

## Kidney Disease: Simple Potassium Restriction

*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 we all need. It is found in a variety of foods and drinks. Normally the kidneys control potassium levels. However, if they are not working properly, or you are taking certain medications, the potassium in your blood can increase too much. In this case you may need to limit your intake of high potassium foods and drinks.

### Simple ways to reduce potassium intake:

- Avoid coffee- drink tea instead
- Avoid fruit juice- choose cordials or fizzy drinks instead
- Choose rice, pasta or bread at meals at some meals instead of potatoes
- Choose Weetabix, Rice Krispies or Cornflakes instead of Ready Brek or bran cereals



### Avoid high potassium foods:

- Avoid chocolate, toffee and liquorice, (choose plain biscuits, scones or doughnuts instead)
- Avoid soups, Oxo / Bovril / Marmite and salt substitutes E.g. Lo Salt
- Avoid nuts, crisps and other potato snacks, (choose corn, wheat or maize snacks instead e.g. cheese puffs, tortilla chips, popcorn, bread sticks)

*N.B. Some savoury snacks and crisps contain **potassium chloride** as a flavouring. It is advised that you regularly check the label and avoid crisps containing potassium chloride. Individual brands and flavours may vary.*

- Limit fruit to 2 portions a day (Bananas are high potassium and count as 2 portions of fruit)
- Avoid Complan and Build up

NB Ask to speak to a dietitian if supplement drinks are required for weight loss or poor intake.