



The St George and Sutherland Hospitals

Name:

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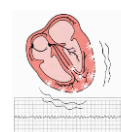
Issued by:

Phone number:


**Potassium Controlled Diet
(For use until you see the Dietitian)**

As part of your medical management, your doctor has asked you to follow a **Low Potassium Diet**. A high level of potassium in your blood may lead to paralysis of muscles; this includes the heart muscle, so too much potassium could lead to unstable heartbeat (cardiac arrhythmia)

High levels of potassium can be found in many foods so it is recommended that you follow the dietary advice below until you see the dietitian.



Your dietitian will assess your individual needs and give you much more information.

Foods to choose & Specific instructions	Avoid
Breads & cereals	
<ul style="list-style-type: none"> White, wholemeal, multigrain, fibre Increased white bread e.g. <i>Wonderwhite, White Hyfibre</i> Plain cereals, e.g. <i>Weetbix</i>, Rolled Oats, Rice Bubbles* <i>Cornflakes*</i>, <i>Nutrigrain</i>, <i>Special K</i> White rice, noodles and pasta 	<ul style="list-style-type: none"> Items which contain nuts, chocolate or dried fruit Muesli, Bran cereal & Oat bran Spicy fruit loaf, raisin bread. fruit cake Pumpnickle, Fruit English muffins Salt-free bread containing salt substitutes (ie. potassium chloride)
Fruit	
<ul style="list-style-type: none"> Choose two pieces of fruit each day (no more than one stone fruit per day) 	<ul style="list-style-type: none"> Bananas, custard apple, durian, guava, jackfruit, persimmon, plantain, pomegranate, starfruit Fruit juice Dried fruit (e.g. sultanas, prunes and apricots) 
Vegetables	
<ul style="list-style-type: none"> Eat only <u>boiled</u> vegetables Maximum 1 small bowl of salad per day 	<ul style="list-style-type: none"> Tomato juice and vegetable juice Tomato paste Vegetable soup Potato chips & crisps Avocados
Meats & other protein foods	
<ul style="list-style-type: none"> Meat, chicken, lamb, pork Fish, seafood Eggs, cheese 	<ul style="list-style-type: none"> Nuts and seeds Peanut butter Baked beans, dried beans and legumes

Foods to choose & Specific instructions	Avoid
Milk & beverages	
<ul style="list-style-type: none"> • Plain milk and soya beverages • Yoghurt, custard, ice cream 	<ul style="list-style-type: none"> • Chocolate milk, chocolate drinks e.g. Milo, Ovaltine, flavoured milk • Meat extract e.g. Bonox • Flavoured soya drinks • Mineral water • Sustagen & other nutrition drinks (check with your dietitian)
Miscellaneous	
<ul style="list-style-type: none"> • Herbs & Spices e.g. pepper, dry mustard, curry, garlic, ginger, chives. • Vinegar 	<ul style="list-style-type: none"> • Chocolate • Meat extracts (e.g. fish & meat paste, promite and marmite) • Liquorice • Salt substitutes (e.g. "Lite Salt") – these are potassium compounds

Sample meal plan

Breakfast	Cornflakes or Rice Bubbles or Rolled oats with milk and sugar Boiled or poached or scrambled egg if desired Bread (white or wholemeal) with margarine and jam or honey Tea or coffee
Light meal	Meat, chicken, salmon, tuna or cheese sandwich Piece of fruit eg. Apple or pear Tea or coffee, cordial or lemonade
Main meal	Meat, chicken or fish – roasted, grilled or steamed Boiled potatoes or white rice or white pasta Boiled vegetables, e.g. pumpkin, peas, beans or carrots Bread or dinner roll with margarine Stewed fruit (drained) with vanilla ice-cream or jelly Tea or coffee
In between Meals	Plain biscuits, plain sponge cake or scone, Tea or coffee, lemonade or cordial



If you are in hospital, your visitors can bring you:

- Soft drinks, cordial
- Barley sugar, boiled lollies, jelly beans, lifesavers, peppermints, jubes, Pastilles, marshmallows, butterscotch
- Plain biscuits, e.g. Saos, milk arrowroot, milk coffee, nice
- Plain cake or sponge cake
- Chewing gum