

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

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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



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*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 - ½ tbsp



Tapioca, raw - ½ tbsp

Vegetables



Beansprouts - 1 tbsp

Celery - ½ 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

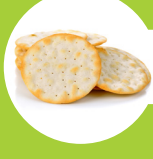


Snacks



Cookie, semi-sweet
- 2 (14g)

Cookie, short, sweet
- 2 (20g)



Cream crackers - 1 (10g)

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