








Low Potassium Diet

Potassium is a mineral that your body needs to maintain normal functioning of muscles and nerves, especially your heart muscles. When your kidneys are not working properly, the potassium level can rise too high and causes an irregular heartbeat and it can be fatal. Therefore, it is important to limit the amount of potassium intake from your daily diet by carefully watching certain foods you eat.



You are encouraged to consume 2 servings of vegetables and 2 servings of fruits daily from lower potassium list in order to have a balanced diet and at the same time to maintain your blood potassium level.

Lower potassium foods					
Low		Moderate		Bread & Cereals	
Fruits	Amount	Fruits	Amount		
<ul style="list-style-type: none"> ▪ Apple  ▪ Blueberries ▪ Cranberries ▪ Durian ▪ Grapefruit ▪ Grapes ▪ Guava ▪ Jambu ▪ Lime ▪ Longan ▪ Mandarin Orange ▪ Mango ▪ Mangosteen ▪ Orange ▪ Pear (yellow) ▪ Persimmon ▪ Rambutan ▪ Starfruit ▪ Watermelon ▪ Canned fruits 	<ul style="list-style-type: none"> 1 small ½ cup 100g 2 seeds ½ fruit 10 small ½ fruit 4 medium 1 whole 10 medium 1 medium ½ medium 4 medium 1 small 1 small ½ medium 4 medium 1 small 1 slice ½ cup 	<ul style="list-style-type: none"> ▪ Cherry ▪ Chiku ▪ Duku ▪ Figs ▪ Honeydew ▪ Langsat ▪ Lemon ▪ Lychee ▪ Nectarine ▪ Papaya ▪ Peach ▪ Pear (green) ▪ Pineapple ▪ Plum ▪ Pomelo ▪ Raspberries ▪ Rockmelon ▪ Strawberries 	<ul style="list-style-type: none"> 10 medium 1½ medium 10 medium 2 small 1 slice 10 medium 1 small 6 medium 1 medium 1 slice 1 medium 1 small 1 slice 2 small 3 segments 1 cup 1 slice 1 cup 	<ul style="list-style-type: none"> ▪ High Fibre White / White Bread ▪ Noodles ▪ Pasta ▪ Plain Cake ▪ White Rice <p>Dairy products</p> <ul style="list-style-type: none"> ▪ Cheese ▪ Ice-cream <p>Beverages</p> <ul style="list-style-type: none"> ▪ Coffee  ▪ Cordial ▪ Fruit Punch ▪ Lemonade ▪ Non-cola Drinks ▪ Tea <p>Others</p> <ul style="list-style-type: none"> ▪ Corn Syrup ▪ Honey ▪ Jam ▪ Jelly ▪ Sugar 	
<p>Vegetables</p> <p>Low</p> <ul style="list-style-type: none"> ▪ Bean Sprouts ▪ Bamboo Shoot (raw / canned) ▪ Cabbage ▪ Carrots ▪ Chives ▪ Chili (green / red) ▪ Cucumber ▪ Gourd – all types ▪ Hairy Cucumber 		<ul style="list-style-type: none"> ▪ Leeks ▪ Lettuce ▪ Four Angle Bean ▪ Marrow ▪ Mushrooms (canned, drained or dried if soaked and drained) ▪ Onion ▪ Spring Onion ▪ Tempeh ▪ Wintermelon 		<p>Moderate</p> <ul style="list-style-type: none"> ▪ Asparagus ▪ Beetroot  ▪ Brinjal  ▪ Broccoli  ▪ Capsicum ▪ Cauliflower ▪ Kai Lan (Kale) ▪ Kangkung ▪ Ladies Finger ▪ Longbeans 	<ul style="list-style-type: none"> ▪ Mixed Vegetable (frozen, boiled) ▪ Peas (frozen, boiled) ▪ Garden Peas ▪ Tomato (raw / canned)  ▪ Turnip ▪ Zucchini 
<p>1 serving of vegetables = 100g or ¾ mug cooked leafy or non-leafy; 150g raw leafy</p>					

