

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. (Recommended potassium range for stable maintenance dialysis patient: 3.5 – 5.5mmol/L).

AVOID high potassium food such as:



Wholegrain products



Nuts, seeds and products



Canned fruit and vegetable juice



Herbal products / traditional medicine



Potassium salt substitute, meat and vegetable extract



Dairy products



Wine



Coconut and products



Lower Potassium Fruits To Eat



Apple
1 Small



Jambu Air
(Water Apple)
4 Whole



Watermelon
1 Wedge



Rambutan
5 Pieces



Dragonfruit
1/2 Fruit



Orange
1 Medium



Pineapple
1 Wedge



Longan
15 Pieces



Pear
1 Small



Mangosteen
5 Whole



Grapes
½ Cup



Blueberries
1 Cup

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

✓ Lower Potassium Vegetables To Eat

1 serving = 100g raw non-leafy; 150g raw leafy



Tomato



Pumpkin



Bell Peppers / Capsicum



Mixed Vegetables
(Boiled / Frozen)



Brinjal / Eggplant / Terung



Beansprouts / Taugeh



Cauliflower



Cabbage (White)



Lettuce



Gourd, All Types



Ladies Finger / Okra

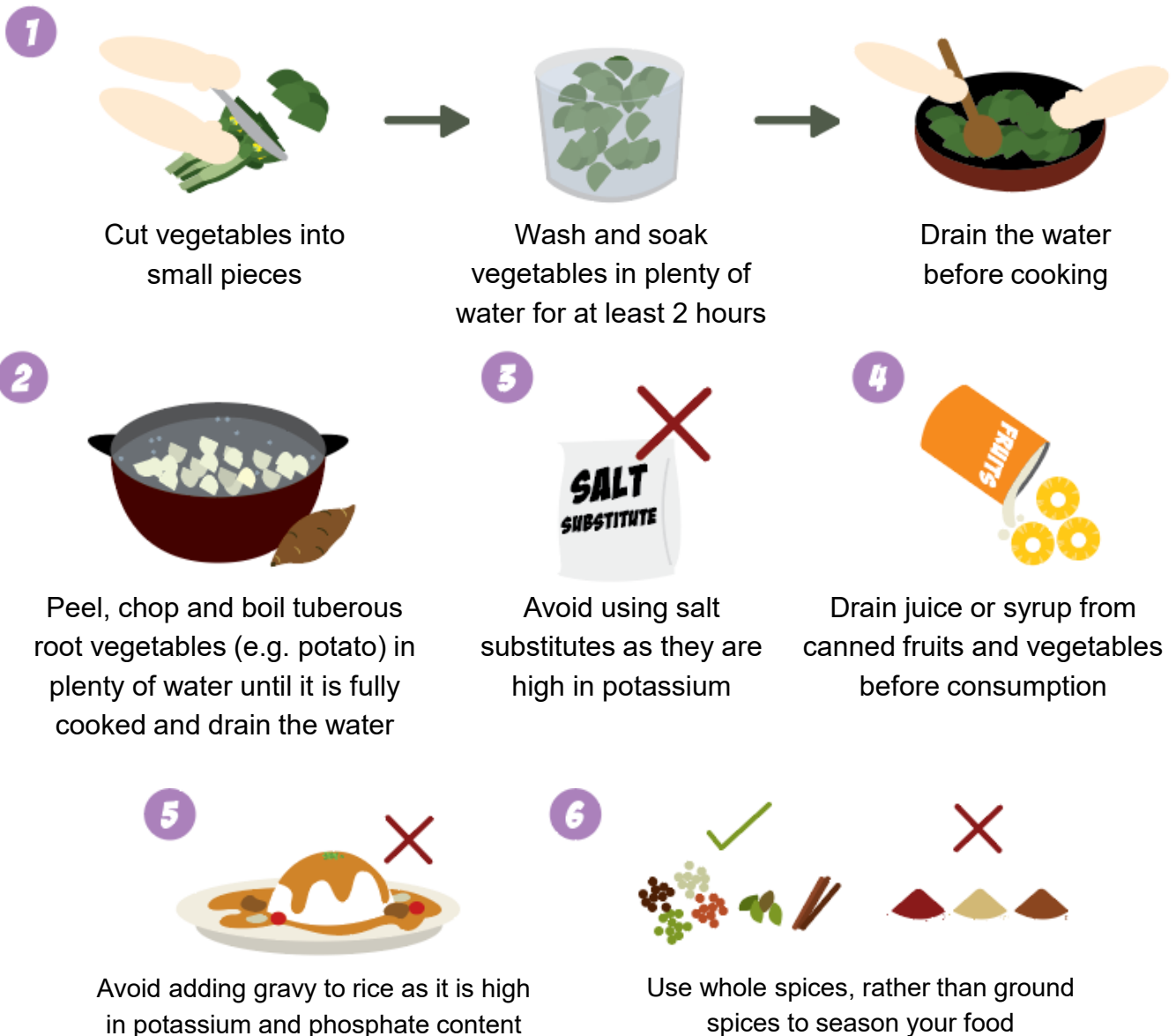


Long Bean

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:



For further information or enquiries, please contact your dietitian.