

PHARMACY

Information

Dietary Sources of Potassium



What is Potassium?













- Potassium is a mineral found in most foods that:
 - Keeps the heart beating regularly
 - Allows nerves and muscles to work properly
- Normal blood potassium level for adults is 3.5-4.5 mmol/L.
- Abnormal potassium level can cause:
 - Muscle weakness, cramp, numbness, tingling sensation
 - Irregular heartbeat
 - Heart attack
 - Death













How to Avoid High Potassium Level?

- Select low and moderate potassium food.
- Avoid high potassium food. Example:
 - Muesli, granola, bran, nuts, seeds & products (e.g. chocolate, chocolate milk, peanut butter)
 - Coconuts & its products (e.g. coconut milk, kaya)
 - Herbal medicine drinks, strong tea / coffee, wine, yoghurt
 - High potassium salt substitute, bottled sauces, stock cube
- Avoid large amount of low potassium food because this can turn into a high potassium meal.










What is the Potassium Content in Fruits and Vegetables?

1 Serving = 100 grams (¾ cup) if cooked; or 100 grams of raw non-leafy; or 150 grams of raw leafy










Low: Less than 150mg Potassium Per Serving		
		
Apple (One Small)	Blueberry (Half Cup)	Grape (10 Small)
		
Pineapple (One Wedge)	Canned Fruit (Drained, Half Cup)	Rambutan (Four Medium)
		
Durian (Two Seeds)	Guava (Half Fruit)	Cranberry (100g)
		
Pear (One Small)	Mangosteen (Four Medium)	Longan (10 Medium)

Low: Less Than 200mg Potassium Per Serving		
		
Bean Sprout	Cabbage	Turnip
		
Lettuce	Onion	Brinjal
		
Spring Onion	Cucumber	French Bean
		
Long Bean	Capsicum	Kangkung




Medium: 150-250mg Potassium Per Serving













		
Cherry (10 Medium)	Duku (10 Medium)	Lychee Six Medium)
		
Orange (One Small)	Papaya (One Slice)	Strawberry (One Cup)
		
Peach (One Medium)	Persimmon (One Medium)	Passion Fruit (Three and Half Medium)

Medium: 200-350mg Potassium Per Serving

		
Tomato (Raw, Canned)	Chinese Cabbage	Cauliflower
		
Celery	Sweet Corn (Frozen / Broiled)	Pumpkin
		
Chili (Green / Red)	Ladies Finger	Asparagus

High: More than 250mg Potassium Per Serving

		
Apricot (Four Small)	Avocado (One Medium)	Banana (One Small)
		
Custard Apple (One Medium)	Dates (Two Pieces)	Honeydew (One Slice)
		
Kiwi (One Medium)	Mango (Half Medium)	Rock Melon (One Slice)
		
Pomegranate (Half Medium)	Jackfruit (Two Seeds)	Dried Fruit (E.g. Raisins, 20g)

High: More than 350mg Potassium Per Serving		
		
Broccoli	Lotus Root	Petai
		
Potato	Spinach	Sweet Potato
		
Fresh Mushroom	Tomato (Paste / Puree)	Yam
		
Chye Sim	Sweet Potato Leaves	Kai Lan

The above information has been adapted from National Kidney Foundation Singapore: DTD Potassium Leaflet.

How to Reduce Potassium Content in Food?

- Leaching:
 1. Cut vegetables into small pieces.
 2. Soak vegetables in warm water for 1-2 hours.
 3. Drain water away before cooking.
 4. Use plenty of water to cook vegetables (do not use the water as gravy).
 5. Ensure all vegetables well-cooked before eating.
- Cook vegetables in unsalted water.
- Use whole spices (instead of ground spices) for cooking.
- Drain liquid from all canned food.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.