

Kidney Disease: Controlling your Potassium if you have Diabetes

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 suitable for your diabetes. ***If you need more detailed advice, please contact a dietitian.***

Fruit & Vegetables – Choose most from low/medium columns: aim for two portions of both fruit (one portion at a time) and vegetables per day			
Low	Medium	High	Very high
Apple Clementine Satsuma Fig (fresh) Peach Blueberries 2 passion fruits * Canned fruit cocktail or pineapple * (without juice/syrup)	Blackberries Cherries Grapes Kiwi Pear Raspberries Strawberries Melon Lychees	Apricots (fresh) Elderberries Nectarine Orange Plum Pomegranate Sharon fruit	Banana Blackcurrants Coconut Dates Goji berries Prunes Redcurrants Rhubarb Other dried fruits
Cauliflower Cucumber Lettuce Marrow Mixed frozen vegetables Runner beans Olives Radish Spring onions Watercress Swede	Aubergine Broad beans Broccoli Butternut squash Cabbage Carrots Celery Courgette Leeks Peas Pepper	Asparagus Beetroot Brussel sprouts Corn on the cob Curly kale Green beans Mushrooms Parsnip Tomatoes	Avocado Artichoke Celeriac Chard Pak choi Spinach Tomato puree

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<p>Potatoes to choose: up to 150 g (5 oz) or 3 egg-sized peeled and boiled potatoes per day: boiled potatoes, mashed potato, tinned potato, parboiled roast or parboiled chipped potatoes/ sweet potato</p>	<p>Limit: Jacket potatoes, potato wedges, roast potatoes (including packaged varieties) and potato croquettes, potato waffles, hash browns, chip shop and oven chips</p>
<p>Dairy Products/ Dairy alternatives to choose: 300ml (½ pint) milk per day. Up to 4 eggs and 180g (6 oz) cheese per week Yoghurts/ fromage frais 120-150g pot 3-4 per week Ice-cream 2 scoops (120g), custard 150ml (¼ pint), milk pudding 200g (½ tin) 2-3 times per week (opt for light versions/ those with sweetener) Unsweetened milks: soya, hemp, rice or oat</p>	<p>Limit: Evaporated milk, condensed milk, dried milk powder Butter, margarine and cream in moderation</p>
<p>Lentils, Pulses & Meat alternatives to choose: Quorn, tofu, hummus, boiled lentils Canned beans: baked beans, black eye beans, broad beans, chickpeas, red kidney beans</p>	<p>Limit: Aduki beans, butter beans, pinto beans, soya beans</p>
<p>Breads, Rice and Pasta to choose: Breads and rolls (white, granary, wholemeal), bagels, baguettes, croissants, English muffin, pitta bread, tortilla wraps, pancakes. Yorkshire pudding, couscous, dumplings. White, brown and basmati rice, rice noodles, egg noodles, white pasta, polenta, pearl barley</p>	<p>Limit: Breads containing nuts, seeds, coconut, chocolate or dried fruits Bulgur wheat, quinoa, chick pea flour, potato flour and soya flour</p>

Foods to choose	Foods to limit
<p>Breakfast Cereals: Porridge, Cornflakes, Shredded Wheat, Weetabix Puffed wheat, Rice Krispies, Special K, Shreddies</p>	<p>Cereals and breakfast/cereal bars containing bran, dried fruit, nuts and seeds, chocolate, coconut e.g. All Bran, Bran flakes, Fruit 'n' Fibre, Muesli, Raisin Wheats, Shredded Wheat Fruitful, Sultana Bran, Choco Hoops, wheat bran</p>

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<p>Savoury Snacks: Breadsticks, cream crackers, crisp breads, plain scones, pretzels, rice cakes, plain popcorn, corn / maize / rice snacks e.g. Bacon Streaks, Frazzles, Monster Munch, Nik-naks, Skips, Taco shells, Tortilla chips, Snack a Jacks, Wotsits. Matzos, corncake's, water biscuits and wholemeal crackers *check flavour/ doesn't contain potassium chloride</p>	<p>Potato crisps/ snacks e.g. Hula Hoops, Quavers, Squares, French Fried, Discos, Twiglets, Wheat Crunchies Vegetable crisps, poppadum's, Bombay mix, Oriental mix, nuts and seeds, rye crispbread</p>
<p>Biscuits: Plain biscuits: Digestive, Marie, Rich Tea Semi-sweet biscuits: Custard Cream, Ginger Nut and Malted Milk</p>	<p>Biscuits containing chocolate, coconut, dried fruit, nuts, treacle or bran</p>
<p>Cakes, Desserts and Pastries: Plain croissants, tea cakes, scones, , fruit pie/crumble, small fresh fruit salad (without juice/ syrup), sugar free jelly/ sorbet</p>	<p>All cakes, desserts and 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>Drinks: Tea (including fruit, herbal) Select up to 1 cup of filter coffee per day Instant Coffee alternatives e.g. Camp coffee, Caro, Barley Cup Sugar-free/ diet/ no added sugar drinks e.g. ginger beer, lemonade, cola, flavoured water Cordials, squashes, Barley water, water Tonic water Spirits and liqueurs e.g. vodka, rum, gin, whiskey (ideally with a meal)</p>	<p>Instant coffee, Barista coffees e.g. espresso, latte, cappuccino, mocha etc (including packet mixes) Hot chocolate & cocoa, malted drinks (e.g. Horlicks and Ovaltine, supermarket varieties) Milkshakes & smoothies Fruit &/or vegetable juices, coconut water High juice squashes, Snapple, Orangina, J20 Beer & Lager, cider, sherry, port, Martini, Vermouth, strong ale, stout, wine (including Champagne and sparkling wine) Bovril and Oxo</p>
<p>Miscellaneous: Garlic, herbs, pepper and spices, curry powder Gravy Granules/powder Vegetable oil, olive oil, rapeseed oil Small serving of jam, marmalade, lemon curd, golden syrup or honey (1 teaspoon per slice) Non-sugar sweeteners Mint sauce, mustard, tartar sauce & vinegar, pickle Chilli sauce (in moderation) French dressing, mayonnaise, salad cream, vinaigrette</p>	<p>Chocolate spread Peanut butter Meat or yeast extracts e.g. Bovril & Marmite Molasses and treacle Salt substitutes e.g. Lo-Salt, Selora & So-low Soya sauce Tomato ketchup, brown sauce Pesto Tahini Horseradish sauce Most soups and stock cubes Pot noodles</p>
<p>Confectionary (Sweets, chocolate etc): Sugar free chewing gum, sugar free mints or fruit sweets</p>	<p>Chocolate, toffee, fudge, liquorice Carob Confectionary containing dried fruit/nuts</p>

