

Low potassium diet during the

Festive Season

Our food and drink choices often change around Christmas and other festival periods. Some additional care may be needed but you can still enjoy festive food and drink. Limit the portion sizes of foods high in potassium and how often you eat them. High levels of potassium in your blood can be dangerous.

Food lower in potassium:

- * Trifle
- * Ice cream
- * Meringues
- * Shortbread
- * Cream cake
- * Popcorn
- * Pretzels
- * Breadsticks
- * Turkish delight (not chocolate covered)

Drinks lower in potassium:

- * Flavoured water
- * Lemonade, Ginger Ale and Cola (although Cola is high in phosphate)
- * Cordial
- * Spirits e.g. Brandy, Vodka, Whisky
- * Liqueurs

Foods and drinks high in potassium should be limited, you can discuss this in detail with your Dietitian

Foods high in potassium:

- * Christmas pudding
- * Christmas cake
- * Mince pies
- * Dried fruit
- * Chocolate
- * Potato Crisps
- * Bombay mix
- * Nuts (including nut butters and marzipan)
- * Food made with condensed milk

Drinks high in potassium:

- * Pure Fruit and Vegetable Juice e.g. Orange or Mango Juice
- * White and Red Wine
- * Beer or Ale
- * Lager or Cider
- * Coffee, milky coffees even higher e.g. Latte

Don't forget to take your phosphate binders and remember to count all your fluids within your fluid restriction

....and enjoy yourself!



MENU IDEAS



Starters Options:

- * Prawn Cocktail
- * Bread Rolls
- * Garlic bread
- * Paté and crackers
- * Fruit Cocktail
- * Small slice of melon



Main Courses Options:

- * Roast Turkey / Chicken / Pork / Beef / Lamb / Duck
- * Roast potatoes (par boiled) or Boiled / Mashed potatoes
- * Small portion (2 tbsp) of high potassium vegetables e.g. Brussel Sprouts, Parsnips
- * Large portion (3 tbsp) of lower potassium vegetables e.g. Carrots, Cabbage, Broccoli, Cauliflower
- * Small portion of Gravy, Stuffing, Sausage OR Bacon
- * Small portion of Cranberry Sauce



Desserts:

- * Trifle
- * Arctic roll
- * Brandy snaps with cream
- * Cheesecake
- * Lemon meringue pie
- * Panna Cotta
- * Pavlova
- * Small portion of fruit cocktail or melon (if no fruit has been eaten as starter)



If you have any celebration or party coming up, remember you can contact your Renal Dietitian to discuss picking the best options for you.

