

## Kidney Disease: Fruit and Vegetable Portions on a Low Potassium Diet

*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*

If you have been advised to limit your potassium intake, the following information gives you guidance on recommended portion sizes. Please note the portion size varies according to the potassium content of the food i.e. the higher the potassium content, the smaller the portion of that food you can safely include in your diet. If you need more detailed advice please contact a dietitian.

### **Fruit portions - select two portions per day**

#### **Fresh Fruit:**

- 1 apple-medium
- 1 small orange / lemon/ lime
- 1 small peach / nectarine
- 1 pear
- 1 apricot
- 1 passion fruit
- 1 fresh fig
- 1 medium plum
- 2 satsumas / clementines / tangerines
- 3 damsons
- 15 grapes
- 14 lychees
- ½ nectarine
- ½ small banana or ½ kiwi fruit
- ¼ small avocado
- 1 small slice galia or watermelon (80-100g)
- 1 large slice pineapple (80g)
- 150g blueberries / bilberries
- 150g cranberries
- 100g raspberries / strawberries
- 100g blackberries / gooseberries
- 80g mango
- 75g cherries
- 60g loganberries / mulberries / pomegranate
- 45g blackcurrants

Olives are low in potassium and do not need to be counted within your fruit allowance (but most are high in salt so should not be eaten in large amounts)

#### **Tinned Fruit:**

- 1 portion is 120g (4oz) or 5 tbsp.

Select fruits canned in syrup (unless you have Diabetes) as these are lower in potassium than those canned in juice, then drain off the syrup. e.g. fruit cocktail, lychees, mandarins, mango, papaya, pineapple, pears, apricots, peaches, cherries, blackcurrants, raspberries, guava, fruit pie filling, rhubarb

#### **Stewed Fruit:**

- 4 tbsp. apple / blackberries / gooseberries
- 3 tbsp. raspberries/ cranberries
- 2 tbsp damsons / plums / prunes/ redcurrants / rhubarb / blackcurrants /mulberries



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### **Very High Potassium Fruits to Avoid**

#### **Dried Fruit:**

Dried apricot, currants, dates, dried mixed fruit, figs, dried or tinned prunes, raisins and sultanas and fresh and dried coconut are very high in potassium and should generally be avoided.

#### **Avoid:**

Starfruit may have toxic effects to anyone with kidney disease so should be avoided.

Grapefruit can react with many medications so check with your doctor or pharmacist before taking.

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### Vegetable / salad portions - select two portions per day

Unless specified these should be boiled not steamed, pressure-cooked, microwaved, sautéed or fried

<p><b>120g (4oz) or 4tbsp. portion:</b></p> <ul style="list-style-type: none"> <li>• Beansprouts - raw or stir - fried</li> <li>• Broccoli (2 spears)</li> <li>• Cabbage</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Cucumber – raw / pickled gherkins</li> <li>• French / green / runner beans</li> <li>• Leeks</li> <li>• Mangetout peas</li> <li>• Marrow</li> </ul> <p>Mixed veg – frozen</p> <ul style="list-style-type: none"> <li>• Mushrooms - canned</li> <li>• Onions - boiled or pickled</li> </ul> <p>Peas mushy- canned</p> <ul style="list-style-type: none"> <li>• Peas - frozen or canned</li> <li>• Peppers - red, green - fried</li> <li>• Pumpkin</li> <li>• Sugar snap peas</li> <li>• Swede</li> </ul> <p>Water chestnuts – canned</p>	<p><b>60g (2oz) or 2 tbsp. portion:</b></p> <ul style="list-style-type: none"> <li>• Asparagus</li> <li>• Broad beans</li> <li>• Brussel sprouts</li> <li>• Butter beans</li> <li>• Celery - boiled</li> <li>• Courgette – boiled</li> <li>• Mushrooms fried or boiled and drained</li> <li>• Parsnips boiled</li> <li>• Spinach (boiled)</li> <li>• Spring greens</li> <li>• Sweetcorn – canned / baby corn / frozen</li> <li>• Tomato - canned</li> <li>• Turnip</li> </ul> <p><b>OR one serving of raw vegetables:</b></p> <ul style="list-style-type: none"> <li>• Beetroot - 2 small pickled</li> <li>• Cabbage / Carrots 2 tablespoons</li> <li>• Celery - 2 small sticks</li> <li>• Cucumber -2 inch piece</li> <li>• Green / Red pepper- ½ medium</li> <li>• Lettuce - 8 large leaves</li> <li>• Onion - ½ medium raw</li> <li>• Pickled gherkins - 6 medium / 19 small</li> <li>• Pickled onions - 10 medium</li> <li>• Radishes - 8 medium</li> <li>• Spring Onions - 5 medium</li> <li>• Tomato -1 small / 4 cherry tomatoes</li> <li>• Watercress - ½ large bunch</li> </ul>
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### **OR one serving of salad e.g.:**

- 2 lettuce leaves, 3 rings green pepper
- 1 spring onion, mustard & cress and French dressing
- 2 lettuce leaves, ½ tomato, 3 slices cucumber, 1 onion ring
- 2 tbsp. green beans, ½ apple diced, mustard, lemon juice
- 1 Chinese leaf, 2tbsp beansprouts, 4 baby corn, French dressing
- 2 tbsp. mandarins (drained), 1 tbsp. grated carrot, oil, vinegar
- 2 lettuce leaves, ½ tomato, 1 radish, ¼ carrot
- ½ eating apple (chopped), ½ stick celery (chopped), 3 walnuts
- 2 lettuce leaves, ¼ tomato, 1 slice beetroot, 1 spring onion

Add beansprouts and chicory which are low in potassium and do not need to be counted in your allowance. Also use pasta or rice to extend salad.

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### **Very High Potassium Vegetables:**

Artichoke, bamboo shoots, chard, raw spinach, tomato puree and sundried tomatoes should generally be avoided.

### **Beans and lentils:**

These should be counted as part of your protein allowance, rather than a vegetable

