## High potassium foods **Fruits Vegetables**



Apricot - 2

Avocado - 1/2



Banana - 1 small

Grapes - 12



Kiwi - 1

Melon - 1 slice



Nectarine - 1

Orange - 1



Peach - 1

Strawberries - 7



Dried fruit: dates - 2 raisins, sultanas - 1 tbsp





Mashed potato with butter - 1 tbsp





Roast potatoes - 1 small egg-sized





Asparagus, steamed - 3

Brussels sprouts, boiled - 1 tbsp



Broad beans, boiled - 1 tbsp

Mushrooms, fried - 4



Parsnip, boiled - 1 tbsp

Tomato, canned - 1/4 can



### **Drinks**



Cow's milk - 100ml





### **Snacks**

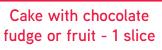


Potato crisps - 1 small bag





Pumpkin seeds - 1 tbsp











Please check with your Dietitian/Doctor whether the foods you have chosen are suitable for you. Your Dietitian/Doctor will advise you about your diet and it is important that you follow this advice





#### Moderate potassium foods **Fruits Vegetables**



Apple - 1

Blackberries - 8



Cherries - 10



Clementine - 1



Pear - 1





Raspberries - 15

**Cereal/grains** 

White pasta,

boiled - 3 tbsp



Broccoli, boiled - 1 tbsp

Carrot, boiled- tbsp



Cauliflower, boiled - 1 tbsp

Courgette, boiled - 1 tbsp



Onion, fried - 1 tbsp

Sweetcorn canned in water - 1 tbsp



### **Drinks**



Almond milk - 100ml

Soya milk - 100ml

Instant coffee\* - 100ml

Tortilla chips - 1 small bag

Walnuts - 6 halves

Savoury wholewheat

sticks - 1 small bag

**Snacks** 





Brown rice, boiled - 2 tbsp





Brown bread - 1 slice



White bread



- 1 slice



Breakfast cereal

Breakfast cereal with

chocolate - 2 tbsp

Breakfast cereal

muesli - 2 tbsp



wheat biscuits - 1



Cookie biscuit half coated in chocolate - 1 (17g)





117/20

Fromage frais - 1 small 50g pot



Ice cream, vanilla - 1 scoop









# Low potassium foods

## **Fruits**



Blueberries - 2 tbsp

Fruit cocktail, canned in juice/syrup - 1 tbsp



Lychees, raw - 2

Olives - 10



Pineapple, canned in juice/syrup - 2 slices

# Vegetables



Beansprouts - 1 tbsp

Celery - 1/2 stick



Gherkins - 1

Peppers green - 3 rings



Pumpkin, boiled - 1 tbsp

Runner beans, boiled - 1 tbsp





Turnip tops, boiled - 1 tbsp

# **Cereal/grains**



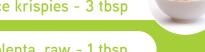


Breakfast cereal cornflakes - 3 tbsp



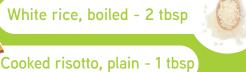


Polenta, raw - 1 tbsp



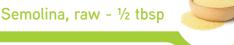


White rice, boiled - 2 tbsp





Tapioca, raw - 1/2 tbsp





Fruit cordials - 150ml

**Drinks** 

Tea, black\*/green\*/herbal - 100ml



## **Snacks**



Cookie, semi-sweet - 2 (14g)

Cookie, short, sweet - 2 (20g)





Cream crackers - 1 (10g)





