

Cooking Tips to Reduce Potassium:

Leaching and boiling can reduce the amount of potassium in potatoes, ground provisions and vegetables like beets, carrots, pumpkin and squash.

Method:

1. Peel potatoes, ground provisions or vegetables. Cut into ½” cubes or ⅛” slices.
2. Soak in large container full of warm or room temperature water for 30 minutes to 2 hours.
Change water every 4 hours if soaking for longer periods. Do not leave to soak in the fridge.
3. Drain and rinse.
4. Potatoes, ground provisions and vegetables should then be boiled in plenty of water.
5. Throw the cooking water away after vegetables are cooked. **Do not use the cooking water to make gravy or sauce.**

Once boiled, vegetables, potatoes and ground provisions can be fried, mashed, roasted or added to soups or stews.

More tips for managing potassium:

- Eat a variety of foods but remember that almost all foods have some potassium. How the food is prepared and the size of the portion is very important - a large portion of a low potassium food may still result in an excess potassium intake.
- Drain canned fruits and vegetables. Do not drink or use the liquid.
- Try to avoid vegetables that have only been steamed, stir-fried or microwaved.
- Limit raw vegetables.

Important Note: Persons receiving dialysis may need more specific advice than is contained in this leaflet and should consult with their healthcare team.

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Potassium

A guide to reducing potassium in your diet

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Potassium

What is potassium?

Potassium is a mineral found in many foods, especially protein foods, fruits, vegetables and ground provisions.

Potassium helps maintain a regular heartbeat and blood pressure. It also allows the nerves and muscles to work properly.

Some medications or kidney disease can cause an increase in the level of potassium in the blood.

Why is high potassium bad?

A high potassium level can cause an irregular heart beat, which could lead to a heart attack.

What can you do to lower your potassium?

Your doctor may advise you to limit certain high potassium foods in your diet in order to keep your potassium level normal.

In addition, you should also avoid salt substitutes and dietary supplements containing potassium.

Reduce Your Intake of High Potassium Foods:

Reduce Your Intake of:	Lower Potassium Alternatives:
<p>FRUIT – Bananas, guava, kiwi, cantaloupe, soursop, dried fruit (raisins, prunes, dates etc)</p> <p>NOTE: Persons receiving dialysis should avoid carambola (star fruit).</p>	<p>Fruits should be limited to a maximum of 3 servings a day. A serving is ½ cup or about a handful e.g. one small apple or orange or about 15 medium grapes.</p>
<p>VEGETABLES – Vegetables which have not been boiled (i.e. steamed, stir fried or raw vegetables), avocado, broccoli, tomato purée, Chinese cabbage, spinach.</p>	<p>Vegetables should be limited to 2-3 small (½ cup) servings daily - boiled if possible.</p> <p>Limit salads to one small bowl a day.</p>
<p>STARCHY FOODS – Green bananas, baked potatoes, frozen potato products e.g. French fries / wedges / hash browns / potato waffles.</p> <p>Unboiled breadfruit / cassava / yam / sweet potato / eddo / plantain.</p>	<p>Rice, pasta, meal coucou, bread, biscuits</p> <p>Boiled potatoes or potatoes that have been par-boiled then mashed, roasted or fried.</p> <p>Boiled breadfruit / cassava / yam / sweet potato / eddo / plantain.</p> <p>Do not eat potato or ground provisions more than once a day.</p>
<p>SNACKS – Potato/plantain/cassava/breadfruit chips, chocolate, nuts. Biscuits and cakes containing nuts, coconut, dried fruit, chocolate</p>	<p>Corn or maize based snacks, popcorn, mints, boiled / jelly sweets, marshmallows, biscuits and cakes <u>not</u> containing dried fruit, nuts, coconut or chocolate.</p>
<p>BEVERAGES – Coffee, Horlicks, Ovaltine, Milo, hot chocolate, fruit and vegetable juices, smoothies, coconut water, wine, beer, stout.</p> <p>Limit milk to 1 cup daily (½ cup evaporated milk) or ½ cup milk + 1 carton of yogurt.</p>	<p>Tea, herbal tea, drink mixes, mineral water, flavoured water, soft drinks (if allowed).</p> <p>Spirits are generally lower in potassium than other alcoholic drinks. Remember to keep within safe limits for alcohol.</p>
<p>SALT SUBSTITUTES (to avoid) e.g. Lo-Salt</p>	<p>Fresh and dried herbs and spices.</p>