



FESTIVE POTASSIUM UPDATE



Christmas is here again and with it comes the usual indulgence in festive food and drink! Even with your special dietary needs, you should be able to enjoy the Christmas festivities.

It is important to remember that many foods eaten over this period are rich in potassium. Too much potassium in your blood can be dangerous and foods high in potassium should be taken with caution.

You can still have some high potassium foods but limit the size of your portions and how frequently you eat them.

Festive foods high in potassium:

- Christmas pudding
- Christmas cake
- Mince pies
- Dried fruit
- Chocolate (plain chocolate is lower in potassium than milk chocolate)
- Crisps, Bombay mix
- Nuts
- Potato croquettes

Festive foods lower in potassium:

- Trifle
- Ice cream
- Meringues
- Shortbread
- Cream cake or gateau
- Turkish delight (not chocolate covered)
- Popcorn
- Corn snacks e.g. Wotsits, torilla chips, Monster Munch, Skips
- Pretzels, breadsticks
- Savoury snacks



Drinks high in potassium:

- Pure fruit & vegetable juices, e.g. orange, apple, tomato juice
- White or red wine
- Beer & ale
- Lager & cider
- Coffee, cappuccino

Drinks lower in potassium:

- Flavoured water
- Lemonade, cola, ginger ale
- Cordial/diluting squash
- Spirits e.g. brandy, whisky, vodka
- Liqueurs

Dry or sparkling wine and sherry are lower in potassium than the above drinks but still need to be taken in moderation.

Mix spirits with fizzy drinks or water, not fruit juices. Spirits will take up less of your fluid allowance than beer and lager.

Remember to count all fluids within your fluid allowance and to take your phosphate binders as normal.



Suggestions for eating over the festive period

Starters



- Prawn cocktail
- Small slice melon/Fruit cocktail
- Pate with toast or crackers
- Soup e.g. squash, pumpkin, minestrone, chicken, carrot & coriander

Main course



- Roast turkey/pork/beef/lamb/chicken/duck/goose
- Roast potatoes (par boiled), boiled or mashed potatoes
- Small portion of high potassium boiled vegetables, i.e. brussel sprouts, parsnip or sweetcorn
- Portion of lower potassium vegetables, i.e. carrots, cabbage, turnip, broccoli, cauliflower
- Small portion of gravy, stuffing, sausage or bacon

Desserts

- Trifle
- Ice cream
- Meringues
- Gateau
- Cheese cake
- Small portion of Christmas pudding/cake with cream, custard or ice cream



This information is relevant for most people on dialysis.
People who tend to have **low** potassium levels should not follow this advice.
If you are unsure or would like further information, please contact your renal dietitian on 2421255.

**MERRY CHRISTMAS AND BEST WISHES FOR THE NEW YEAR!
FROM THE DIETITIANS**