

## Kidney Disease: Controlling your Potassium

*'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.*

Potassium is a mineral present in many foods and is needed by your body. In kidney disease potassium levels in the blood may rise too far and this is unsafe. You may not feel any symptoms if your potassium is high but it can be very harmful to your heart. If your potassium is high, you may need to reduce the amount of potassium in your diet. The following advice may help you to lower your potassium levels while still following a varied, enjoyable diet. If you need more detailed advice please contact a dietitian.

Foods high in potassium to limit	Lower potassium options to choose
<p><b>Fruit:</b> Avocado pears, large bananas, dates, dried apricots, fresh / dried figs, grapefruit, melon, nectarines, oranges, pomegranates, prunes, raisins, rhubarb, star fruit and sultanas Drain natural juice from tinned fruit</p>	<p>Choose <b>2 servings</b> of fresh or tinned fruit / day E.g. one serving of fresh fruit is equivalent to: 1 apple / apricot / peach / pear <b>or</b> ½ small banana / kiwi <b>or</b> 2 clementines / satsumas / plums <b>or</b> 100g (3.5 oz) raspberries / 8 strawberries <b>or</b> 16 grapes/ 20 cherries /180g (6 oz) blueberries</p>
<p><b>Vegetables:</b> Do not bake, fry, microwave, roast, pressure cook or steam vegetables Brussel sprouts, mushrooms, parsnips spinach Raw vegetables (except 1 small salad per day) Sundried tomatoes, tomato puree Do not use water from boiling vegetables to prepare soups, stews gravies, casseroles etc</p>	<p>Choose <b>2 portions</b> of the following boiled vegetables <b>or</b> 1 small salad per day: 1 portion = 3-4 tblsp vegetables or small salad. Cabbage, carrots, cauliflower, chick peas (tinned), French / green beans, boiled onions, mixed vegetables, peas, runner beans, spring greens, swede, sweetcorn, turnip or 2 spears of broccoli Tomatoes – 1 small or 4 cherry tomatoes / day</p>
<p><b>Potatoes:</b> Jacket potatoes, potato wedges, roast potatoes (including supermarket varieties) &amp; potato croquettes, potato waffles, hash browns. Chip shop and supermarket chips</p>	<p>Choose <b>up to 150 g (5 oz)</b> or 3 egg-sized peeled and boiled potatoes per day: boiled potatoes, mashed potato, tinned potato. Parboiled roast or parboiled chipped potatoes. Sweet potato (boiled).</p>
<p><b>Dairy Products:</b> Evaporated milk Condensed milk Dried milk</p>	<p>200ml (⅓ pint) milk per day Up to 4 eggs and 180g (6 oz) cheese per week Yoghurts/ fromage frais 120g-150g pot 3-4 per week Ice cream: 2 scoops (120g) 2-3 times per week Custard: 150ml (¼ pint) or Milk pudding: 200g (½ tin) 2-3 times per week Butter, margarine, cream in moderation</p>
<p><b>Meat, Poultry and Fish:</b> All fresh or frozen meat, poultry &amp; fish are suitable as part of a lower potassium diet <i>Note: Cured, smoked and tinned meats and fish are high in salt.</i></p>	
<p><b>Lentils, Pulses and Meat alternatives</b> Aduki beans, butter beans, pinto beans, soya beans</p>	<p>Quorn , tofu, hummus, boiled lentils Choose canned beans rather than dried: baked beans, black eye beans, broad beans, chickpeas, red kidney beans</p>

**Breads, Rice and Pasta:**

Breads containing nuts, seeds or dried fruits  
Bulgur wheat.  
Chick pea flour, potato flour & soya flour

Breads and rolls (white, granary, wholemeal)  
Bagels, baguettes, croissants, English muffin, pitta  
bread, tortilla wraps, pancakes. Yorkshire pudding  
Couscous, dumplings, rice, rice noodles, white  
pasta, polenta.

