



संजय गांधी स्नातकोत्तर आयुर्विज्ञान संस्थान, लखनऊ

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POTASSIUM AND DIET

Potassium is a mineral which is needed in the body for muscle contraction / nerve function and maintains a normal blood pressure.

GENERAL INSTRUCTIONS:

- The amount of potassium in the blood is normally controlled by the kidneys.
- When your kidneys are not working properly potassium can increase. Here you may need to take low potassium in your diet.
- Certain conditions can decrease potassium level in the blood; here you need a high potassium diet.
- Both high and low levels of potassium in the blood can be dangerous and can affect the heart.
- The daily requirement of potassium in adults is 3000 - 3500 mg / day.

Foods with very high potassium content (strictly to be avoided in low potassium diet) :

- Fruits (banana, all citrus fruits) and all fruit juices.
- Bran and bran products
- Dark leafy vegetables
- All vegetable soups
- All dry fruits, Nuts and seeds
- Figs, raisins
- Peanut butter
- Coconut water
- Malted drinks
- Coffee
- Chocolates
- Chocolates and biscuits with nuts and dry fruits
- Canned products (esp. liquids)
- Limit milk / milk products up to 200-250ml per day.

LEACHING PROCESS (TO DECREASE POTASSIUM CONTENT IN FOODS)

FOR VEGETABLES:

- Wash, peel and cut the vegetables.
- Wash them again 4-5 times.
- Soak the vegetables for ½ -1 hour in boiled water (not in boiling water), use twice or thrice the amount of water to the amount of vegetable.
- If soaking longer, change the water at every 4 hours.
- Discard the water used in soaking and cook in fresh water.

FOR PULSES:

- Soak the pulses for 1 hour in boiled water. Use twice or thrice the amount of water to the amount of pulses.
- Discard the water used in soaking and boil the pulses in fresh water.

LIST OF POTASSIUM CONTENT OF COMMON FOODS

<p><u>LOW - POTASSIUM FOODS</u> <u><100 mg/100gm</u> <u>(Can be used)</u></p> <p>CEREALS</p> <p>Rice Rawa/Sooji Refined Flour Sago Pasta Noodles Vermicelli Bread and similar Products (Not whole grains) Corn flour Arrowroot Corn Popcorn Cookies without nuts and chocolates</p>	<p>PULSES</p> <p>Nil</p>	<p>FRUITS</p> <p>Apple Pineapple Pears Apricots Jamun Plum Cherries Grapes Strawberries Raspberries Guava</p>	<p>VEGETABLES</p> <p>Cucumber Taroi Lauki Parwal Tinda Sem Peas French Beans Lettuce Onion Green Mango</p>	<p>MILK AND MILKPRODUCTS</p> <p>Nil</p>	<p>MEAT, FISH AND POULTRY</p> <p>Nil</p>
<p><u>MODERATE - POTASSIUM FOODS</u> <u>100-200mg/100gm</u> <u>(can be taken carefully)</u></p> <p>CEREALS</p> <p>Rice Flakes Jowar</p>	<p>PULSES</p> <p>Nil</p>	<p>FRUITS</p> <p>Litchi Peaches Watermelon Lemon</p>	<p>VEGETABLES</p> <p>Eggplant Onion Stalks Cauliflower Cabbage Radish Turnip Karela</p>	<p>MILK AND MILKPRODUCTS</p> <p>Nil</p>	<p>MEAT, FISH AND POULTRY</p> <p>All Fresh Water fishes Egg White</p>
<p><u>HIGH - POTASSIUM FOODS</u> <u>>200mg/100gm</u> <u>(Restricted)</u></p> <p>CEREALS</p> <p>Wheat Flour (Whole) Bran and Bran products oats Ragi Makka (Maize) Bajra Buckwheat (Kuttu)</p>	<p>PULSES</p> <p>Chana (Whole) All Dals (esp. with Chhilka) Peas Dry Rajma Chick Peas</p>	<p>FRUITS</p> <p>Banana (Ripe) Orange Musambi Mango Papaya Pomegranate Muskmelon Apricots Phalsa Bael Fruit Chikoo Amla Kiwi</p>	<p>VEGETABLES</p> <p>Brinjal Spinach Plantain Lady's finger Potato Sweet Potato Arvi Zimikand Tomato Pumpkin Coriander Sehjan Ki Phali ChaulayiSaag Kathal (Jackfruit) Kamalgatta Green Papaya Beetroot Mushrooms</p>	<p>MILK AND MILKPRODUCTS</p> <p>Milk and milk products (All types)</p>	<p>MEAT, FISH AND POULTRY</p> <p>Beef Pork Lamb Goat Rohu Salmon Hilsa Tuna Egg yolk</p>