

## Guide to ordering a LOW POTASSIUM DIET

A low potassium diet may be required if you have a condition such as kidney failure and/or high blood potassium levels. The following information indicates the best choices from the menu to control your potassium levels.

The ward staff should write **low potassium diet** in the additional information box at the bottom of the page on MenuMate (electronic meal ordering system).

Below is a basic guide to helping you choose a low potassium diet:

### **Breakfast:**

White or wholemeal bread/toast with margarine/jam/honey  
Cornflakes, rice crispies, Weetabix, porridge

### **Lunch and Supper:**

#### **Starter**

##### ***No Soup***

Can have bread roll or bread to accompany your meal

#### **Main**

Meat, fish and eggs or beans/pulses if having instead of meat

White rice/bread

Mashed/boiled potato (1 serving per day) – ***no jacket potato***

Carrots / Cabbage / Broccoli / Cauliflower / Green Beans / Swede / Peas / Cucumber /

Lettuce – ***no mushrooms***

Sandwich – cheese / cream cheese / egg / beef / turkey – ***no gammon ham / corned beef / sausage***

#### ***No jacket potato***

#### **Dessert**

Jam sponge

Jelly

Rice pudding/yoghurt – *(this will contribute to your milk allowance – refer to milk allowance in 'Foods to Limit' section)*

Fresh Fruit – apple, orange, pear – ***no banana***

### **Sauces and condiments**

Pickle, mayonnaise, salad cream, pepper – ***no tomato sauce, brown sauce, salt substitutes***

### **Snacks:**

Cheese and crackers

Madeira cake – ***no nuts, chocolate or dried fruit***

*If you are buying snacks or family members are bringing in snacks for you the following are suitable options:*

Boiled sweets, fruit pastilles, marshmallows, popcorn, breadsticks, Pretzels, rice based snacks, plain biscuits (e.g. rich tea, digestives, shortbread, ginger, cream), sponge cake, doughnuts, jam tarts. Maize/corn based snacks – e.g. Wotsits, tortilla chips, Monster Munch.

***No crisps, snacks containing fruit, nuts and chocolate, chocolate, toffee, liquorice, twiglets, nuts and seeds.***

### **Drinks:**

Water, tea, barley water, fruit squashes

***No fruit juice, vegetable fruit juices, high fruit squashes, coffee, drinking chocolate, malted drinks, bovril and cocoa***

### **Foods to LIMIT:**

- Milk (allowance ½ pint / 300ml per day)  
A small serving of custard, milk pudding or 120g yoghurt can be eaten in place of 1/3 pint (200ml) of milk from your allowance (therefore leaving 100ml remaining).
- Coffee  
1 cup per day
- Potatoes  
1 Serving per day (2-3 egg sized potatoes) – boiled, mashed. At other meals choose lower potassium alternatives such as pasta, rice or bread.

- Fruit and Vegetables

All fruit and vegetables contain potassium, however, you still should include these within your diet and therefore it is recommended you choose small portions of lower potassium fruit and vegetables as listed above.

Have up to 4 portions of fruit and vegetables (one portion of vegetables is 1 tablespoon)

You can also include a meal containing tinned tomatoes as long as potato is avoided that day (1/3 can on tinned tomatoes is equivalent to 1 potato portion)

**IF ITEMS ORDERED ARE NOT RECEIVED, PLEASE INFORM CATERING OR THE DIETITIAN.**

**Catering: 01935 384218**

**Dietitian: 01935 384250**

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