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Foods to limit	Foods to choose
<p><b>Breakfast Cereals:</b> Cereals and breakfast/cereal bars containing bran, dried fruit, nuts and seeds, chocolate, coconut e.g. All Bran, Branflakes, Fruit 'n' Fibre, Muesli, Raisin Wheats, Shredded Wheat Fruitful, Sultana Bran, Choco Hoops, wheat bran</p>	<p>Porridge, Cornflakes, Shredded Wheat, Weetabix Puffed wheat, Rice Krispies, Special K, Shreddies, Cheerios, Sugar Puffs, Frosties, Honey Loops, Ricicles</p>
<p><b>Savoury Snacks:</b> Some savoury snacks and crisps contain <b>potassium chloride</b> as a flavouring. It is advised that you regularly check the label and avoid crisps containing potassium chloride. Individual brands and flavours may vary.</p> <p>Potato crisps / snacks e.g. Hula Hoops, Quavers, Squares, French Fries, Discos, Twiglets, Wheat Crunchies Vegetable crisps, Poppadoms, Bombay / Oriental mix, nuts &amp; seeds, rye crispbread</p>	<p>Breadsticks, cream crackers, crisp breads, plain scones, pretzels, rice cakes, plain popcorn. Corn / maize / rice snacks <u>not containing Potassium Chloride</u> e.g. cheese puffs, tortilla chips. Matzos, taco shells, corncakes, waterbiscuits, wholemeal crackers</p>
<p><b>Biscuits:</b> Biscuits containing chocolate, coconut, dried fruit, nuts, treacle or bran</p>	<p>Plain biscuits: Digestive, Marie, Rich Tea Sweet biscuits: Custard Cream, Ginger Nut, Jam Rings, Nice, Shortbread, wafers, iced biscuits</p>
<p><b>Cakes, Desserts and Pastries:</b> All cakes, desserts &amp; pastries containing chocolate, coconut, dried fruit, nuts, treacle, bran e.g. currant buns, éclairs, fruit scones, hot cross buns, bran muffins, Bakewell tart</p>	<p>Sponge cake, artie roll, cream horn, doughnuts, ginger cake, iced buns / fingers, jam tarts, Madeira cake, Battenberg, sponge cake, jam Swiss roll, Jelly, sorbet, meringues Pavlova, fruit pie/crumble (using fruit from allowance)</p>
<p><b>Drinks:</b> Instant coffee, Barista coffees e.g. espresso, latte, cappuccino, mocha etc (including packet mixes) Hot chocolate &amp; cocoa, malted drinks (e.g. Horlicks &amp; Ovaltine, supermarket varieties) Milkshakes &amp; smoothies Most fruit &amp;/or vegetable juices High juice squashes, Snapple, Orangina Beer &amp; Lager, cider, sherry, port, Martini, Vermouth, strong ale, stout, wine (including Champagne &amp; sparkling wine) Bovril &amp; Oxo</p>	<p>Tea (including fruit, herbal ) You may choose up to 1 cup of filter coffee per day Instant Coffee alternatives e.g. Camp coffee, Caro, Barley Cup Fizzy drinks e.g. ginger beer, lemonade, cola Fruit juices – cranberry, grape, pineapple Cordials, squashes, Barley water, water Tonic water, flavoured water Spirits and liqueurs e.g. vodka, rum, gin, whiskey</p>
<p><b>Miscellaneous:</b> Chocolate spread Peanut butter Meat or yeast extracts e.g. Bovril &amp; Marmite Molasses and treacle Salt substitutes e.g. Lo-Salt, Selora &amp; Solo Tomato ketchup Brown sauce Most soups and stock cubes Pot noodles</p>	<p>Garlic, herbs, pepper and spices, curry powder Gravy Granules/powder Canned / packet soups – cream of chicken / chicken noodle only Packet only – minestrone / oxtail / vegetable Vegetable oil, olive oil, rapeseed oil Glace cherries, golden syrup, honey, jam, lemon curd, marmalade, sugar &amp; non-sugar sweeteners Mint sauce, mustard, horseradish, tartar sauce &amp; vinegar, pickle Chilli sauce in moderation French dressing, mayonnaise, salad cream, vinaigrette</p>
<p><b>Confectionary (Sweets, chocolate etc):</b> Chocolate, toffee, fudge, liquorice Carob Confectionary containing dried fruit/nuts</p>	<p>Boiled, chewy, foam and jelly sweets, chewing gum, marshmallows, mints, fruit pastilles, sherbet sweets, plain Turkish Delight (no chocolate or nuts), candied popcorn</p>