

Potassium Controlled Diet

This information is a brief introduction to help you reduce the potassium in your diet.



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

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

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

Choose 	Limit 
Breads and cereals	
<p><u>Breads and wraps</u> White, wholemeal and non-seeded wholegrain breads and wraps</p> <ul style="list-style-type: none"> • Look for fibre enriched brands <p><u>Cereals</u> Plain, high fibre breakfast cereals</p> <ul style="list-style-type: none"> • E.g. Rolled oats, Weet-bix, Vita-britz, Wholegrain flakes, Guardian, Special K <p><u>Grains</u></p> <ul style="list-style-type: none"> • Rice • Noodles • Pasta • Semolina, tapioca, sago 	<p><u>Breads and wraps</u></p> <ul style="list-style-type: none"> • Heavily-seeded multigrain breads (e.g. soy and linseed) • Pumpernickel bread • Dense fruit breads <p><u>Cereals</u> Cereals that contain bran, dried fruit, nuts, coconut and/or chocolate</p> <ul style="list-style-type: none"> • E.g. muesli, Sultana Bran, All Bran <p><u>Grains</u></p> <ul style="list-style-type: none"> • Quinoa
Fruit	
Include 2 serves of fruit per day (½ cup = 1 serve)	
<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 • Dried fruit • Durian • Guava • Jackfruit • Mango • Persimmon • Pomegranate • Starfruit • Fruit juice
Vegetables	
Include 5 serves of vegetables per day (½ cup = 1 serve)	
<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"> • Avocados • Potato, baked, fried, steamed or microwaved (including potato chips and crisps) • Soups based on tomato, potato or mushroom • Tomato and vegetable juices • Tomato paste

Choose 	Limit 
Proteins	
<ul style="list-style-type: none"> • Meat, chicken, lamb, pork • Fish, canned and fresh • Eggs • Lentils and Legumes (boiled or canned, limit to ½ cup serve per meal) • Tofu, Quorn, Tempeh 	<ul style="list-style-type: none"> • Baked beans • Legumes and dried beans (more than ½ cup per meal) • Nuts and seeds • Nut butters (e.g. peanut butter) • Shellfish and prawns
Dairy	
<p>Limit to 1 cup milk and milk products daily</p> <ul style="list-style-type: none"> • Milk (cow's, goat) • Milk alternatives (soy, 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
Other foods	
<ul style="list-style-type: none"> • Butter, margarine and oils • Herbs and Spices <ul style="list-style-type: none"> - Pepper - Curry powder - Garlic - Ginger - Chilli • Mayonnaise, mustards, pickles (use in small amounts due to high salt content) • Plain crackers (e.g. vita-wheat, rye vita, saos, saladas) • Plain biscuits and cakes (e.g. milk arrowroot, shortbread) • Vinegar (all types) 	<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, Marmite, Vegemite</i>) • Liquorice • Salt substitutes e.g. "<i>Lite Salt</i>"—these are made with potassium
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"> • Alcohol, such as stout • Juices, fruit and vegetable • Nutritional supplement drinks (e.g. <i>Sustagen</i>), check with your dietitian whether these are suitable

Name:

Dietitian:

Date: