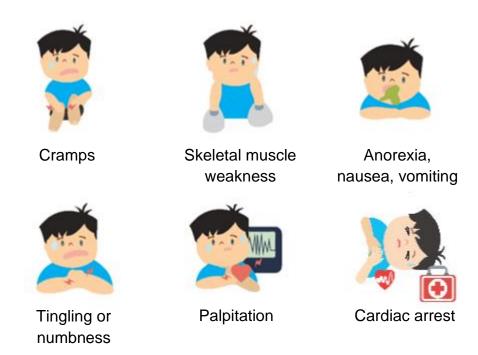


Name :						

# **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:



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, 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

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

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

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

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### 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 Arrowhead Bamboo shoot (Fresh / Canned and drained) Arrowroot Beansprouts / Taugeh Artichoke Beetroot Arugula / Rocket Bell peppers / Capsicum Bok choy / Pak choi / Shanghai Green Black Fungus (Fresh / Soaked) **Brussel Sprouts** Brinjal / Eggplant / Terung Cabbage (Red) Broccoli Chinese Cabbage / Napa Cabbage / Cabbage (White) Wongbok Carrot Chye Sim / Mustard Greens / Sawi Cauliflower **Drumstick Leaves** Celery Fern Shoot / Pucuk Paku Four Angle Bean / Winged Beans Chili Chives Kai Lan / Kale / Chinese Broccoli Kangkong / Water Spinach Cucumber **Drumstick Fresh Pods** Kau Kee / Wolfberry Leaves Lotus Root French Beans Gourd, All Types Petai Hairy Cucumber Potato Ladies Fingers / Okra Seaweed Leek Spinach / Bayam **Sweet Potato Leaves** Lettuce Water Chestnut (Fresh) Long bean Mixed Vegetables (Boiled / Frozen) Watercress Yam / Taro 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

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Wintermelon Zucchini













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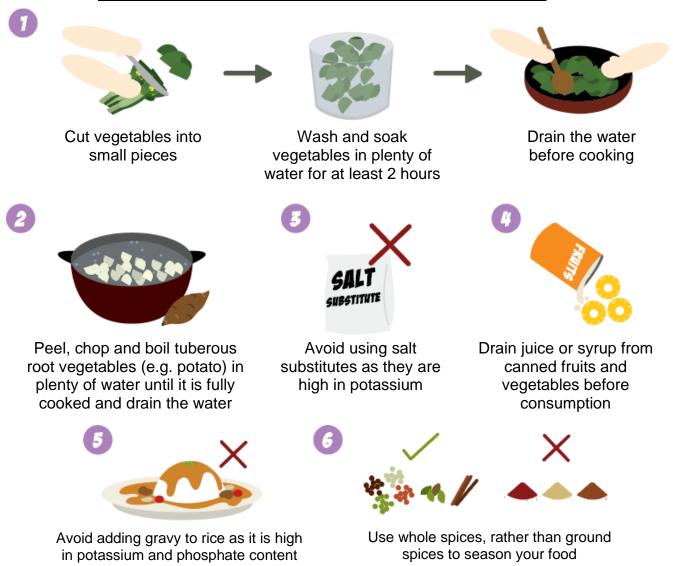




#### Take note:

- 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.





For further information or enquiries, please contact your dietitian.

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