


Potassium Swaps

Following a low potassium diet can sometimes be challenging. These tables show how you can make changes to your diet by swapping high potassium foods and drinks for those with a lower potassium content.

High potassium foods and drinks		Alternative lower potassium foods and drinks
 Potatoes (all types)	→	 Pasta, rice, couscous, noodles
 Cow's milk	→	 Plant-based milk drinks such as soy, rice*, oat drinks, low protein milk substitutes
 Breakfast cereals with chocolate or dried fruit	→	 Plain, honey coated or sugar coated breakfast cereals
 Potato crisps and other snacks containing potato	→	 Corn or rice snacks, sweetened popcorn
 Chocolate biscuits	→	 Plain, jam filled or wafer biscuits
 Chocolate cake, fruit cake	→	 Plain cake filled with cream or jam, jam tarts, doughnuts, plain scones
 Fruit juices, hi juice squash	→	 Lemonade, squash, cordials
 Instant coffee and coffee essence†	→	 Tea (black, green† or herbal)
 Chocolate spread, peanut butter	→	 Marmalade, jam, honey
 Chocolate, marzipan, liquorice, toffee, fudge	→	 Boiled sweets, jellies, mints, marshmallows
 Ketchup	→	 Mayonnaise

*It is not advised to give rice milk drinks to young children.

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

Please follow the advice given to you by your dietitian regarding any changes you need to make to your diet.