



Low Potassium Dietary Advice

A patient's guide

Why do you need to follow a Low Potassium Diet?

Potassium is a mineral which is needed in the body for your muscles and heart to work properly. The kidneys control the amount of potassium that is in the blood. If your kidneys are not working properly or if you are taking certain medications the potassium level in the blood can rise. High levels of potassium in the blood can be dangerous as it can have an effect on your heart. In order to keep the level of potassium in your blood safe you need to reduce the amount of potassium in your diet.

You should only follow a low potassium diet if you have been advised by your health care professional to do so.

What should I eat?

Potassium is found in many foods and drinks including fruits, vegetables, potatoes, milk and some snack foods. You do not necessarily have to avoid all high potassium foods, it may be sufficient to just reduce your intake of these foods and consume them in moderation. Not everyone requires the same level of restriction. Ask your doctor or dietitian for more advice.

Potassium lowering cooking tips:

The way we cook vegetables and potatoes affects their potassium content.

- Vegetables and potatoes should be cut up into small pieces and boiled in plenty of water as this reduces their potassium content. After boiling throw the cooking water away. Do not use to make gravy or stock.
- Once boiled, vegetables and potatoes can be fried, roasted or added to casseroles.
- Try to avoid vegetables which have been cooked by steaming or microwaving.
- Try not to eat raw vegetables.



	Low Potassium foods allowed	High Potassium foods to avoid
Fruit	<ul style="list-style-type: none"> - Fruits should be limited to a maximum of 3 (80g) portions a day. 	<ul style="list-style-type: none"> - Bananas, avocado, dried fruit.
Vegetables	<ul style="list-style-type: none"> - 2- (80g) portions of boiled vegetables. - One small bowl salad per day. 	<ul style="list-style-type: none"> - Vegetables which have not been boiled - Beetroot - Tomato puree - Sundried tomatoes.
Starchy Foods	<ul style="list-style-type: none"> - Boiled potatoes, par-boiled then roasted/fried potatoes. - Boiled cassava/yam/sweet potato/taro/plantain. <p><i>Aim to only have one serving of potato/starchy vegetables per day.</i></p> <ul style="list-style-type: none"> - Pasta, rice, noodles, breads 	<ul style="list-style-type: none"> - Jacket/baked potatoes - Hash browns/potato waffles/frozen roast potato/potato wedges - Not boiled cassava/yam/sweet potato/taro/plantain.
Snacks	<ul style="list-style-type: none"> - Corn or maize based snacks, popcorn, - Mints, sweets, marshmallow, biscuits and cakes not containing dried fruit, nuts or chocolate. 	<ul style="list-style-type: none"> - Potato crisps/snacks, nuts, chocolate, fudge. - Biscuits and cakes containing nuts, dried fruit or chocolate.
Drinks	<ul style="list-style-type: none"> - Tea, herbal tea - Squash/cordial - Mineral water, flavoured water, fizzy drinks. - Spirits are lower in potassium than other alcoholic drinks. 	<ul style="list-style-type: none"> - Coffee - Malted milk drinks - Drinking chocolate and cocoa - Fruit and vegetable juices, smoothies - Wine, beer, cider and stout. - Limit milk to 2/3 pint per day or 1/3 pint milk + 1 pot yogurt per day.
Other	<ul style="list-style-type: none"> - Pepper - Herbs and spices 	<ul style="list-style-type: none"> - Salt Substitutes, e.g. Lo-Salt, So-Lo, reduced sodium salt.

Aim to have a regular meal pattern and include foods from all food groups.

It is important to follow this diet for as long as your doctor or dietitian recommends. If you follow this diet for a long period of time it is recommended that you are assessed by a dietitian, to make sure that you are developing nutrient deficiencies.

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

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