

Chinese Haemodialysis - Low Potassium Diet

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Leaflet provided by:

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What is Potassium?

Potassium is a mineral which is normally found in small amounts in your blood.

Why is your blood Potassium level important?

Your kidneys control the amount of potassium in your blood. When your kidneys do not work properly the level of potassium in your blood rises.

A high potassium level can cause the muscles of your heart to weaken which could lead to a heart attack.

Pre-dialysis patients: at present you may not be requiring dialysis treatment. The following dietary advice will be given when it is necessary to help you keep well.

Dialysis patients: (haemodialysis or peritoneal dialysis)

The dialysis treatment takes over the work of your kidneys and clears your blood of the waste products.

Unfortunately, dialysis is unable to work as well as normal kidneys.

This is why it is important to follow the diet advice given to help you keep well.

Many foods and drinks contain potassium. You will be advised to avoid or limit your intake of those which are high in potassium.

What can I eat and drink?

The dietitian will take into consideration the foods that you like/dislike. It is important that you continue to eat well and enjoy your food.

Foods allowed in moderation

Fruits and vegetables contain potassium but they are also rich in vitamins and minerals. Try to include them in your diet every day.

Fruits allowed

You may have **two** portions of the following **fresh** fruit daily.

- 1 portion = 75g (unless otherwise stated)
- 1 medium apple or peach
- 1 small orange or pear
- 1 tangerine or Satsuma
- 8 kumquats
- 6 cherries
- 12 grapes
- 5 lychees
- 2-3 slices mango
- 2 passion fruit
- 4 slices lemon
- 1 thin slice melon
- ½ grapefruit **or** Sharon fruit (persimmon) or pomelo or kiwi fruit
- Blackcurrant **or** paw paw (papaya)
- 100g **canned fruit** (without juice) is also allowed.

Any of the above fruit is suitable including canned longans.

Fresh vegetables allowed

You can lower the potassium content of vegetables including root (starchy) vegetables by boiling them in large amounts of water for ten minutes before adding to other foods, e.g. stir fry dishes.

You may have **two** portions of the following **fresh** vegetables daily. 1 portion = 75g (2-3 tablespoons) unless otherwise stated.

- Boiled asparagus or babycorn **or** cabbage **or** marrow, boiled broccoli **or** carrots **or** cauliflower **or** peas **or** leeks
- 50g boiled spinach or mung beans

- 25g boiled soya beans
- 75g steamed and fried tofu **or** fried aubergine
- 200g steamed tofu
- Boiled root vegetables, e.g. potato all types, taro, lotus root
- 250g beansprout (fresh/boiled/stir fried)
- ½ fresh pepper
- **Salad vegetable** can also be eaten as vegetable portions.
- ½ medium tomato
- ¼ bunch watercress
- 2 spring onions
- 10 small lettuce leaves
- 14 slices cucumber

If you stir fry vegetables which have not been boiled first then have a smaller portion = 30g (1 tablespoon)

Flavourings for food

All dried herbs and some spices are rich in potassium, e.g. ginger, coriander, curry powder, chilli powder.

You can use 2-3 teaspoons of spices to flavour your food.

Alternative flavourings which contain less potassium are black pepper, garlic, fresh herbs, onions (any type)

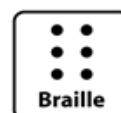
Fats and oils

Should be used sparingly, e.g. butter, margarines, low fat spread, vegetable and nut oils

Contact Details:

Dietitian Name: _____

Telephone Number: (0151) 529 3473



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

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