

POTASSIUM



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From home contact the Telephone Interpreter Service on 13 1450.

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What is potassium?

Potassium is an important mineral that is found in the blood. It is essential for the heart, muscles and nerves to function properly. If the kidneys are not working properly potassium levels can increase in the blood. High potassium levels are dangerous for your heart and may cause it to stop beating.

There are no symptoms for a raised potassium level so regular blood tests and careful attention to your diet is necessary.

Where is potassium found?

Potassium is found in a wide variety of foods, particularly in fruit and vegetables. You cannot tell if a food is high in potassium just by tasting it or looking at it - therefore you must learn which foods are high and low in potassium.

The following information will assist you to reduce the amount of potassium in your diet, by choosing foods from the “low” group whenever possible. Foods from the “moderate” and “high” groups can be included in smaller amounts.

Potassium

The extent to which potassium needs to be restricted will vary between individuals - your dietitian will advise you appropriately.

Potassium dissolves in water, so boiling vegetables will reduce the level of potassium (discard the water). Cooking vegetables in the microwave, roasting in the oven, grilling or frying will not significantly reduce the potassium content.

The following categories are mostly based on “average” serves of fruit and vegetables. Check with the back pages to see if your current serve would be equivalent to our “average” serve. Remember if you eat larger serves than described, your low or moderate fruit/vegetable will become a very high fruit/vegetable. The most important thing to remember is moderation. This will allow you to enjoy all fruits and vegetables.

Low potassium

FRUITS WITH A LOW POTASSIUM CONTENT

(1.5 – 4 MMOLS or <150mg)

Apple	1 medium	Pear	1 medium
Apple juice	100 ml	Persimmon	1 medium
Blueberries	1 cup	Plum	1 medium
Grapefruit	1/2 grapefruit	Raspberries	2/3 cup
Lemon	1 medium	Rhubarb	1 cup (2 stems)
Lime	1 medium	Strawberries	7 medium
Loquat	x 5	Tinned apricots	3 halves
Lychees	x 4	Tinned peaches	2 halves
Mandarin	1 medium	Tinned pears	2 halves
Passionfruit	x 3	Tinned pineapple	2 rings

VEGETABLES WITH A LOW POTASSIUM CONTENT

Boiled / frozen mixed vegetables	1/2 cup	Bamboo shoots	1/2 cup
Bean sprouts	1/2 cup	Butter beans	1/2 cup (10 beans)
Canned asparagus	5 spears	Green beans	1/2 cup (10 beans)
Canned champignon	1/2 cup	Lettuce	2 large leaves
Canned potatoes	x 2 medium	Marrow	1/2 cup
Canned sweetcorn	1/2 cup (5 spears)	Okra	5 pods
Capsicum	1/2 medium	Olives	x 5
Carrots	1/2 medium	Onion	1/2 medium
Celery	1/2 cup (1stick)	Peas	1/2 cup
Chicory	1 cup	Radish	x 5
Chilli	x 2	Silverbeet	1/2 cup (1 leaf)
Choko	1/2 cup	Snow peas	x 10
Cucumber	10 slices	Squash	x 2
Eggplant	2 slices	Zucchini	1/2 medium
Endive	1 cup		

Include ____ serves of LOW potassium fruits and vegetables per day

FRUITS WITH A MODERATE POTASSIUM CONTENT

(4-6 MMOLS or 155-230mg)

Canned fruit salad	1 cup
Cherries	x 20
Dates	x 4
Fig	x 3
Grapes	x 30
Guava	1 medium
Honeydew melon	1 cup (1 medium slice)
Kiwi fruit	1 small
Mango	1/2 medium
Nectarine	1 medium
Orange	1 small
Orange juice	125 ml
Paw-paw	1 cup (1 medium slice)
Peach	1 small
Pineapple	1 cup diced (1 medium slice)
Prunes	x 4
Sugar banana	1 small
Tamarillo	1 medium
Watermelon	1 cup (1 medium slice)

VEGETABLES WITH A MODERATE POTASSIUM CONTENT

Asparagus	5 spears
Broad beans	2/3 cup (10 pods)
Broccoli	1 medium stem
Cabbage – Chinese / red / white	1/2 cup (2 tablespoons)
Cherry tomato	x 5
Chick peas/split peas	3/4 cup (3 tablespoons)
Fennel	1/2 cup (1/2 medium)
Lentils	1/2 cup
Parsley	20g (4 tablespoons)
Raw mushrooms	x 4 average
Swede	1/2 cup (2 tablespoons)
Sweet corn	1 small cob
Sweet potato	1/2 cup (1/2 medium)
Turnip	1/2 cup

Include ____ serves of MODERATE potassium fruits and vegetables per day

FRUITS WITH A HIGH POTASSIUM CONTENT

(>6 MMOLS or > 230mg)

Apricot	x 2
Avocado	1/3 medium
Banana	1 medium
Custard apple	1/4 medium
Dried fruit	2 tablespoons
Prune juice	100ml
Pomegranate	1/2 medium
Rockmelon	1 slice
Tropical fruit salad	1 cup

This group of fruits is very high in potassium and should be eaten only occasionally in small amounts

VEGETABLES WITH A HIGH POTASSIUM CONTENT

Artichoke	2/3 cup (2/3 medium)
Baked beans	1/2 cup (2 tablespoons)
Brussel sprouts	4 medium
Cassava	1/4 medium
Cauliflower	1 medium stem
Celeriac	1/4 medium
Kidney beans	1/3 cup (10 pods)
Kohlrabi	1/3 cup
Parsnip	1/2 cup (1/2 med.)
Potato	1 medium
Pumpkin	1/2 cup (2 tbsp)
Spinach	1/2 cup (2 tbsp)
Tomato - raw	1 medium
Tomato - puree	3 tablespoons
Tomato - paste	1 tablespoons

Include ____ serves of HIGH potassium fruits and vegetables per day

MISCELLANEOUS FOODS HIGH IN POTASSIUM

Fruits and vegetables are not the only foods that contain potassium. There are a number of other foods that should be avoided or eaten only on special occasions.

All Bran	AVOID
Chocolate	2 small squares
Cocoa powder	1 tablespoon
Coconut	1 tablespoon
Espresso/Turkish/Greek /percolate coffee	1/2 small cup
Golden syrup	1 tablespoon
Liquorice	1 piece – 5 x 1.5cm
Molasses	AVOID
Nuts	AVOID
Except: Macadamia	1/2 cup
Walnuts	1/2 cup
Pinenuts	2 tablespoons
Peanut butter (no added salt)	1 tablespoons
Potato chips	AVOID
Salt substitutes	AVOID
Treacle	AVOID

ADDITIONAL NOTES

Dietitian: _____

Campus: _____

Phone: _____

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