

Potassium is a mineral that the body needs for normal cell and muscle function. When blood levels of potassium are too high, heart contractions can be affected. Dietary intake is the main source of potassium for the body. This diet limits potassium intake to less than 60 mmol per day.

AIMS

- To provide a diet that is acceptable to the individual and meets clinical needs.
- To reduce the potassium content of the diet.

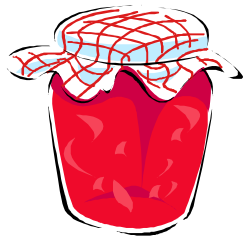
RECOMMENDATIONS

- Avoid foods high in potassium.
- Limit milk, meat, poultry, fish, shellfish, most fruit and vegetables as they contain potassium.
- Increase the energy value of meals by adding extra mono or polyunsaturated oil or margarine when preparing salads and vegetables and by providing extra margarine for spreading on bread.
- Encourage the use of boiled lollies, soft drink, cordial, jam and honey to help increase energy intake.



INDICATION

- When serum potassium level is raised or as determined by the Doctor.



CONTRAINDICATIONS

- When serum potassium within or below the normal range.
- For children seek the advice of a paediatric Dietician.

SUMMARY

This diet is planned to limit the potassium content to 60 mmol per day. Adequate energy intake must be supplied to prevent weight loss.

If the Suggested Menu is followed, this diet will not be nutritionally adequate. For a detailed nutrient analysis of this diet, refer to the Diet Evidence and Nutrient Analysis Booklet, accompanying this Manual.



CHOICES CHART

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

	Foods to Avoid
<ul style="list-style-type: none"> ▪ Bread, muffins, preferably wholegrain ▪ Most breakfast cereals: porridge, Weeties, Weet-Bix, Corn Flakes, Rice Bubbles ▪ Rice, pasta ▪ Plain crackers and biscuits e.g. Sao, Milk Arrowroot, Morning Coffee ▪ Plain cake 	<ul style="list-style-type: none"> ▪ Fruit bread, raisin bread ▪ Bran-based cereals e.g. All-Bran, muesli, unprocessed bran ▪ Chocolate biscuits ▪ Chocolate cake, fruit cake
<p>Vegetables Daily Allowance = 3 serves</p> <p>1 serve = ¼ cup Choose from broccoli, brussel sprouts, celery, parsnip, potato, red cabbage, spinach, sweet potato, tomato, turnip = ½ cup Choose from all other cooked/salad vegetables not listed above and not listed in Foods to Avoid</p>	<ul style="list-style-type: none"> ▪ Vegetables above allowance ▪ Baked beans, dried peas, beans and lentils ▪ Hot chips, potato wedges ▪ Vegetable soup, vegetable juice
<p>To reduce the potassium content of vegetables, boil in a large volume of water. Do not roast, bake, steam or microwave vegetables.</p>	
<p>Fruit Daily allowance = 3 serves</p> <p>1 serve = 1 medium piece fresh fruit = ½ cup fresh fruit or canned fruit in syrup Choose from apple, cherries, pear, peaches (canned only, not fresh), pineapple, strawberries, watermelon</p> <p>Drain juice off all stewed and canned fruit</p>	<ul style="list-style-type: none"> ▪ Fruit above allowance ▪ All other fruit ▪ Fruit canned in natural juice ▪ Fruit juice, dried fruit
<p>Milk/Milk Products Daily Allowance = 2 serves</p> <p>1 serve = 100ml milk = 100ml custard = 100g yoghurt = 20g fat reduced/light cheese = 1 scoop ice cream</p>	<ul style="list-style-type: none"> ▪ Milk and milk products above allowance ▪ Evaporated milk, condensed milk, milk powder
<p>Meat/Meat Alternative Daily Allowance = 2 serves</p> <p>1 serve = 65g meat, chicken = 75g fish = 1 egg</p>	<ul style="list-style-type: none"> ▪ Meat and meat alternatives above allowance ▪ Bacon, sausages, pies, pasties ▪ Baked beans, dried peas, beans and lentils ▪ Nuts
<p>Fats</p> <ul style="list-style-type: none"> ▪ Salt reduced mono and polyunsaturated margarine/oil 	<ul style="list-style-type: none"> ▪ None
<p>Miscellaneous</p> <ul style="list-style-type: none"> ▪ Sugar, jam, honey, marmalade, boiled lollies ▪ Tea, cordial, soft drinks, water ▪ Herbs, spices, vinegar, garlic, chilli <p>Limit coffee to 3 cups per day</p>	<ul style="list-style-type: none"> ▪ Vegemite, Marmite, Bonox, peanut butter ▪ Chocolate, potato crisps/chips, nuts ▪ Milo, cocoa, fruit juice, vegetable juice, soup ▪ Tomato paste, sun dried tomatoes, treacle

SUGGESTED MENU

Potassium Diet



BREAKFAST

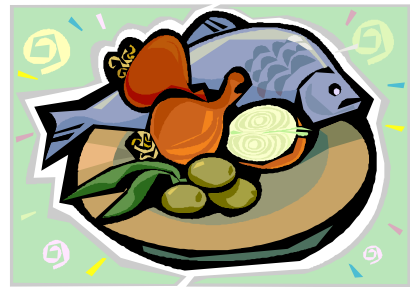
Corn Flakes/Rice Bubbles/Weet-Bix and milk from allowance and sugar
 Wholegrain toast with salt reduced mono or polyunsaturated margarine and jam/marmalade/honey
 Tea/coffee with milk from allowance and sugar

MORNING TEA

Fruit from allowance
 Or plain sweet biscuit
 Or plain scone with salt reduced mono or polyunsaturated margarine and jam
 Or plain cracker biscuits with salt reduced mono or polyunsaturated margarine and jam
 Tea/coffee with milk from allowance and sugar

LUNCH

Meat/chicken/fish from allowance
 Boiled vegetables from allowance with salt reduced mono or polyunsaturated margarine
 Or salad from allowance with oil and vinegar dressing
 Wholegrain bread with salt reduced mono or polyunsaturated margarine
 Fresh fruit/canned fruit from allowance with ice cream/custard from milk allowance
 Tea/coffee with milk from allowance and sugar



AFTERNOON TEA

As morning tea



DINNER

Meat/chicken/fish from allowance
 Boiled vegetables from allowance with salt reduced mono or polyunsaturated margarine
 Or salad from allowance with oil and vinegar dressing
 Wholegrain bread with salt reduced mono or polyunsaturated margarine
 Jelly and fresh/canned fruit from allowance

SUPPER

As morning tea

