

Department of
Nutrition & Dietetics

Controlling Potassium Intake



Potassium


Potassium is needed to keep the nerves, muscles and heart working well. Healthy kidneys filter out extra potassium and remove it from the body through urine. When your kidneys are not working properly, they may not be able to remove enough potassium. Potassium can build up in your blood to harmful levels. High blood potassium levels can cause irregular heart rhythm, which can cause your heart to stop beating.

It is important to limit your potassium intake if your blood potassium levels are high. Potassium is found in many foods, including fruits and vegetables. Avoid high-potassium fruits and vegetables and choose low and medium potassium fruits and vegetables instead.

Note: If low potassium fruits and vegetables are eaten in large amounts, potassium intake will also increase.

Sources of Potassium

1. Fruits – allow two servings daily

Low (<150mg potassium per serving)	Medium (150-250mg potassium per serving)	High (>250mg potassium per serving)
<ul style="list-style-type: none"> • Apple – 1 small • Blueberries – $\frac{3}{4}$ cup or 1 punnet (125g) • Cranberries – 1 cup (100g) fresh or 2 tablespoons dried • Dragonfruit – $\frac{1}{2}$ fruit • Grapes – 10 pieces • Guava – $\frac{1}{2}$ fruit • Jambu – 4 whole • Longan – 10 pieces • Mangosteen – 4 whole • Pear – 1 small • Pineapple – 1 wedge • Rambutan – 4 whole • Watermelon – 1 wedge 	<ul style="list-style-type: none"> • Cherries – 10 pieces • Chiku – 1 small • Duku – 10 pieces • Langsat – 10 pieces • Lychees – 10 pieces • Mandarin orange – 1 small • Orange – 1 small • Papaya – 1 wedge • Passionfruit – 2 whole • Persimmon – 1 small • Plum – 2 small • Pomegranate – $\frac{1}{2}$ cup • Pomelo – 3 segments • Raspberries – 1 cup • Strawberries – 1 cup 	<ul style="list-style-type: none"> • Apricot • Avocado • Banana • Custard apple • Dried fruits (e.g. dates, prunes, raisins, sultanas) • Durian • Fig • Honeydew • Jackfruit • Kiwi • Mango • Nectarine • Peach • Rockmelon • Soursop 

Low (<150mg potassium per serving)



Apple
1 small



Blueberries
 $\frac{3}{4}$ cup or 1 punnet
(125g)



Cranberries
1 cup (100g) fresh or
2 tablespoons dried



Dragonfruit
 $\frac{1}{2}$ fruit



Grapes
10 pieces



Guava
 $\frac{1}{2}$ fruit



Jambu
4 whole



Longan
10 pieces



Mangosteen
4 whole



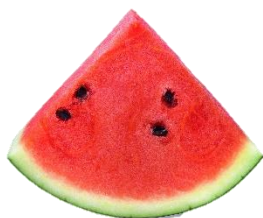
Pear
1 small



Pineapple
1 wedge



Rambutan
4 whole



Watermelon
1 wedge

Note: Avoid starfruit as it contains a toxin that your kidneys are unable to pass out. Your doctor/pharmacist may advise you to avoid grapefruit as it can interact with some medications.

Medium (150-250mg potassium per serving)



Cherries
10 pieces



Chiku
1 small



Duku/Langsat
10 pieces



Lychees
10 pieces



Mandarin orange
1 small



Orange
1 small



Papaya
1 wedge



Passionfruit
2 whole



Persimmon
1 small



Plum
2 small



Pomegranate
½ cup



Pomelo
3 segments



Raspberries
1 cup



Strawberries
1 cup

High (>250mg potassium per serving)



Apricot



Avocado



Banana



Custard apple



Dried fruits
(e.g. dates, prunes,
raisins, sultanas)



Durian



Fig



Honeydew



Jackfruit



Kiwi



Mango



Nectarine



Peach



Rockmelon



Soursop

Sources of Potassium

2. Vegetables – allow two servings daily

(One serving = 100g raw non-leafy; 150g raw leafy)

Low (<200mg potassium per serving)	Medium (200-350mg potassium per serving)	High (>350mg potassium per serving)
<ul style="list-style-type: none"> • Bamboo shoot – canned and drained • Bean sprouts (taugeh) • Brinjal/eggplant • Cabbage • Capsicum • Cucumber • Gourd, all types • Hairy cucumber • Leek • Lettuce • Mushroom – canned and drained • Peas – frozen/canned and drained • Rhubarb • Water chestnut – canned and drained • Wintermelon • Zucchini 	<ul style="list-style-type: none"> • Asparagus • Beetroot • Broccoli • Carrot • Cauliflower • Celery • Corn • Four angled bean/winged beans • French beans • Lady's fingers/okra • Long beans • Pumpkin • Radish • Snow peas • Tapioca • Tomato • Turnip 	<ul style="list-style-type: none"> • Artichoke • Arugula/rocket • Bamboo shoot – fresh • Brussel sprouts • Leafy vegetables (e.g. bok choy, chye sim, gai choy (mustard greens), kai lan (chinese broccoli/kale), kang kong (water spinach), kau kee (wolfberry leaves), spinach, sweet potato leaves, tang ho, watercress) • Napa cabbage/wombok • Mushroom – fresh or dried • Petai • Root vegetables (e.g. arrowhead, arrowroot, huai shan (chinese yam), lotus root, potato, sweet potato, water chestnut – fresh, yam) • Seaweed – dried



