New Royal Infirmary of Edinburgh, Renal Department

**BASIC LOW POTASSIUM INFORMATION**

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<th>HIGH POTASSIUM</th>
<th>LOWER POTASSIUM</th>
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<td><strong>Reduce intake of:</strong></td>
<td><strong>ALTERNATIVES</strong></td>
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**Drinks**
- Beer, stout, cider, lager, sherry, wine.
- Oxo, Bovril.
- Milk/malted milk drinks – cocoa, malt, horlicks, hot chocolate
- Coffee: a maximum 1 cup daily
- Fruit/vegetable juice, smoothies
  - Milk: limit to 2/3 pint per day or [1/3 pint milk + 150g yoghurt]

- Spirits are lower in potassium than most alcoholic drinks - Drink responsibly.
- All fizzy drinks
- Cordials and standard diluting squashes.
- Mineral water, flavoured waters
- Tea, Fruit or herbal tea.

**Fruit**
- ALL dried fruit
- Bananas, avocado, figs, rhubarb

- 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

**Vegetables**
- 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

- Maximum 2-3 small portions daily: preferably boiled vegetables e.g. carrot, turnip, cabbage, cauliflower, sugar snap peas, or a small green salad.

**Sweets and snacks**
- Toffee, chocolate, liquorice, marzipan, black treacle, fudge, Butterscotch, chocolate spread, marmite, Nut or choc spread, peanut butter
- All nuts, potato crisps, Bombay mix

- Boiled sweets, mints, fruit pastels, jelly sweets, marshmallows, chewing gum, jam, honey, syrup.
- Biscuits and cakes **not** containing dried fruit, nuts or chocolate
- Snacks made from wheat, corn or rice (Doritos, Wotsits, Skips), Popcorn

**Potatoes and starchy foods**
- Baked potatoes
- Retail roast potatoes, chips, oven chips or microwave chips, wedges, potato waffles, hash browns, frozen roast potatoes, croquette potatoes.

- Rice, pasta, noodles, breads, bagels, naan, pitta, chapatti

- 1 portion starchy vegetables daily
- Boiled potatoes, potatoes parboiled then roasted or fried
- Boiled cassava, sweet potatoes, yam, taro, plantain

**Salt substitutes**
- **AVOID** – Lo-Salt, So-Lo, reduced sodium salt

- Other seasonings e.g pepper, herbs, spices, garlic, chilli etc

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

July 2012