Try to avoid the following foods and drinks which contain high potassium

High potassium Foods		
<p><u>Green leafy vegetables</u></p> <ul style="list-style-type: none"> ▪ Chye Sim / Sawi ▪ Chinese Cabbage ▪ Drumstick Leaves ▪ Fern Shoot ▪ "Kau Kei" (Box Thorn) ▪ Mustard Green ▪ Spinach (Bayam) ▪ Sweet Potato Leaves ▪ Seaweed ▪ Tong-Ho <p><u>Root vegetables</u></p> <ul style="list-style-type: none"> ▪ Lotus root ▪ <i>Petai</i> ▪ Plantain ▪ Potato ▪ Pumpkin ▪ Sweet Potato ▪ Tapioca ▪ Yam <p><u>Other vegetables</u></p> <ul style="list-style-type: none"> ▪ Celery ▪ Chickpea ▪ French Bean ▪ Fresh Mushrooms ▪ Lentils / Dhal (boiled) ▪ Lima Bean ▪ Rhubarb ▪ Sweet Corn (frozen / boiled) ▪ Waterchestnut 	<p><u>Fruits</u></p> <ul style="list-style-type: none"> ▪ Apricot ▪ Avocado ▪ Banana ▪ Custard Apple ▪ Dates ▪ Dried Fruit ▪ Jackfruit ▪ Kiwi Fruit ▪ Pomegranate ▪ Prunes ▪ Soursop <p><u>Dairy products</u></p> <ul style="list-style-type: none"> ▪ Chocolate Milk ▪ Milk ▪ Nutritional Supplements e.g. <i>Ensure</i> ▪ Yoghurt <p><u>Beverages</u></p> <ul style="list-style-type: none"> ▪ 3in1 Beverages ▪ All Fresh/ Canned Fruits and Vegetables Juices ▪ Herbal Medicine Drinks e.g. Ginseng and <i>Jamu</i> ▪ Strong Coffee and Tea ▪ Malted / Cocoa Based Beverages e.g. Horlicks, Ovaltine, Milo ▪ Wine <p><u>Meat and alternatives</u></p> <ul style="list-style-type: none"> ▪ Anchovies (Ikan bilis) ▪ Dried Prawns ▪ Meat Extracts ▪ Nuts ▪ Seeds 	<p><u>Breads & Cereals</u></p> <ul style="list-style-type: none"> ▪ All Bran ▪ Cakes or Biscuits containing large amounts of dried fruits or nuts ▪ Chocolate Cake or Biscuits ▪ Fruit Loaf ▪ Muesli ▪ Rolled Oats ▪ Oat Bran ▪ Wholegrain Bread, Biscuits and Cereals <p><u>Others</u></p> <ul style="list-style-type: none"> ▪ Bottled Sauces e.g. Ketchup, Chilli Sauce ▪ Brown Sugar ▪ Chocolates ▪ Cocoa ▪ Coconut ▪ Condensed Milk ▪ Evaporated Milk ▪ High Potassium Salt Substitute e.g. Pansalt ▪ Liquorice ▪ Maple Syrup ▪ Molasses ▪ Peanut Butter ▪ Potato Chips ▪ Toffees ▪ Tomato Puree ▪ Vegetable Extracts

Tips to reduce potassium content:

- 1) All vegetables must be well cooked before consumption.
- 2) Avoid steaming, microwaving or pressure cooking.
- 3) Follow step by step to reduce potassium content in vegetables:



- cut vegetables into smaller pieces
- soak in the water
- drain away water before cooking
- or boil in plenty of water and drain the water away



- 4) Drain juices or syrup away from canned fruits and vegetables before consumption.
- 5) Limit usage of herbs and spices in cooking.



Dietitian :
Telephone :

Date: _____