### **Recipe Specification (Main Meal) / portion**

Protein	100g
Starch	1 cup cooked pasta / rice / meliemeel / samp or 2 medium potatoes (soaked)
Vegetable or Fruit	Choose 1-2 servings from the attached list

### ***Recipe Specification (Dessert) / portion***

***Aim to use as little milk or egg as possible to develop a low phosphate dessert***

***(if you have any queries, please contact Sonja Stevens, dietitian, National Renal Care on 082 994 6551)***

# INGREDIENTS LIST

	Foods to Choose	Serving size	Foods to Avoid	Can be used in small amounts
<b>Vegetables</b>	Baby Marrow	110g	Butternut	Asparagus
	Broccoli	75g	Gem Squash	Beetroot
	Cabbage	70g	Mushrooms	Brinjal
	Celery	20g	Okra	Carrot
	Globe Artichoke	30g	Pumpkin	Cauliflower
	Onion	50g	Pumpkin Leaves	Green beans
	Peas	50g	Spinach	Hubbard squash
	Mange tout	25g	Tomato	Patty pan
	Sweetcorn (tinned)	65g	Bamboo Shoots	Waterblommetjies
	Leek	100g	tinned vegetables	White pumpkin
			Beans and lentils	
<b>Fruit</b>	Apple	100g	Avocado	Apricot
	Cherry	50g	Fig	Gooseberries
	Granadella	20g	Grapes	Grapefruit
	Kumquat		Kiwi	Guava
	Lemon	1/2 - or 70g	Melon	Mango
	Litchi	50g	Num num	Naartjie
	Mulberries	50g	Orange	Paw paw
	Pear	50g	Peach	
	Pineapple (40g) - fresh (90g tinned in syrup)		Tomatoes	
	plumb	50g	Dried fruit	
	Prickly Pear	50g	fruit juice except those allowed	
	Raspberry	50g	All fruit tinned in natural juice	
	Strawberry	100g	Blackcurrants	
	Tinned - fruit salad (140g)	140g	Crystallised Fruit	
	Apple Juice	125ml	Tomato Juice	
	Apricot Juice	125ml		
	Guava Juice	125ml		
	Mango Juice	125ml		
	Peach Juice	125ml		
	Strawberry Juice	125ml		

# NATIONAL RENAL CARE HEALTHY KIDNEY RECIPE CONTEST

## Official Rules

NO PURCHASE NECESSARY TO ENTER OR WIN. THE COMPETITION IS VOID OUTSIDE OF SOUTH AFRICA. ALL CONTEST ENTRIES ARE SUBJECT TO THE OFFICIAL RULES WHICH GOVERN ALL ASPECTS OF PARTICIPATION AND PRIZE AWARD. THE CONTEST BEGINS ON MONDAY, JUNE 28th, 2010 AND ENDS ON WEDNESDAY, AUGUST 4th, 2010 ("CONTEST PERIOD")

## Official Rules

**ELIGIBILITY:** Entrants must be legal South African residents at least 18 years of age at time of entry. Employees or agents of, or consultants to National Renal Care or any other person who directly or indirectly controls or is controlled by, National Renal Care and members of their immediate families or persons residing at the same address, are not eligible to enter this competition.

**CONTEST:** The Contest will feature recipes that will be published by National Renal Care in a special healthy kidney recipe book (name of recipe book still to be decided upon). Entries submitted by mail must be postmarked on or before the deadline on Wednesday, August 4th, 2010. At the conclusion of the contest, judges will select three grand prize winners, one per category.

**ENTRIES:** Multiple entries are allowed, but each recipe must be submitted as a separate entry and each entry must meet the following requirements:

- ~Recipe entries must be original, and cannot have been previously published, won another competition or contest, or been used for advertising or promotional purposes.
- ~Entry must: 1) include recipe name and the number of servings that the recipe yields, 2) include, where available, nutritional content, 3) use ingredients that are available in most grocery stores in South Africa; 4) list ingredients with measurements in order of use; 5) include step-by-step preparation and cooking directions, and 6) include: entrant name, age and complete address with zip code, telephone number with area code and e-mail address. Entries with a good quality photo (in PDF or JPEG format) get extra credit and more likely to be published.

### THERE ARE TWO WAYS TO ENTER:

1. By Mail. Send entries by postal mail to: NATIONAL RENAL CARE HEALTHY KIDNEY RECIPE CONTEST, Attention: Sonja Stevens, P.O Box 18328, Wynberg, 7824. All mailed entries must be neatly written or typed. Proof of mailing is not considered proof of delivery or receipt.
2. Online, submit the online entry information in an e-mail to Sonja Stevens at [dietitiansonja@gmail.com](mailto:dietitiansonja@gmail.com)

**WINNER SELECTION AND PRIZES:** (A) All eligible entries received by the deadline will qualify and winners will be selected from these entries. Winners will be selected per category, based on creativity (30 percent), taste (40 percent), and practicality (30 percent). In the event of a tie, the entry with the highest score in the Practicality criterion category will be a winner.

National Renal Care will, where required fly the winners of the competition to Johannesburg for a special prize giving ceremony. Prizes will be awarded to winning participants by Chef Fortunato Mazzone at his multi award winning five star graded Ristorante Ritrovo in Pretoria on Friday, September 10th, 2010.

# COMPETITION RULES

The awarding of any prize is contingent upon full compliance with these Official Rules. Entrants agree to be bound by Official Rules and agree that if any winner fails to provide proof of identity, refuses to provide required affidavit, is found to have violated the Official Rules or otherwise does not meet eligibility criteria, prize will be forfeited and awarded to the entry with the next highest score. Entrants understand that National Renal Care is not liable for injuries, losses or damages of any kind arising from participation in this promotion and acceptance, possession and use of prizes. National Renal Care is not responsible for any typographical or other errors in the printing of the offer, administration of the contest or in the announcement of the prize.

**NOTIFICATION:** Potential winners will be contacted approximately fourteen (14) days after the close of the contest.

**OTHER:** National Renal Care assumes no responsibility for entries it is unable to process due to network, hardware or other technical failures; or any other reason, or incomplete, damaged, misdirected, illegible, stolen or lost entries. National Renal Care further reserve the right, in its sole discretion to disqualify any person tampering with the entry process, the operation of the web site or otherwise in violation of the rules. National Renal Care further reserves the right, in its sole discretion, to cancel, terminate or modify this promotion if not capable of completion as planned, including infection by computer virus, technical corruption, non-authorized human intervention or force majeure. In the event of cancellation, National Renal Care reserves the right to award the prizes to eligible mail and online entries received prior to date of cancellation. The use of automated entry systems or any other conduct that impedes the integrity of the contest is prohibited. In the event of a dispute regarding an online entry, entry will be deemed made by the holder of an established e-mail account associated with the entry.

**RELEASE:** By entering, entrants authorize National Renal Care to publish recipe entries received in a recipe book without financial compensation, use their name, voice, likeness, biographical data, city and state of residence and entry materials in promotional material and for advertising, public relations and editorial purposes, in perpetuity, or on a winners' list, if applicable, without further compensation unless prohibited by law. National Renal Care is not obligated to use any of the above-mentioned information or materials, but may modify, publish, transfer, edit at its sole discretion, without further obligation or compensation.

Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_