

Potassium

Your last blood test showed that the potassium level in your blood was too high. This could be dangerous to your heart.

Choosing foods low in potassium will help reduce the potassium in your blood.

Foods that are high in potassium should not be eaten when your blood level is high.

| FOOD GROUP | LOW POTASSIUM | HIGH POTASSIUM |
|---|--|--|
| Fruit & Vegetables Aim for 5 serves of fruit and vegetables a day e.g. 2 serves of fruit & 3 of vegetables Cut, boil & drain your vegetables to reduce the potassium. | Apple, berries, tinned fruit (juice drained), feijoas, passionfruit, pear, persimmon, tangelo. | All dried fruit, apricots, avocado, banana, coconut flesh, grapefruit, grapes, kiwifruit, mango, mandarin, melon, nectarine, oranges, peach, pineapple (fresh), plum, rhubarb. |
| | Asparagus, beans – green, bean sprouts bok choy cabbage, capsicum, cauliflower, carrot, celery, corn, cucumber, lettuce, peas, mixed vegetables, okra, puha, salad (green), swede, turnip, watercress. | Artichoke, broccoli, courgette, leek, parsnip, pumpkin, silverbeet, spinach, taro leaves, tomato. |
| Carbohydrate (Starchy) Foods Keep to one 'fist' sized serve of boiled potato, taro, cassava or yam each day. You may need to 'top up' your plate with other low potassium carbohydrates such as rice or pasta. | Couscous, dumplings, noodles, pasta, rice, rice noodles, vermicelli. Boiled potato, taro, cassava, yam. | Green banana, hot chips, kumara. Baked, roast, fried or steamed potato, taro, cassava, yam. |
| | Bread, cabin bread, chapatti, Chinese steamed bun, Maori bread, pita bread, plain crackers. | Bread that contains dried fruit or is made with potato flour. |
| Breakfast Cereals | Porridge/rolled oats made with water, Puffed Wheat, Weet-Bix. | Breakfast cereals that contain dried fruit, bran, nuts or chocolate e.g. All Bran, Coco Pops, Muesli, Sultana Bran, Sustain. |
| Meat, Meat Alternatives & Dairy | "Not too much, not too little" – you need to eat the right amount of protein foods each day. Choose palm sized portions at each meal. | |
| Fluids | Cordial, soft drink (<i>choose diet versions if you have diabetes</i>), tea, instant coffee, thirtee, water. | Fruit & vegetable juices, milky & espresso coffees. |
| Snacks | Plain biscuits, cakes, muesli or cereal bars, popcorn, unsalted rice cakes. | Biscuits, cakes, muesli or cereal bars that contain fruit, nuts, chocolate or coconut. |
| Miscellaneous | Aioli, garlic, ginger, herbs, honey, jam/marmalade, mayonnaise, mustard, nutella, spices, vinegar. | Baked beans, marmite/vegemite, peanut butter, salt substitutes (Losalt), soup, tomato puree. |

Ask your doctor or nurse to refer you to a Dietitian if you need more information

