

## Patient information

### Nutrition and Dietetics

# POTASSIUM RESTRICTION DIET SHEET

Contact Dietitian ..... Telephone No.....

This information is intended for people that have been advised to follow a low potassium diet by a healthcare professional.

Potassium is a mineral which is found naturally in many foods and drinks. It is needed 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 are not working properly the amount of potassium in your blood can rise. High levels of potassium (hyperkalaemia) can be dangerous because it can cause an irregular heartbeat which may lead to a heart attack. You might also experience breathing difficulties, sickness, cramps, and general weakness.

Other causes for raised potassium may include:

- Constipation – regular bowel movements can help prevent potassium from building up in the blood as it gets excreted in your stool (poo). If you are struggling with constipation, you might be required to increase your fibre intake or be prescribed some laxatives. Speak to your dietitian or healthcare team about this.
- Poorly controlled blood sugar (glucose) levels (if you have diabetes) – high blood sugar levels can cause high potassium levels. Talk to your dietitian or diabetes team for help with managing your blood sugar levels.
- Medications – certain medications can cause potassium levels to increase. Only take the medications that have been prescribed by your healthcare team.

To maintain safe levels of potassium in your blood, sometimes it is necessary to avoid some foods and drinks that are particularly high in potassium. You may not need to limit all high potassium foods, but you may need to reduce your portion size, or how often you eat them.

Target potassium level: .....

Current potassium level: .....

## Cooking tips for lowering potassium content of food

The way you prepare food can affect its potassium content. During soaking and boiling process, some of the potassium is lost into the cooking water and this reduces the potassium content of the food. For this reason, you should:

### Potatoes and vegetables:

- Cut potatoes and vegetables into small pieces.
- Peel potatoes before boiling where possible.
- Boil potatoes and vegetables in a large amount of water. After boiling, throw the cooking water away – do not use it to make soup, gravy, stocks, or sauces.
- Once boiled, potatoes and vegetables can be roasted, mashed, fried, or added to soups, or stews.
- Try to avoid potatoes or vegetables that have been fried (including stir-fried), microwaved, steamed, or baked unless they have been boiled first.

### Beans, pulses and lentils:

- Soak dried beans, pulses and/or lentils for up to 12 hours in a large amount of water.
- Discard the remaining water and replace with a fresh one before boiling.
- Opt for canned versions of beans, pulses, and lentils as these tend to be lower in potassium than their dried varieties.
- Drain and rinse before use.

Food Group	Foods high in potassium to reduce	Lower potassium alternatives
<b>Drinks</b>	Coffee ( <i>limit to one cup a day</i> ), all fruit/vegetable juices & fruits smoothies, cocoa, drinking chocolate, malted drinks e.g. Ovaltine/Horlicks, Ribena, high juice squash, Bovril, Oxo. Grapes Sherry, port, cider, wine, beer, stout, champagne.	Tea, herbal tea, fruit squash, tonic water, fizzy drinks e.g. lemonade, flavoured water, tonic / soda water, camp coffee. Spirits e.g. brandy, whisky, gin (in moderation – seek advice from your GP).
<b>Fruit</b>  (aim to include no more than 5x 80g portions of fruit & veg per day e.g. 2 x fruit & 3 x veg)	Avocado, bananas, grapes, guava, kiwi, blackcurrants, coconut, plums, dates, fig, apricot, gooseberries, prunes, rhubarb, all dried fruit (e.g. raisins, sultanas, currants, dried apricots, prunes, dried mixed fruit etc).	Apples, cherries, cranberries, grapefruit*, pears, mango, clementines, satsumas, small orange, mandarins, blueberries, raspberries, strawberries, pineapple, pomegranate, watermelon, peaches, nectarines, papaya, passion fruit, plums (canned), lemon, lime, tangerine, fruit cocktail.  <i>*You may be advised not to have grapefruit if you are taking certain medications.</i>

