



Name:	Date:	Dietitian:
--------------	--------------	-------------------

Potassium controlled diet



This information is a brief introduction to help you reduce the potassium in your diet. It is important that you follow-up with a dietitian who will be able to provide you more personalised, detailed advice.



When your kidneys do not work properly you need to control how much potassium is in your diet. This is because when you have kidney disease your body cannot get rid of enough potassium.

If your potassium levels go too high this can cause:

- Nausea and stomach pains
- Tiredness
- Muscle weakness or cramps
- Irregular heart beat
- Heart attack (where your heart stops working)

By following the right eating plan you can control your potassium levels

Choose 	Limit 
Breads and cereals	
<u>Breads and wraps</u> White, wholemeal and non-seeded wholegrain breads and wraps <ul style="list-style-type: none"> • Look for fibre enriched brands <u>Cereals</u> Plain breakfast cereals <ul style="list-style-type: none"> • E.g. Rolled oats, Weet-bix, Vita-britz, Wholegrain flakes, Guardian, Special K <u>Grains</u> <ul style="list-style-type: none"> • Rice • Noodles • Pasta • Semolina, tapioca, sago 	<u>Breads and wraps</u> Heavily-seeded multigrain breads (e.g. soy and linseed) Pumpernickel bread Dense fruit breads <u>Cereals</u> Cereals that contain bran, dried fruit, nuts, coconut and/or chocolate <ul style="list-style-type: none"> • E.g. muesli, sultana bran <u>Grains</u> <ul style="list-style-type: none"> • Quinoa
Fruit	
Include 2 serves of fruit per day (1/2 cup = 1 serve)	

<p style="text-align: center;">Choose</p> <p style="text-align: center;"></p>	<p style="text-align: center;">Limit</p> <p style="text-align: center;"></p>
<ul style="list-style-type: none"> • Apples • Blueberries • Canned fruits (juices drained) • Grapefruit • Mandarins • Pawpaw • Pears • Raspberries • Strawberries • Watermelon 	<ul style="list-style-type: none"> • Banana • Custard apple • Durian • Guava • Jackfruit • Mango • Persimmon • Pomegranate • Starfruit • Fruit juice • Dried fruit
<p>Vegetables</p> <p>Include 5 serves of vegetables per day (1/2 cup = 1 serve)</p>	
<ul style="list-style-type: none"> • Salad vegetables • Limit to 1 egg sized tomato per day • Choose boiled vegetables, particularly important for potato, sweet potato and pumpkin <p><u>You can remove potassium by:</u></p> <ul style="list-style-type: none"> • Peeling and cutting vegetables into small pieces • Boiling in water for at least 10 minutes • Throwing water away 	<ul style="list-style-type: none"> • Tomato juice and vegetable juice • Tomato paste • Vegetable soup • Potato chips and crisps • Avocados
<p>Proteins</p>	
<ul style="list-style-type: none"> • Meat, chicken, lamb, pork • Fish, canned and fresh • Eggs • Lentils and Legumes (boiled or canned, limit to 1/2 cup serve per meal) • Tofu • Quorn • Tempeh 	<ul style="list-style-type: none"> • Shellfish and prawns • Legumes in excess (i.e. more than 1/2 cup per meal) • Nuts and seeds • Peanut butter • Baked beans • Dried beans
<p>Dairy</p>	
<p>Limit to 1 cup milk and milk products daily</p> <ul style="list-style-type: none"> • Milk (cow's, goat) • Soy beverages • Milk alternatives (almond, oat, rice) • Yoghurt • Custard, Ice cream <p>Cheese</p> <ul style="list-style-type: none"> • Cheddar, Cottage, Ricotta, Cream cheese 	<ul style="list-style-type: none"> • Coconut milk • Chocolate milk, chocolate drinks e.g. <i>Milo, Ovaltine</i>, flavoured milk

Choose ✓	Limit ✗
Other foods	
<ul style="list-style-type: none"> • Plain crackers (e.g. vita-wheat, rye vita, saos, saladas) • Plain biscuits and cakes (e.g. milk arrowroot, shortbread) • Herbs and Spices <ul style="list-style-type: none"> - Pepper - Curry powder - Garlic - Ginger - Chilli • Vinegar 	<ul style="list-style-type: none"> • Cakes and biscuits containing dried fruit, chocolate or nuts • Chocolate • Fish and meat pastes (e.g. anchovette) • Meat extract e.g. <i>Bonox</i> • Yeast extracts (e.g. <i>Promite</i>, <i>Marmite</i>, <i>Vegemite</i>) • Liquorice • Salt substitutes e.g. "<i>Lite Salt</i>"—these are potassium compounds
Drinks	
<ul style="list-style-type: none"> • Water • Soda water, plain mineral water • Tea and coffee (made with small amount of milk) • Cordials and soft drinks 	<ul style="list-style-type: none"> • Nutritional supplement drinks (e.g. <i>Sustagen</i>), check with your dietitian whether these are suitable • Fruit and vegetable juices

Sample meal plan

Breakfast	Weetbix or Rolled oats with milk and fruit with 1-2 slices wholemeal toast and honey
Light meal	Sandwich with protein (e.g. canned fish or 1-2 slices roast meat) Piece of fruit eg. Apple or pear
Main meal	Meat, chicken or fish – roasted, grilled or steamed Boiled potatoes or rice or pasta Boiled vegetables, e.g. pumpkin, peas, beans or carrots Fruit (e.g. berries) with yoghurt
Snacks	Crackers with cheese Plain biscuit
Drinks	Water, soda water/unflavoured mineral water Tea, coffee (made with small amount milk)



It is important that you see a dietitian who can give you more individualised dietary advice.