This information is for people with kidney disease who have been advised to follow a low potassium diet.

At present your potassium level is ­­­­\_\_\_\_\_\_\_\_\_ (target range: ­­­­­­\_\_\_\_\_\_\_\_\_\_\_ mmol/l). Most food and drinks contain potassium: the table below contains advice on how to follow a low potassium diet and still have a varied diet. Blood potassium levels may need to be monitored with regular blood tests. A renal dietitian can discuss a low potassium diet with you in more detail if required (contact number 020 359 41101).

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|  | Low potassium choices 🗸 | High potassium foods TO AVOID × |
| Breakfast cereals*People with diabetes: Choose sugar-free options* | Plain cereals such as: Weetabix, Shredded Wheat™, Shreddies, porridge, cornflakes, Rice krispies®, Special K®, Cheerios® | Cereals containing bran, dried fruit, nuts and chocolates e.g. Muesli, All Bran®, Sultana Bran®, Coco Pops®, Fruit & Fibre. |
| Starchy Foods | Pasta, rice, noodles, couscous, white/brown/ wholemeal bread, chapattis, pitta, bagels, tortilla wraps.  Boiled potatoes, yam, green banana, cassava, and taro. | Jacket potatoes, baked or steamed potatoes, chips, manufactured potato products e.g. instant mash potatoes, potato waffles, frozen roast potatoes. Fried or steamed plantain/yam/cassava/taro |
| Dairy products*Remember to stick to your fluid restriction if you have one.* | Limit milk intake (cows/goat/sheep/soya milk) to less than ½ pint a day (300 ml).  A small bowl of custard or milk pudding, or 120g/5oz of yoghurt can be swapped for 200ml of your milk allowance. | |
| Cheese, cream, crème fraiche, rice/oat milk. | Dried milk powder, condensed milk, evaporated milk |
| Savoury snacks*Many savoury snacks are high in salt and limited from your die* | Maize, corn or rice based snacks e.g. Monster Munch™, Skips®, popcorn, plain tortilla crisps, Wotsits®, Wheat Crunchies®, Nik Naks®, Snack-a-Jacks®, Sunbites®, pretzels, bread sticks. *\* Avoid items that contain potassium in ingredients list*. | Potato crisps, Bombay mix, Twiglets®, vegetable crisps, nuts and seeds, potato based snacks (e.g. Hula Hoops® and Quavers®). |
| Sweets*People with diabetes: Choose sugar-free options* | Boiled sweets, mints, wine gums, jelly babies, jelly sweets, turkish delight,  ladoo, jalebi, marshmallows, fruit pastilles. | Chocolate, toffee, fudge, fruit gums, liquorice, marzipan, penda, barfi.  Sweets containing dried fruits and nuts. |
| Biscuits / Cakes*People with diabetes: Choose sugar-free options* | Plain, cream and jam filled biscuits or crackers. | Biscuit, cakes and cereal bars with fruit, nuts, coconut or chocolate. E.g. Fruit cake, malt loaf, walnut cake, chocolate cake, banana cake. |

You are allowed a total of 5 portions of fruit and vegetables a day.

REMEMBER starchy vegetables count as a vegetable portion.

A fruit or vegetable portion can be swapped for a portion of salad or pulses\*.

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| Vegetables | One portion of vegetables should weigh no more than 80g (3 tablespoons).  Boil vegetables and pulses in plenty of water and throw away the water to reduce the potassium content. Do not steam, stir-fry or microwave. | |
| Asparagus (boiled), Peas –frozen (boiled)  Aubergine Pumpkin (boiled)  Beansprouts Runner beans  Broccoli (boiled) Sweet corn (canned)  Cabbage (boiled)  Carrots  Cauliflower (boiled)  Chicory  Courgettes (boiled)  Leeks  Mange tout  Marrow  Mixed frozen vegetables (boiled)  Onions | Artichoke  Beetroot  Bamboo shoot  Butternut squash  Brussels sprouts  Celery  Fennel  Green beans  Mushrooms  Okra  Parsnips  Spinach  Sundried tomatoes  Tomatoes-raw |
| Salads | A portion of salad consists of two items from the list below:  ¼ tomato OR 2 cherry tomatoes 30g raw lettuce  2 thin slices of pickled beetroot 4 thin rings of pepper  ½ stick of raw celery 4 small radishes  5 thin slices of cucumber 2 spring onions  30g watercress | |
| Fruit | Apple (1) Pear (1/2)  Canned Cherries (10) Plum (1)  Canned Pineapple (1ring) Satsuma (2)  Clementine(2small) Strawberries(10)  Grapes (12)  Grapefruit (1/2)  Lychees (8)  Mangoes( 6 small cubes)  Nectarine (1/2)  Orange (1 small)  Papaya (1/4)  Peach (1) | Apricots  Avocado  Bananas  Blackcurrant-stewed  Canned prunes  Dried fruit  Dates  Kiwi fruit  Melon  Pear  Pomegranate  Rhubarb |

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| Pulses*\*Can be eaten as part of your vegetable allowance OR additional in place of a portion of meat or fish as a vegetarian meal.* | Tinned versions are lower in potassium than fresh sources but they must be drained and rinsed before use. Ensure you follow the low potassium cooking methods.  100g cooked (about 2 tablespoons) counts as one portion of the following | |
| Broad bean (boiled)  Chickpeas (canned)  Lentils (boiled) | **Limit:**  Black eyed beans  Mung beans  Baked beans  Butter beans  Red kidney beans |
| Drinks*Remember to stick to your fluid restriction if you have one.**People with diabetes: Choose sugar-free options* | Fruit squash, fizzy drinks, tea,  soda /tonic /barley /flavoured water, coffee essence e.g. camp coffee® | Pure fruit and vegetable juices, high juice squashes, malted drinks (e.g. Horlicks®, Ovaltine®), drinking chocolate, cocoa powder, and coffee. |
| Alcohol:*1 unit: ½ pint beer/lager OR 200ml glass of wine OR 25ml of spirit* | Spirits: rum, whisky, gin, vodka, brandy & liquors.  Ensure to use a low potassium drink as a mixer (as above) | Beer and larger, Stout, Guinness®, ale, cider, wine, champagne, vermouth, port. |
| Miscellaneous*People with diabetes: Choose sugar-free options* | Marmalade, jam, honey, golden syrup. Sugar / artificial sweetener.  A sachet portion of vinegar, mustard, pickle, chutney can be used. Herbs, spices and pepper. | Black treacle, carob, peanut butter, chocolate spreads, Marmite®, Bovril®, Vegemite®, Lo-salt®, So-Lo®, low sodium salt, tomato puree, ketchup, brown sauce. *\*Items that contain potassium chloride in ingredient list.* |

## Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services.

[www.bartshealth.nhs.uk/pals](http://www.bartshealth.nhs.uk/pals)

## Large print and other languages

For this leaflet in large print, please speak to your clinical team.

For help interpreting this leaflet in other languages, please ring 020 8223 8934.

Te informacje mogą zostać na żądanie przedstawione w formatach alternatywnych, takich jak łatwy do czytania lub dużą czcionką, i w różnych językach. Prosimy o kontakt pod numerem 02082238934.

Macluumaadkan waxaa lagu heli karaa qaabab kale, sida akhriska fudud ama daabacaadda wayn, oo waxaa lagu heli karaa luqaddo kale, marka la codsado.  Fadlan la xidhiidh 02082238934.

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Publication date:

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