

• 1ST LINE ADVICE •

HIGH POTASSIUM FOODS TO AVOID



CHIPS

Chips and wedges



AVOCADO

Including foods & drinks containing avocado



FRUIT JUICE

All fruit juices & fruit drinks



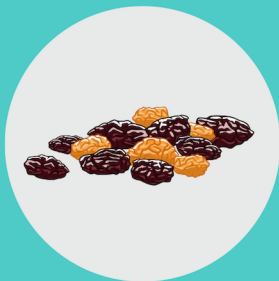
CHOCOLATE

Including foods & drinks containing chocolate



BANANAS

Including foods & drinks containing bananas



DRIED FRUIT

Including foods containing dried fruit



SMOOTHIES

All smoothies



CRISPS

All potato crisps



NUTS & SEEDS

Including foods containing nuts & seeds



TOMATOES

Including foods containing tomatoes



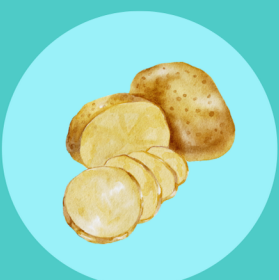
KIWI FRUIT



MANGO



PINEAPPLE



ROAST & BAKED POTATOES



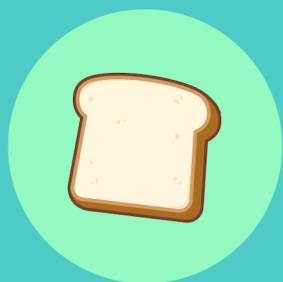
OKRA & SPINACH



PARSNIP, YAM, MUSHROOMS

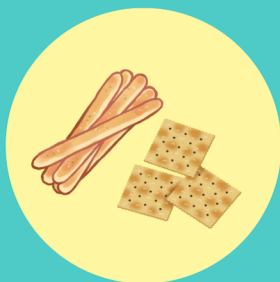
• 1ST LINE ADVICE •

LOWER POTASSIUM FOODS



BREAD

White, brown, 50:50 or wholemeal bread



CRACKERS

& breadsticks



RICE & PASTA

Plain rice, pasta, couscous, bulgar wheat



NON-CHOCOLATE

Biscuits, sweets & cakes

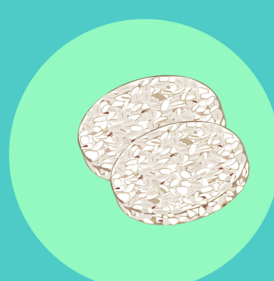


GARLIC BREAD



PLAIN PASTRIES

e.g. croissants, or jam/cream pastries



RICE CAKES

Plain rice cakes



ROTI & CHAPATI



LOWER POTASSIUM FRUIT

Small apple, blueberries, small pear, satsuma



TWO PORTIONS



1 PORTION = CHILD'S HANDFUL

e.g. 1 small apple/pear, handful of blueberries, 1 satsuma



LOWER POTASSIUM BOILED VEGETABLES

Carrots, cauliflower, peas



TWO SMALL PORTIONS



1 PORTION = 1 TABLESPOON