

Cutting Down on Potassium

Renal diet information from Edinburgh Royal Infirmary, www.edren.org

Not all patients with kidney disease need to cut down on potassium. Even on dialysis, a few lucky people don't. If you don't need to – don't!

High potassium levels can be very dangerous –if you do need to watch your potassium intake, it is important. Blood tests will show how you are doing.

This information is a quick first-aid to keeping potassium down. It is not a substitute for speaking to a renal dietitian.

Further information – Go to www.edren.org and click on 'EdRenINFO' at the top right. Then click on 'Diet in kidney disease'.

Main sources of potassium and alternatives

A basic guide on common high potassium foods to avoid hyperkalaemia:

	HIGH POTASSIUM (To limit or avoid)	LOWER POTASSIUM ALTERNATIVES
Drinks	Fruit and Vegetable Juices Coffee – up to one cup per day Milk or milky drinks– up to ½ pint/day Beer, cider, lager, sherry, wine	All fizzy drinks, Cordials and squashes, Tea, Fruit tea Spirits
Fruit	All dried fruit Fruit: Bananas, mango, grapes, apricots, rhubarb, fresh grapefruit, pineapple	Apples, Pears, Tinned Fruit (drained of juice)
Vegetables	Tomatoes, beetroot, plantain, mushrooms, sweet corn, avocados, aubergine, parsnip, spinach	All boiled vegetables, onion, carrot, turnip, cabbage, cauliflower, lettuce, cucumber, celery
Sweets	Chocolate, toffee, liquorice, black treacle. Marzipan	Boiled sweets, mints, fruit pastels, chewing gum, jam, honey, syrup
Snacks	All nuts , All potato crisps , Bombay mix	Snacks made from wheat, corn or rice (e.g. Doritos, Wotsits, Skips), Popcorn
Potatoes and alternatives	Baked or Roast potatoes, Chips	Boiled potatoes. Rice, Pasta, Noodles, Bread

IMPORTANT – AVOID ALL SALT SUBSTITUTES (e.g. Lo Salt)