

High potassium foods

Fruits



Apricot - 2

Avocado - ½



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

Potatoes/bread



Mashed potato
with butter - 1 tbsp

Chips, fine cut, fried - 75g



Roast potatoes
- 1 small egg-sized

Wholemeal bread
- 1 slice



Vegetables



Asparagus, steamed - 3

Brussels sprouts,
boiled - 1 tbsp



Broad beans, boiled - 1 tbsp

Mushrooms, fried - 4



Parsnip, boiled - 1 tbsp

Tomato,
canned - ¼ can



Drinks



Cow's milk - 100ml

Orange juice - 100ml



Snacks



Potato crisps - 1 small bag

Chocolate - 1 small bar



Pumpkin seeds - 1 tbsp

Cake with chocolate
fudge or fruit - 1 slice



Fruit yoghurt
- 1 small 125g pot

Custard, canned - 3 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



Apple - 1

Blackberries - 8



Cherries - 10

Clementine - 1



Pear - 1

Pineapple - 1 slice



Raspberries - 15

Cereal/grains

White pasta, boiled - 3 tbsp



Brown rice, boiled - 2 tbsp



Fine egg noodles, boiled - 1 cup



Brown bread - 1 slice



White bread - 1 slice



Breakfast cereal wheat biscuits - 1



Breakfast cereal with chocolate - 2 tbsp



Breakfast cereal muesli - 2 tbsp



Vegetables



Broccoli, boiled - 1 tbsp

Carrot, boiled - 1 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

Snacks



Tortilla chips - 1 small bag

Walnuts - 6 halves



Savoury wholewheat sticks - 1 small bag

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



Fromage frais - 1 small 50g pot

Ice cream, vanilla - 1 scoop



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.

*Children under the age of 12 years should not have caffeine-containing drinks

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

Cereal/grains

Breakfast cereal puffed
wheat, honey coated - 3 tbsp



Breakfast cereal
cornflakes - 3 tbsp

Breakfast cereal
rice krispies - 3 tbsp



Polenta, raw - 1 tbsp

White rice, boiled - 2 tbsp



Cooked risotto, plain - 1 tbsp

Semolina, raw - 1/2 tbsp



Tapioca, raw - 1/2 tbsp

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

Drinks



Fruit cordials - 150ml

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



Snacks



Cookie, semi-sweet
- 2 (14g)

Cookie, short, sweet
- 2 (20g)



Cream crackers - 1 (10g)

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.

*Children under the age of 12 years should not have caffeine-containing drinks