

Low Potassium Diet

What is Potassium?
























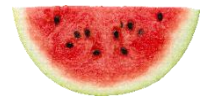
Potassium is an important mineral in the human body which plays a key role in heart function and muscle contraction. If you have a medical condition that causes high blood level of potassium, it is important to limit potassium rich foods in your diet. Excessive potassium in the blood will lead to irregular heartbeat, weakness, and shortness of breath.

























What should I eat?

Fruits and vegetables are rich sources of potassium. It is recommended to have no more than:

- **Two** serves of fruit each day (*1 serve = 1 small apple/ orange or 1 wedge papaya/watermelon or 10 grapes)
- **Two** serves of vegetables each day (*1 serve = 100g raw non-leafy or ¾ mug cooked vegetables)

Limit intake of higher potassium fruits and vegetables and opt for foods with lower potassium content.

	Higher Potassium				Lower Potassium			
Fruits								
	Avocado	Banana	Custard Apple	Durian	Apple	Blueberries	Cherries	Dragonfruit
								
	Honeydew	Jackfruit	Papaya	Coconut Water	Grapes	Rambutan	Longan	Lychee
								
	Pomegranate	Rockmelon	Soursop	Fruit Juice	Mangosteen	Pear	Pineapple	Watermelon

	Higher Potassium				Lower Potassium			
Vegetables								
								
								

Other foods high in potassium:

Cereals	Wholegrain cereals, bread, and biscuits
Drinks	Instant coffee powder, Milo/Ovaltine, cocoa powder, vegetable/fruit juices, milk/soy milk (limit to 1 serving per day)
Snacks	Chocolate, potato chips, fruit cakes, nuts
Others	Salt substitutes, stock cube, canned/homemade vegetable-based soups, bottled sauces, peanut paste, coconut products

Tips on Food Preparation

- Peel all fruits and vegetables where possible.
- Cut vegetables into small pieces, wash and soak for 1-2 hours.
- Boil vegetables in plenty of water and drain the water away before cooking, do not microwave, steam, or stir fry.
- Drain the juice from tinned or stewed fruit.
- Avoid adding gravies to food.

***Note: This information serves as a guide and should not be used as a substitute for nutrition therapy. For specific medical conditions, please seek personalised counselling from a dietitian.**