

First line dietary advice

Controlling your potassium level

Potassium is found in many foods and drinks including potatoes, fruits, vegetables, and some snack foods. If you have been advised to reduce the amount of potassium in your diet, the following points will help you to choose suitable foods and meals.

- The way we cook vegetables and potatoes affects their potassium content.
 - Vegetables and potatoes should be cut up into small pieces and boiled in plenty of water as this reduces their potassium content. Do not use the cooking water to make gravy or stock.
 - Once boiled, vegetables and potatoes can be fried, roasted, or added to casseroles.
- Aim to have potato at only one meal a day. Try to avoid having jacket potatoes or chips. Pasta, rice, noodles, or couscous are good alternatives.
- Most vegetables are suitable when boiled. Try to avoid having parsnips and mushrooms.
- Some fruits are high in potassium, so it is best to avoid bananas, apricots, prunes, dried fruit, and foods that contain dried fruit e.g., fruit cake, mince pies. However, fruits are important for a healthy diet so try to include other fruits such as apples and pears.

Tinned fruit is a good choice but drain off the juice, which is higher in potassium.

- Have no more than one small (150ml) glass of fruit juice a day.
- Avoid soups, as these are high in potassium.
- Avoid salt substitutes such as Lo Salt and Solo.
- Have breakfast cereals which don't contain nuts or dried fruit.

Snacks

- Boiled or jelly sweets and mints are lower in potassium than chocolate, toffee, fudge, or liquorice.
- Plain biscuits are lower in potassium than chocolate biscuits or biscuits with nuts or dried fruits. Plain popcorn is also a good option.
- Try to avoid snacks and crisps, which are potato or vegetable based, and avoid nuts.

Drinks

- Tea, diluted squash, and fizzy drinks are all suitable. Try to limit coffee, drinking chocolate, malted drinks (such as Ovaltine and Horlicks), fresh fruit juice and fruit smoothies.

The renal dietitians are available to help answer any questions or queries. Contact us on **01904 725269**

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Admin Team, The York Hospital, Wigginton Road, York YO31 8HE,
telephone 01904 725269 or email Nutrition&Dietetics@york.nhs.uk.

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