

## Kidney Disease: Fruit and Vegetable Portions on a Low Potassium Diet

*'This dietary advice sheet provides general information to help you change your diet. If you want more detailed advice or are following other dietary restrictions and need guidance, please ask your doctor to refer you to a registered dietitian'.*

If you have been advised to limit your potassium intake, the following information gives you guidance on recommended portion sizes. Please note the portion size varies according to the potassium content of the food i.e. the higher the potassium content, the smaller the portion of that food you can safely include in your diet. If you need more detailed advice please contact a dietitian.



### Fruit portions- select two portions per day

#### Fresh Fruit:

- 1 apple-medium
- 1 small orange / lemon/ lime
- 1 small peach/nectarine
- 1 pear
- 1 apricot
- 1 passion fruit
- 1 fresh fig
- 1 medium plum
- 2 satsumas / clementines / tangerines
- 3 damsons
- 15 grapes
- 14 lychees
- ½ nectarine
- ½ small banana or ½ kiwi fruit
- ¼ small avocado
- 1 small slice galia or watermelon (80-100g)
- 1 large slice pineapple (80g)
- 150g blueberries/bilberries
- 150g cranberries
- 100g raspberries/strawberries
- 100g blackberries/gooseberries
- 80g mango
- 75g cherries
- 60g loganberries/mulberries/pomegranate
- 45g blackcurrants

Olives are low in potassium and do not need to be counted within your fruit allowance (but most are high in salt so should not be eaten in large amounts)

#### Tinned Fruit:

1 portion is 120g (4oz) or 5 tbsp.  
Select fruits canned in syrup (unless you have Diabetes) as these are lower in potassium than those canned in juice, then drain off the syrup.  
e.g. fruit cocktail, lychees, mandarins, mango, papaya, pineapple, pears, apricots, peaches, cherries, blackcurrants, raspberries, guava, fruit pie filling, rhubarb

#### Stewed Fruit:

4 tbsp. apple/blackberries/gooseberries  
3 tbsp. raspberries/cranberries  
2 tbsp. damsons/plums/prunes/redcurrants/rhubarb/blackcurrants/mulberries

#### Very High Potassium Fruits to Avoid

#### Dried Fruit:

Dried apricot, currants, dates, dried mixed fruit, figs, dried or tinned prunes, raisins and sultanas and fresh and dried coconut are very high in potassium and should generally be avoided.

#### Avoid:

Starfruit may have toxic effects to anyone with kidney disease so should be avoided.  
Grapefruit can react with many medications so check with your doctor or pharmacist before taking.

# Kidney Disease: Fruit and Vegetable Portion sizes on a Low Potassium Diet

## Vegetable/salad portions- select two portions per day

Unless specified these should be boiled not steamed, pressure-cooked, microwaved, sautéed or fried

### 120g (4oz) or 4tbsp. portion:

Beansprouts - raw or stir-fried  
Broccoli (2 spears)  
Cabbage  
Carrots  
Cauliflower  
Cucumber -raw/pickled gherkins  
French/green/runner beans  
Leeks  
Mangetout peas  
Marrow  
Mixed veg – frozen  
Mushrooms- canned  
Onions- boiled or pickled  
Peas mushy- canned  
Peas- frozen or canned  
Peppers- red, green- fried  
Pumpkin  
Sugar snap peas  
Swede  
Water chestnuts – canned

### Very High Potassium Vegetables:

Artichoke, bamboo shoots, chard, raw spinach, tomato puree and sundried tomatoes should generally be avoided.

### Beans and lentils:

These should be counted as part of your protein allowance, rather than a vegetable

### 60g (2oz) or 2 tbsp. portion:

Asparagus  
Broad beans  
Brussel sprouts  
Butter beans  
Celery - boiled  
Courgette – boiled  
Mushrooms fried or boiled and drained  
Parsnips boiled  
Spinach (boiled)  
Spring greens  
Sweetcorn – canned/baby corn/frozen  
Tomato - canned  
Turnip

### OR one serving of raw vegetables:

Beetroot- 2 small pickled  
Cabbage/Carrots 2 tablespoons  
Celery- 2 small sticks  
Cucumber -2 inch piece  
Green/Red pepper- ½ medium  
Lettuce- 8 large leaves  
Onion -½ medium raw  
Pickled gherkins- 6 medium/19 small  
Pickled onions- 10 medium  
Radishes- 8 medium  
Spring Onions- 5 medium  
Tomato-1 small/ 4 cherry tomatoes  
Watercress- ½ large bunch

### OR one serving of salad e.g.:

- 2 lettuce leaves, 3 rings green pepper
- 1 spring onion, mustard & cress and French dressing
- 2 lettuce leaves, ½ tomato, 3 slices cucumber, 1 onion ring
- 2 tbsp. green beans, ½ apple diced, mustard, lemon juice
- 1 Chinese leaf, 2tbsp beansprouts, 4 baby corn, French dressing
- 2 tbsp. mandarins (drained), 1 tbsp. grated carrot, oil, vinegar
- 2 lettuce leaves, ½ tomato, 1 radish, ¼ carrot
- ½ eating apple (chopped), ½ stick celery (chopped), 3 walnuts
- 2 lettuce leaves, ¼ tomato, 1 slice beetroot, 1 spring onion

Add beansprouts and chicory which are low in potassium and do not need to be counted in your allowance. Also use pasta or rice to extend salad.

