

Potassium lowering dietary advice

This leaflet is intended for patients who have had advice from a healthcare professional that they require a low potassium diet.

Why do you need to follow a low potassium diet?

Potassium is a mineral which is needed in the body for your muscles, such as your heart, to work properly. The amount of potassium in your blood is normally controlled by your kidneys. However, when your kidneys aren't working properly the amount of potassium in your blood can rise.

High levels of potassium can be dangerous, as it can affect your heartbeat. To control the potassium levels in your blood you need to reduce the amount of potassium in your diet.

You should only follow a low potassium diet if you have been advised to do so by a qualified health professional. If you are following any other dietary restrictions, discuss with your dietitian how to also restrict your potassium intake while following these other restrictions.

Potassium lowering cooking tips

The way potatoes and vegetables are cooked affects their potassium content.

- Cut potatoes and vegetables into small pieces.
- Boil potatoes and vegetables in a large amount of water. After boiling, throw the cooking water away. Do not use this water to make soup, gravy, stocks or sauces.
- Once boiled, potatoes and vegetables can be roasted, mashed, fried or added to sauces.
- Try to avoid potatoes and vegetables that have been steamed, microwaved, baked or fried unless they have been boiled first.

The process of boiling allows potassium to leak out of the food into the water.

Options of how to reduce potassium in your diet or alternative foods you can use are outlined overleaf.

Reducing your intake of high potassium foods

Food Group	Reduce intake of	Lower potassium alternatives
Fruits	Fruits such as banana, avocado, dried fruit, grapes, plums, blackcurrants.	Limit to a maximum of 3 x 80g portions per day e.g. apple, blueberries, orange, pear, canned fruit.
Vegetables	Vegetables such as spinach, mushrooms, tomatoes, brussel sprouts, parsnips, beetroot (fresh), baked beans. It is important to reduce intake of all vegetables which have not been boiled.	2-3 x 80g portions per day of other boiled vegetables e.g. boiled carrots, peas, cauliflower, frozen mixed vegetables. Limit salad to 1 small bowl per day.
Starchy carbohydrates	Jacket/baked potatoes, oven/microwave chips, manufactured potato products e.g. hash browns, potato wedges, potato waffles. Unboiled cassava, yam, potato, sweet potato, taro, plantain.	Boiled potato, cassava, yam, sweet potato, taro, plantain. These can then be roasted, mashed, fried. Have no more than 1 serving of potato/ starchy vegetable per day. Other lower potassium carbohydrate options include pasta, rice, noodles, bread.
Protein foods	Nuts and seeds. Aduki beans, pinto beans, soya beans.	Beef, lamb, pork, chicken, turkey, all white and oily fish, eggs, quorn, tofu, boiled chickpeas, red lentils.
Dairy foods	Limit milk (including soya, sheep and cow's milk) to less than half pint of milk per day. This includes yoghurt, 1 small pot of yoghurt (125g) is equivalent to one third of a pint of milk.	Ensure milk intake is within the recommendations. Oat/rice milk, cream, crème fraiche, cheese is low in potassium.
Drinks	Coffee, malted drinks e.g. Ovaltine/Horlicks, drinking chocolate, cocoa, fruit and vegetable juices, smoothies, wine, beer, cider and stout.	Tea, herbal tea, squash/cordial, flavoured water, fizzy drinks, spirits.

Miscellaneous	Avoid salt substitutes such as Lo-salt and So-Lo, reduced sodium salt. Bovril/Marmite, potato crisps, chocolate and fudge, biscuits and cakes containing nuts, dried fruit or chocolate.	Flavour foods with other seasonings e.g. pepper, herbs and spices, corn or maize-based snacks, popcorn, boiled/jelly sweets, marshmallows, biscuits and cakes not containing nuts, dried fruit or chocolate.
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Individual goals

You may want to set some key goals specific to you, with support of your dietitian. Please use the space below to write these down.

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Who should I contact if I have a problem or question?

Please contact: Dietetics and Speech Therapy Service, Hillingdon Hospital 01895 279416.

What should I do in case of an emergency?

If your concern is related to your diet please contact us on 01895 279416. If your emergency is regarding your medical condition please contact your GP or NHS 111.

Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format.

Please contact: 01895 279973

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Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie
audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient
information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى
الاتصال بالرقم التالي 01895279973 .