<p><b>Vegetables</b></p> <p>(aim to include no more than 5x 80g portions of fruit &amp; veg per day e.g. 2 x fruit &amp; 3 x veg)</p>	<p>Artichoke, cabbage (raw), mushrooms, fresh beetroot, spinach, Brussel sprouts, parsnips, bamboo shoots (canned), soya beans, chard, celeriac, fennel, raw celery, raw courgette, asparagus, fried onion, raw spring onion, baked butternut squash, sun dried tomatoes, pak choi,</p> <p><b>Tomato</b> – have no more than ½ medium or 2-3 cherry tomatoes per day. Tinned tomatoes – use these occasionally only (strain juice &amp; discard). Limit tomato puree to 1tsp per dish.</p>	<p>Carrots (boiled), cabbage (boiled), cauliflower (boiled), broccoli, peas, frozen mixed vegetables, sugar snap peas, corn on the cob (boiled), mushrooms (canned), onion (boiled or pickled), beansprouts, leeks, kale, pickled beetroot, French/green/runner beans (boiled), swede (boiled), aubergine, marrow, sweetcorn, pumpkin (boiled), olives, boiled celery, boiled courgette, boiled squash.</p> <p><b>Salad veg</b> – lettuce, cucumber, peppers (red/green/yellow), gherkin, radish, chicory, mustard &amp; cress.</p>
<p><b>Starchy Carbohydrates</b></p>	<p>Any potato product that has not been boiled in the cooking process e.g. frozen or take away chips, frozen roast potatoes, jacket potatoes, yam, cassava, taro.</p> <p>Manufactured potato products e.g. potato waffles, potato wedges, hash browns, instant mash.</p> <p>Breads containing nuts, seeds or dried fruit.</p>	<p>Boiled potato/sweet potato which can then be used to make mashed potato, roast potato or fried.</p> <p>Boiled yam, cassava, taro.</p> <p>Yorkshire puddings &amp; dumplings.</p> <p>Rice, noodles, pastry, couscous, pasta.</p> <p>Bread (white, brown, wholemeal or granary) not containing seeds or dried fruit.</p> <p>Crumpets, pitta bread, muffins, croissant, wraps, pizza base.</p>
<p><b>Breakfast cereals</b></p>	<p>Cereals containing nuts, dried fruit, chocolate or bran e.g. muesli, granola, All Bran, Branflakes, Crunchy bran, Crunchy nut, Sultana Bran, Fruit and Fibre, Weetos, Choco Hoops.</p>	<p>Cereals not containing bran, dried fruit, chocolate, nuts or seeds e.g. Cornflakes, Frosties, porridge oats, Weetabix, Shredded wheat, Shreddies, Special K, Rice Krispies, Cheerios,</p>
<p><b>Savoury snacks</b></p>	<p>Potato, vegetable or lentil-based crisps e.g. Hula Hoops, Quavers, Pringles.</p> <p>Nuts, seeds.</p> <p>Bombay mix.</p> <p>Twiglets.</p>	<p>Maize or corn-based crisps e.g. cheese puffs, tortilla chips, Skips, Monster Munch.</p> <p>Mini cheddars, breadsticks, popcorn, rice cake, pretzels.</p>
<p><b>Dairy products</b></p>	<p>Milk should be limited to ½ pint (300ml) per day. If you wish to have other milk products these</p>	<p>Rice, almond or oat milk.</p> <p>Crème fraiche.</p> <p>Cream (all types).</p>

	<p>may be taken in place of your milk allowance as follows. You may choose a total of 3 points per day. For example: milk on cereal and a small pot of yoghurt = 3 points</p> <table><tr><th>Milk Product</th><th>Points</th></tr><tr><td>Half a pint of milk* (300ml)</td><td>3</td></tr><tr><td>Glass of milk (200ml)</td><td>2</td></tr><tr><td>Rice Pudding (200g)</td><td>2</td></tr><tr><td>Small yoghurt (125g)</td><td>2</td></tr><tr><td>Milk on cereal (100ml)</td><td>1</td></tr><tr><td>Greek style yoghurt (2 tbsp)</td><td>1</td></tr><tr><td>Custard (2 tbsp)</td><td>1</td></tr><tr><td>Ice cream (2 scoops)</td><td>1</td></tr><tr><td>Crème caramel (90g pot)</td><td>1</td></tr></table> <p>*This includes cow's, sheep's, goat and soya milk.</p> <p>Condensed milk. Evaporated milk. Milk powders.</p>	Milk Product	Points	Half a pint of milk* (300ml)	3	Glass of milk (200ml)	2	Rice Pudding (200g)	2	Small yoghurt (125g)	2	Milk on cereal (100ml)	1	Greek style yoghurt (2 tbsp)	1	Custard (2 tbsp)	1	Ice cream (2 scoops)	1	Crème caramel (90g pot)	1	<p>Cheese – all types (although you may need to restrict cheese if you are on a low phosphate diet).</p>
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<b>Meat, fish &amp; alternatives</b>	<p>Nuts, seeds. Aduki beans, broad beans, pinto beans, red kidney beans, soya beans, baked beans, edamame beans.</p>	<p>Meat, poultry, fish, seafood, eggs, Quorn, Tofu. Tinned or soaked and boiled beans and pulses such as chickpeas, lentils, mung beans, cannellini beans, butter beans (canned only), blackeye, haricot beans.</p>																				
<b>Sweets, biscuits &amp; cakes</b>  If you have diabetes then you will need to limit your intake of sugary foods	<p>Chocolate, toffee, fudge, liquorice. All cakes, biscuits or desserts that contain dried fruit, nuts, or chocolate e.g. fruit cake, malt loaf, fruit shortbread, garibaldi.</p>	<p>Boiled sweets, barley sugars, marshmallows, mints, Turkish delight, jelly sweets, fruit pastilles. Plain biscuits e.g. rich tea, digestive, custard cream, ginger &amp; shortbread. Madeira cake, lemon drizzle, Swiss roll, jam tart, Victoria sponge, meringue, doughnuts.</p>																				
<b>Miscellaneous</b>	<p>Salt substitutes e.g. SoLo, Lo-Salt &amp; low sodium salt. Soy sauce, tomato ketchup, brown sauce, peanut and nut butters, chocolate spread. Yeast extract e.g. Marmite/ Bovril.</p>	<p>Herbs, pepper, spices, mustard, garlic, mayonnaise, honey, lemon juice, mint sauce, salad cream, vinegar, apple sauce, chilli sauce, horseradish. Jam/marmalade, lemon curd, golden syrup, butter, cream, olive oil, olive-based spreads, sunflower oil.</p>																				

\*Check the ingredients of savoury snacks, ready meals or packet foods for Potassium Chloride (E508), Potassium Citrates (E332), and Potassium Phosphate (E340). Avoid these if possible and look for alternative products which do not contain these.

If you would like any information regarding access to the West Suffolk Hospital and its facilities, please visit the hospital website [www.wsh.nhs.uk](http://www.wsh.nhs.uk) and click on the link, or visit the disabledgo website: <http://www.disabledgo.com/organisations/west-suffolk-nhs-foundation-trust/main>

