

HIGH potassium – LIMIT / AVOID

LOW potassium – CHOOSE THESE

Fruit	Avocados, coconut, bananas, blackcurrants, kiwi fruit, apricots, dried fruit e.g. raisins, sultanas, currants, dates, dried apricots, prunes	Apples, pears, small oranges, peaches, nectarines, raspberries, strawberries, blueberries, pineapple, watermelon, Galia melon. Tinned fruit is low in potassium if you drain off the juice/syrup. Small portions only of grapes, mango, cherries, plums, Honeydew / canteloupe melon
Vegetables	Fresh beetroot, spinach, mushrooms, okra, parsnips, artichokes, fennel, Brussels Sprouts, endives, pak choi, chard, raddiccio, cherry tomatoes, sundried tomatoes, tomato puree, raw celery, raw red or green cabbage, baked butternut squash, fried courgettes, plantains.	Where possible, boil vegetables and drain off the water (rather than frying, microwaving or baking) to remove potassium, e.g. boiled carrots, peas, swede, leeks, kale, broad beans, broccoli, green beans, asparagus or sweetcorn. Par-boil vegetables before roasting or adding them to stews. Lettuce, watercress, cucumber, peppers and carrots can be eaten raw. Tinned or fresh tomatoes can be eaten in moderation only.
Starchy foods	Jacket potatoes, roast potatoes (unless par-boiled), chips or fries, processed potato products e.g. potato waffles, hash browns or instant mash. Sweet potatoes, yam, cassava or taro if not boiled Breads/cereals containing nuts, seeds, dried fruit or chocolate or high in bran	Boiled potatoes (or boiled sweet potatoes/yam/cassava/taro). Potatoes can be boiled and then mashed, roasted or fried, but limit all potatoes to 150g per day (roughly 3 egg-sized potatoes). All breads/cereals with no nuts, seeds, dried fruit, chocolate and not high in bran, e.g. Cornflakes, Weetabix, Shredded Wheat, porridge, pitta bread, tortilla wraps, bagels. Rice, pasta, noodles, crumpets, English muffins, couscous, pastry, Yorkshire puddings.
Dairy	Limit milk to no more than ½ pint (300ml) per day. If you wish to have other milk products such as yoghurts or milk puddings, reduce the amount of milk you use accordingly.	Organic alternative milks made from rice, oats, soya, almonds, hazelnuts or coconut. All types of cheese, all types of cream or crème fraiche.
Snacks	Potato-based snacks , e.g. crisps. Chocolate – all types. Nuts and seeds, dried fruit. Cakes/biscuits/cereal bars containing nuts, seeds, dried fruit or chocolate. Twiglets, liquorice, snacks made from gram flour, e.g. Bombay mix.	Maize or corn-based crisps e.g. Wotsits, Doritos. Rice based snacks e.g. rice cakes, popcorn. Plain biscuits, crackers, pretzels, breadsticks. Sponge cakes, doughnuts, jam tarts. Other confectionery, e.g. mints, jelly sweets, marshmallows.
Drinks	Coffee (especially filter coffee), drinking chocolate/cocoa Malted drinks e.g. Horlicks, Ovaltine. Fruit juices, vegetable juices, smoothies. Beers: lagers, ales, stout; cider, all types of wine and fortified wine.	Water, including mineral water, soda water and tonic water. Tea – all types. Squash or cordials, fizzy drinks. Spirits e.g. vodka, whisky, rum, gin (in moderation).
Other	Tomato Ketchup, brown sauce. Peanut butter, chocolate spread, black treacle, Bovril, Marmite, Vegemite. Do not use reduced sodium salts such as 'Lo-Salt' or 'Saxa So Low' as they have added potassium.	All types of cooking oil, butter or other spreads; garlic, herbs and spices, pepper. Mint sauce, apple sauce, chilli sauce, horseradish sauce, vinegars. Sweet pickle, curry powder, stock cubes, gravy granules. Jam, marmalade, honey, lemon curd, golden syrup. Mayonnaise/salad cream or other salad dressings.