

New Royal Infirmary of Edinburgh, Renal Department

BASIC LOW POTASSIUM INFORMATION

	HIGH POTASSIUM Reduce intake of: ☹	LOWER POTASSIUM ALTERNATIVES ☺
Drinks	<p>Beer, stout, cider, lager, sherry, wine. Oxo, Bovril. Milk/malted milk drinks – cocoa, ovaltine, horlicks, hot chocolate Coffee: a maximum 1 cup daily Fruit/vegetable juice, smoothies</p> <p>Milk: limit to 2/3 pint per day or [1/3 pint milk + 150g yoghurt]</p>	<p>Spirits are lower in potassium than most alcoholic drinks - Drink responsibly.</p> <p>All fizzy drinks Cordials and standard diluting squashes. Mineral water, flavoured waters</p> <p>Tea, Fruit or herbal tea.</p>
Fruit	<p>ALL dried fruit</p> <p>Bananas, avocado, figs, rhubarb</p>	<p>Maximum 2-3 small fruit portions daily eg Pear; Apple; Clementine; small handful of fresh berries; tinned fruit drained of juice are lower potassium choices</p>
Vegetables	<p>Vegetables that have not been boiled. Limit steamed, stir fried or raw, particularly: tomatoes (puree /sundried also); plantain; mushrooms; courgette; parsnip, spinach; sprouts, fresh beetroot</p>	<p>Maximum 2-3 small portions daily: preferably boiled vegetables e.g. carrot, turnip, cabbage, cauliflower, sugar snap peas, or a small green salad.</p>
Sweets and snacks	<p>Toffee, chocolate, liquorice, marzipan, black treacle, fudge, Butterscotch, chocolate spread, marmite, Nut or choc spread, peanut butter All nuts, potato crisps, Bombay mix</p>	<p>Boiled sweets, mints, fruit pastels, jelly sweets, marshmallows, chewing gum, jam, honey, syrup.</p> <p>Biscuits and cakes not containing dried fruit, nuts or chocolate Snacks made from wheat, corn or rice (Doritos, Wotsits, Skips), Popcorn</p>
Potatoes and starchy foods	<p>Baked potatoes</p> <p>Retail roast potatoes, chips, oven chips or microwave chips, wedges, potato waffles, hash browns, frozen roast potatoes, croquette potatoes.</p>	<p>Rice, pasta, noodles, breads, bagels, naan, pitta, chapatti</p> <p><i>1 portion starchy vegetables daily</i> Boiled potatoes, potatoes par-boiled then roasted or fried Boiled cassava, sweet potatoes, yam, taro, plantain</p>
Salt substitutes	<p>AVOID – Lo-Salt, So-Lo, reduced sodium salt</p>	<p>Other seasonings e.g pepper, herbs, spices, garlic, chilli etc</p>

IMPORTANT: This list is not exhaustive, and does not replace advice from your Dietitian.