

## Patient information

### Introduction to a Low Potassium Diet

Nutrition and Dietetics - Therapies Department Aintree Hospital

You have been advised to follow a low potassium diet by your doctor or nurse. Too much potassium in blood is dangerous as it can cause an irregular heartbeat. A low potassium diet can help prevent high blood potassium levels. Please follow the advice below until your Renal Dietitian appointment. Your Dietitian will then discuss your diet in detail with you.

If you have lost weight or have concerns with your appetite please call the number at the end of this leaflet.

#### **Avoid these high potassium foods:**

- Banana, melon, and blackcurrants.
- Dried fruit (raisins, sultanas, rich fruit cakes/malt loaf).
- Avocado, guacamole.
- Malted drinks e.g. Ovaltine/Horlicks, hot chocolate.
- Fresh fruit juices, including pure orange juice, tomato juice, 'hi juice' squash.
- Jacket potatoes, oven/chip shop chips, potato waffles, hash browns, potato croquettes.
- Potato crisps.
- Nuts and nut spreads e.g. Peanut butter, Nutella.
- Salt substitutes containing potassium, e.g. LoSalt, Herbamare salt.

#### **Information:**

- Boil potatoes and vegetables in plenty of water, do not steam vegetables. Home-made chips or roast potatoes can be eaten, as long as potatoes are boiled first.
- Milk should be limited to ½ a pint a day.
- Limit coffee to one cup a day.
- Limit fruit and vegetables to four portions a day. A portion = three heaped tablespoons of boiled veg or a medium piece of fruit. Two small satsumas is a portion. One medium tomato or four cherry tomatoes is one portion. More information on portion sizes will be provided to you at your appointment with the Dietitian.

## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information

### Renal Dietitians

### Aintree Hospital.

Telephone number: 0151 529 3473

Text phone number: 18001 0151 529 3473

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