

Name : _____

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:



Cramps



Skeletal muscle weakness



Anorexia, nausea, vomiting



Tingling or numbness



Palpitation



Cardiac arrest



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 – 5.0 mmol/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, alcoholic beverages 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 higher potassium group

Choose 2 servings of lower potassium content fruits in your daily diet.

Fruits					
 Lower potassium (< 250mg)			 Higher potassium (≥ 250mg)		
Apple	1 small	150g	Avocado	½ whole	272g
Apricots	1 small	38g	Banana	1 medium	122g
Blueberries	1 cup	104g	Custard Apple	1 medium	145g
Cherries	8 pieces	75g	Dried Goji Berry	10 pieces	20g
Chiku	1 piece	54g	Duku	10 whole	292g
Chinese Red Dates	10 pieces	22g	Durian	5 seeds	189g
Dragonfruit	½ fruit	150g	Guava	½ medium	163g
Dried Apricot	3 pieces	26g	Honeydew	1 wedge	200g
Dried Prune/Plum	2 pieces	22g	Jackfruit / Nangka	4 seeds	94g
Figs	2 pieces	100g	Langsat	10 pieces	292g
Grapes	1/2 cup	85g	Mandarin Orange	2 small	240g
Jambu Air (Water Apple)	4 whole	212g	Papaya	1 wedge	225g
Kiwi	1 medium	88g	Passionfruit	3 whole	105g
Kurma	4 pieces	21g	Peach	1 medium	138g
Lemon	1 medium	110g	Pomegranate	1 whole	240g
Lime	5 small	175g	Pomelo	3 pieces	225g
Longan	15 pieces	95g	Rockmelon	1 wedge	180g
Lychees	5 pieces	95g	Soursop	⅓ whole	146g
Mango	½ medium	116g			
Mangosteen	5 whole	381g			
Nectarine	1 whole	80g			
Orange	1 medium	150g			
Pear	1 small	150g			
Persimmon	½ medium	95g			
Pineapple	1 wedge	140g			
Plum	2 small	160g			
Raisins / Sultanas	2 tablespoons	23g			
Rambutan	5 pieces	176g			
Raspberries	1 cup	123g			
Strawberries	1 cup	160g			
Watermelon	1 wedge	250g			

Note: 1 cup = 1 standard measuring cup (250ml)




Choose 2 servings of lower potassium content vegetables in your daily diet.

Vegetables 1 serving = 100g raw non-leafy; 150g raw leafy	
 Lower potassium (< 350mg / per serving)	 Higher potassium (≥ 350mg / per serving)
Asparagus Bamboo shoot (Fresh / Canned and drained) Beansprouts / Taugeh Beetroot Bell peppers / Capsicum Black Fungus (Fresh / Soaked) Brinjal / Eggplant / Terung Broccoli Cabbage (White) Carrot Cauliflower Celery Chili Chives Cucumber Drumstick Fresh Pods French Beans Gourd, All Types Hairy Cucumber Ladies Fingers / Okra Leek Lettuce Long bean Mixed Vegetables (Boiled / Frozen) Mushrooms (Fresh / Soaked / Canned and drained) Onions Peas (Frozen / Canned and drained) Pumpkin Radish Rhubarb Shallots / Bawang Kecil, Merah Snow Peas / Snap Peas / Garden Peas Spring Onion Sweet Corn Sweet Potato Tapioca Tomato Turnip Wintermelon Zucchini	Arrowhead Arrowroot Artichoke Arugula / Rocket Bok choy / Pak choy / Shanghai Green Brussel Sprouts Cabbage (Red) Chinese Cabbage / Napa Cabbage / Wongbok Chye Sim / Mustard Greens / Sawi Drumstick Leaves Fern Shoot / Pucuk Paku Four Angle Bean / Winged Beans Kai Lan / Kale / Chinese Broccoli Kangkong / Water Spinach Kau Kee / Wolfberry Leaves Lotus Root Petai Potato Seaweed Spinach / Bayam Sweet Potato Leaves Water Chestnut (Fresh) Watercress Yam / Taro


Take note:

- Overconsumption on the recommended servings of lower potassium fruit and vegetables per day may lead to high blood potassium levels.
- If you would still like to consume higher potassium vegetables, it is strongly advised to soak or boil (leaching) vegetables before eating. This will “pull out” some of the potassium from the vegetables into the water. However, leaching will not remove potassium entirely.
- Water used for soaking and boiling (leaching) should not be reused due to high potassium content.


Good practice tips to reduce potassium content from food:

1  →  → 


Cut vegetables into small pieces Wash and soak vegetables in plenty of water for at least 2 hours Drain the water before cooking

2 


Peel, chop and boil tuberous root vegetables (e.g. potato) in plenty of water until it is fully cooked and drain the water

3 


Avoid using salt substitutes as they are high in potassium

4 

Drain juice or syrup from canned fruits and vegetables before consumption

5 

Avoid adding gravy to rice as it is high in potassium and phosphate content

6 

Use whole spices, rather than ground spices to season your food

For further information or enquiries, please contact your dietitian.