

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>Fruit: 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 2 servings of fresh or tinned fruit / day E.g. one serving of fresh fruit is equivalent to: 1 apple / apricot / peach / pear or ½ small banana / kiwi or 2 clementines / satsumas / plums or 100g (3.5 oz) raspberries / 8 strawberries or 16 grapes/ 20 cherries /180g (6 oz) blueberries</p>
<p>Vegetables: 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 2 portions of the following boiled vegetables or 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>Potatoes: Jacket potatoes, potato wedges, roast potatoes (including supermarket varieties) & potato croquettes, potato waffles, hash browns. Chip shop and supermarket chips</p>	<p>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 (boiled).</p>
<p>Dairy Products: 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>

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Meat, Poultry and Fish:

All fresh or frozen meat, poultry & fish are suitable as part of a lower potassium diet

Note: Cured, smoked and tinned meats and fish are high in salt.

Lentils, Pulses and Meat alternatives

Aduki beans, butter beans, pinto beans, soya beans

Quorn, tofu, hummus, boiled lentils
Choose canned beans rather than dried:
baked beans, black eye beans, broad beans, chickpeas, red kidney beans

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.

Foods to limit

Foods to choose

Breakfast Cereals:

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

Porridge, Cornflakes, Shredded Wheat, Weetabix
Puffed wheat, Rice Krispies, Special K, Shreddies, Cheerios, Sugar Puffs, Frosties, Honey Loops, Ricicles

Savoury Snacks:

Potato crisps / snacks e.g. Hula Hoops, Quavers, Squares, French Fries, Discos, Twiglets, Wheat Crunchies
Vegetable crisps, Poppadoms, Bombay / Oriental mix, nuts & seeds, rye crispbread

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, corncakes, waterbiscuits, wholemeal crackers.

Biscuits:

Biscuits containing chocolate, coconut, dried fruit, nuts, treacle or bran

Plain biscuits: Digestive, Marie, Rich Tea
Sweet biscuits: Custard Cream, Ginger Nut, Jam Rings, Nice, Shortbread, wafers, iced biscuits

Cakes, Desserts and Pastries:

All cakes, desserts & pastries containing chocolate, coconut, dried fruit, nuts, treacle, bran e.g. currant buns, éclairs, fruit scones, hot cross buns, bran muffins, Bakewell tart

Sponge cake, artic 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)

Drinks:

Instant coffee, Barista coffees e.g. espresso, latte, cappuccino, mocha etc (including packet mixes)
Hot chocolate & cocoa, malted drinks (e.g. Horlicks & Ovaltine, supermarket varieties)
Milkshakes & smoothies
Most fruit &/or vegetable juices
High juice squashes, Snapple, Orangina
Beer & Lager, cider, sherry, port, Martini, Vermouth, strong ale, stout, wine (including Champagne & sparkling wine)
Bovril & Oxo

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

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<p>Miscellaneous: Chocolate spread Nuts Butter Meat or yeast extracts e.g. Bovril & Marmite Molasses and treacle Salt substitutes e.g. Lo-Salt, Selora & 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 & non-sugar sweeteners Mint sauce, mustard, horseradish, tartar sauce & vinegar, pickle Chilli sauce in moderation French dressing, mayonnaise, salad cream, vinaigrette</p>
<p>Confectionary (Sweets, chocolate etc): 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>