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PATIENT TUTORIAL

Why do you need to limit your potassium intake?

1) Affects your heartbeat
Normal Range is 3.5 – 5.1

Potassium is found in all fruits & vegetables




1

Potassium

Moderate Potassium Fruits & Vegetables

(Eat only a small amount once a day)

Apricot	Beetroot
Green Melon	Cauliflower
Paw Paw	Carrots
Naartjie	Green beans
Guava	Pumpkin
½ grapefruit	Spinach
	Tomato raw – small

3

Soaking

- Peel potato or sweet potato and cut into small cubes
- Soak in warm water for 2 hours and drain off the water
- Boil in water until cooked and drain the water again



5


Low Potassium Fruits & Vegetables

(These are the healthier choice)

Apple	Cabbage
Pear	Broccoli
Pineapple	Frozen Veg
Strawberries	Peas
Litchi	Onion
Granadilla	Lettuce
Plum	Cucumber
Tinned Fruit	Baby Marrow
Box Juice	Tinned corn
	Peppers

High Potassium Fruits & Vegetables

(Try to avoid these or only have a very small amount occasionally)

Peach	Butternut
Banana	Squash
Grapes	Okra
Spanspek	Mushrooms
Watermelon	Canned - tomato
Orange	
Avocado	
Mango	

Other High Potassium Foods

- Legumes & Pulses
- Nuts and Peanuts
- Coffee (Aim for 1 cup per day only)
- Wine, Sweet Cider, Sherry
- Limit Chips, Popcorn, Fudge, Toffees, Cakes and Biscuits

