

# Increasing potassium in the diet

A patient's guide

## **Increasing potassium in the diet**

This leaflet is meant as a guide to highlight some foods which may help increase dietary potassium intakes. If your potassium is low you should contact your doctor for advice before commencing any change in eating habits.

If your doctor has advised you that your potassium level is low, this may need correction. Your diet may not be the cause of a low potassium level and you may require potassium replacement. This should be discussed with your doctor.

If you have been advised to increase the potassium in your diet this leaflet details some foods which are generally higher in potassium to help you achieve this.

Increasing the quantity of these foods in your diet may help to increase your potassium level.

Foods which are high in potassium should not be consumed in excess for long periods without the monitoring of your potassium levels by your doctor.

## Foods that have higher potassium contents

<p>Fruit and nuts</p>	<p>Fruit in particular - bananas, apricots, avocados, blackcurrants, rhubarb, fresh fruit juices</p> <p>Dried fruits eg currants, raisins, prunes, figs, sultanas, are rich sources of potassium</p> <p>All varieties of nut eg almonds, peanuts and walnuts</p>
<p>Potatoes</p>	<p>Potatoes are very rich sources of potassium if they are not boiled</p> <p>Jacket potatoes</p> <p>Ordinary fried chips</p> <p>Instant potato products eg waffles, potato croquettes</p> <p>Potato crisps</p>
<p>Vegetables and pulses</p>	<p>In particular - sprouts, mushrooms, parsnips, spinach, baked beans, kidney beans, lentils</p>
<p>Cereals</p>	<p>Cereals which are high in bran eg bran flakes, all bran, muesli</p>
<p>Biscuits, cakes and sweets</p>	<p>Fruit cakes, fig rolls, muesli bars</p> <p>Chocolate, fudge, liquorice all contain moderate amounts of potassium</p>
<p>Milk and dairy products</p>	<p>Drinking milk or eating yoghurts can have some effect on your potassium levels</p>

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