

Potassium

Potassium is an important mineral in the human body which plays a key role in heart function and muscle contraction.

When kidney function is poor, it may not be able to excrete excess potassium from the body. Increased potassium level in the blood will lead to irregular heartbeat, weakness and shortness of breath.

Therefore, it is important to limit your intake of potassium when your potassium level is high.

Your potassium level is _____mmol/L (Normal range: 3.5 – 5.0mmol/L).

AVOID high potassium food such as:

- Wholegrain cereals, bread and biscuit
- Nuts, seeds and products, e.g. chocolate, peanut butter
- Coconuts and products, e.g. coconut milk, kaya
- All fresh/canned fruit and vegetable juice, herbal medicine drinks, strong tea/coffee, cocoa and malted beverages, milk, wine and smoothies
- Brown sugar, molasses, maple syrup, toffees, liquorice
- High potassium salt substitute, bottled sauces, meat and vegetables extract, essence of chicken, stock cube
- Fruits and vegetables from the high potassium group

Choose 2 servings of low and/or moderate potassium content fruits in your daily diet.

Fruits					
Low < 150mg potassium per serving		Medium 150 – 250mg potassium per serving		High > 250mg potassium per serving	
Apple	1 small	Cherry	10 medium	Apricots	4 small
Blueberries	½ cup	Chiku	1½ medium	Avocado	1 medium
Cranberries	100g	Duku	10 medium	Banana	1 small
Dragon fruit	½ fruit	Lychee	6 medium	Dates	2 pieces
Grapes	10 small	Orange	1 small	Figs	2 small
Grapefruit	½ fruit	Papaya	1 slice	Honeydew	1 slice
Guava	½ fruit	Passion fruit	2 medium	Jackfruit	2 seeds
Lemon	1 small	Peach	1 medium	Kiwi	1 medium
Lime	1 whole	Persimmon	1 medium	Mango	½ medium
Longan	10 medium	Plum	2 small	Nectarine	1 medium
Mangosteen	4 medium	Pomelo	3 segments	Pomegranate	½ medium
Pear	1 small	Raspberries	1 cup	Prunes	4 pieces
Pineapple	1 wedge	Strawberries	1 cup	Rockmelon	1 slice
Rambutan	4 medium	Tangerines	1 medium	Soursop	1 slice
Water apple	4 medium			Dried fruit, e.g. raisins	1 tbsp (20g)
Watermelon	1 wedge				
Canned fruit (juices drained)	½ cup				

Choose 2 servings of low and/or moderate potassium content vegetables in your daily diet

Vegetables		
1 serving = 100g (¾ cup) cooked; 100g raw non-leafy; 150g raw leafy		
Low < 200mg potassium per serving	Medium 200 – 350mg potassium per serving	High > 350mg potassium per serving
Bean sprouts (<i>Taugeh</i>) Brinjal Cabbage Capsicum Carrot (frozen/boiled) Cucumber Fermented Soyabean (<i>Tempeh</i>) French bean Four-angled bean Gourd – all types Hairy cucumber Lettuce Long bean Mixed vegetables (Frozen/boiled) Mushroom – Canned, drained – Dried, soaked and drained Onion Peas (frozen/boiled) Rhubarb Spring onion Turnip Water spinach (<i>Kangkong</i>) Winter melon Zucchini	Asparagus Chinese cabbage Cauliflower Carrot Celery Chives Chili (green/red) Leek Lentil (<i>Dhal</i>)(boiled) Lima bean Okra (<i>Lady's finger</i>) Peas (raw/dried) Snow peas Pumpkin Sweetcorn (frozen/boiled) Tomato (raw, canned)	Bamboo shoot Bitter bean (<i>Petai</i>) Broccoli Mustard green (<i>Chye sim</i>) Chick peas Fern shoot (<i>Pucuk paku</i>) Fresh mushroom Kale (<i>Kai Lan</i>) Thorn Box (<i>Kau kei</i>) Lotus root Plantain flower Potato Seaweed Spinach Sweet potato Sweet potato leaves Tomato (paste/puree) Water chestnut Yam



- Even if you choose low potassium options, consuming more than the recommended servings of fruits and/or vegetables per day may lead to high potassium level.
- If you like to have salads, it is strongly advised to boil vegetables before eating. The amount of potassium lost varies according to the cooking method used. For example, 100g of boiled potato, peeled contains 30% less potassium compared to 100g of raw potato, peeled.

Good practice tips to reduce potassium content from food:

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1 Cut vegetables into small pieces → Wash and soak 1-2 hours → Drain away the water and cook
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2 Boil tuberous root vegetables (e.g. potato) with a lot of water and drain away the water
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3 Avoid salt substitutes as they are high in potassium
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4 Drain juice or syrup away from canned fruits and vegetables before consumption
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5 Avoid adding gravy to rice as it is high in potassium and phosphate
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6 Use whole rather than ground spices

For further information or enquiries, please contact your dietitian