Low (<200mg potassium per serving)



Bean sprouts
(taugeh)



Bittergourd



Brinjal/eggplant



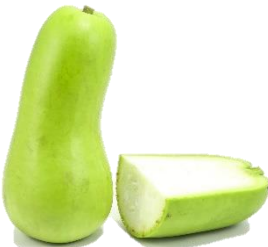
Cabbage



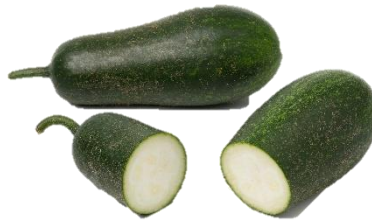
Capsicum



Cucumber



Gourds – all types



Hairy cucumber



Leek



Lettuce



Luffa



Peas –
frozen/canned
and drained



Rhubarb



Wintermelon



Zucchini

Medium (200-350mg potassium per serving)



Asparagus



Beetroot



Broccoli



Carrot



Cauliflower



Celery



Corn



French beans



Lady's fingers/okra



Long beans



Pumpkin



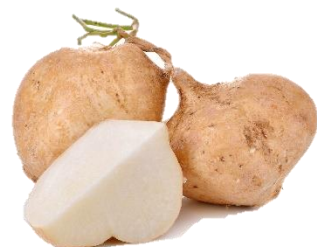
Radish



Snow peas



Tomato



Turnip

High (>350mg potassium per serving)



Arrowhead



Bamboo shoot



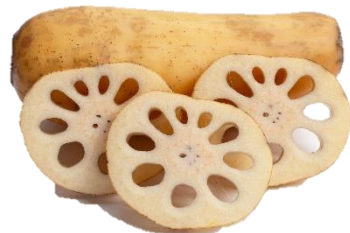
Bok choy



Chye sim



Kai lan (chinese broccoli/kale)



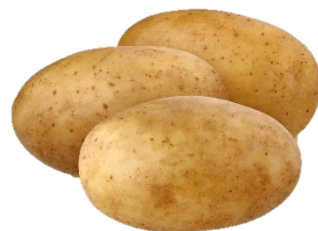
Lotus root



Mushroom –
fresh or dried



Napa cabbage/
wombok



Potato



Spinach



Sweet potato



Sweet potato leaves



Water chestnut –
fresh



Watercress



Yam

Sources of Potassium

Tips to reduce potassium from high-potassium vegetables:

①



Peel and chop vegetable into smaller pieces.

②



Wash and soak vegetable in water.

③



Drain water away before cooking.

④



Boil vegetable and drain water away after cooking.

Other tips to reduce potassium:



Do not use cooking water to make gravies, stocks or soups.



Drain liquids away from canned fruits and vegetables before consumption.

Sources of Potassium

3. Other high-potassium foods

- Breads, cereals, biscuits and cakes containing bran/dried fruits/coconut/ nuts/seeds/chocolate
- Tempeh, edamame, beans, lentils, chickpeas, nuts, seeds
- Milk, yoghurt, soy milk – allow one serving per day
- Coffee – allow one cup per day, cocoa, malted beverages (e.g. Milo, Ovaltine and Horlicks), fruit and vegetable juices, wine, beer, herbal supplements
- Coconut and products (e.g. coconut water, coconut milk, coconut cream)
- Condensed milk, evaporated milk, peanut butter, potato chips, ice cream
- Chocolate, toffee, fudge, liquorice, black/light treacle (molasses/golden syrup)
- Salt substitute, tomato sauce/puree/paste, ketchup, meat and yeast extract (e.g. Bovril, Marmite and Vegemite)

Sources of Potassium

3. Other high-potassium foods



Breads, cereals, biscuits and cakes containing bran/dried fruits/coconut/nuts/seeds/chocolate



Coconut and Peanut butter products



Potato chips



Chocolate



Beans



Lentils



Chickpeas



Nuts



Seeds



Milk



Yoghurt



Soy milk



Fruit juices

You are advised to consult a dietitian for a more comprehensive nutritional assessment and individualised dietary advice to support your kidney conditions.

Clinics B2
TTSH Medical Centre, Level B2
Contact:
6357 7000 (Central Hotline)



Scan the QR Code with your smart phone to
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