

Department of Nutrition and Dietetics

Renal Disease - Low potassium snacks and drinks

This information should only be used by patients with a high potassium level and should only be followed with supervision from a dietitian.

If you or your relatives would like to buy snacks or drinks use this list to check that you choose the right ones.

Avoid potassium containing food additives:

Many processed foods contain potassium additives which manufacturers add to improve the texture, lifespan or reduce the salt content of foods. These additives are absorbed very efficiently by your body and can significantly raise your potassium levels, more so than naturally occurring potassium in other foods. Avoiding additives can therefore help control your potassium levels.

Look for 'potassium chloride', 'potassium lactate', 'potassium phosphate' or 'potassium citrate' on the labels of processed foods such as low salt products, meat, vegetarian meat alternatives, processed cheese, soups and powdered drink mixes such as hot chocolate and malted drinks.

It is beneficial to get your 5 a day of fruit and vegetables from 'lower potassium' options as this can help to manage your overall acid balance and therefore K levels and is also beneficial to overall health. Aim to have 2 fruits and 3 vegetables per day.



Patient Information

If you would like to have any food or drinks not on the list, check with your Dietitian first.

Food item	High potassium foods to reduce	Low potassium foods to try
Drinks	Coffee, fruit juice, High Fruit squash, drinking chocolate, Horlicks, instant white teas, milkshakes and smoothies.	Milk - restrict to ½ pint or dairy free alternatives. Tea, fruit tea, squashes, fizzy drinks, tap or mineral water, flavoured water, barley cup, tonic water, Barley Cup or Caro (cereal based coffee alternatives)
Fruit	Apricots, banana, oranges, blackcurrants, redcurrants, rhubarb, avocado, figs, dates, mango, dried fruit, coconut, melon & pomegranate.	Maximum of 2 portions fruit day: Apple (1small), pear (1 small), tangerine (1 small) or satsumas (2 small), plums (1 small), grapes (15 only), strawberries (6 only), kiwi (1 small), olives, blackberries (20 only), raspberries (20 only), blueberries (200g) small peach or nectarine. Tinned fruit (discard juice or syrup)
Savoury snacks	Potato crisps, nuts, Bombay mix, seeds & twiglets.	Skips, Wotsits, Doritos, Wheat Crunchies, Nik Naks, Cheddars, toffee popcorn, Snack a Jacks, rice cakes, low salt popcorn.

Patient Information

Sweets	Chocolate, toffee, fudge, liquorice, coconut sweets, sweets/chocolates containing nuts or dried fruit	Boiled sweets, mints, fruit pastilles, plain Turkish delight, chewy sweets, jelly sweets, chewing gum, marshmallow, honeycomb, peppermints and sherbet.
Food item	High potassium foods to reduce	Low potassium foods to try
Cakes and biscuits	Any cakes or biscuits with dried fruit, nuts or chocolate.	Plain cakes and biscuits, biscuits with jam or cream, apple pies, doughnuts, flapjacks, pastries, scotch pancakes, teacakes, scones, iced biscuits, cream crackers, crumpets and plain croissant.

Warning - Star fruit contains a chemical which can be extremely dangerous to people with kidney problems. These should be avoided.

Produced by Coventry Renal Dietitians, University Hospitals Coventry & Warwickshire

Contact number: 024 7696 6151

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