







# Potassium Swaps

Following a low potassium diet can sometimes be challenging. These tables show how you can make changes to your diet by swapping high potassium foods and drinks for those with a lower potassium content.

High potassium foods and drinks	Alternative lower potassium foods and drinks
 <p>Potatoes (all types)</p>	 <p>Pasta, rice, couscous, noodles</p>
 <p>Cow's milk</p>	 <p>Plant-based milk drinks such as soy, rice*, oat drinks, low protein milk substitutes</p>
 <p>Breakfast cereals with chocolate or dried fruit</p>	 <p>Plain, honey coated or sugar coated breakfast cereals</p>
 <p>Potato crisps and other snacks containing potato</p>	 <p>Corn or rice snacks, sweetened popcorn</p>
 <p>Chocolate biscuits</p>	 <p>Plain, jam filled or wafer biscuits</p>
 <p>Chocolate cake, fruit cake</p>	 <p>Plain cake filled with cream or jam, jam tarts, doughnuts, plain scones</p>
 <p>Fruit juices, hi juice squash</p>	 <p>Lemonade, squash, cordials</p>
 <p>Instant coffee and coffee essence†</p>	 <p>Tea (black, green† or herbal)</p>
 <p>Chocolate spread, peanut butter</p>	 <p>Marmalade, jam, honey</p>
 <p>Chocolate, marzipan, liquorice, toffee, fudge</p>	 <p>Boiled sweets, jellies, mints, marshmallows</p>
 <p>Ketchup</p>	 <p>Mayonnaise</p>

\*It is not advised to give rice milk drinks to young children.

†Children under the age of 12 years should not have caffeine-containing drinks.

Please follow the advice given to you by your dietitian regarding any changes you need to make to your diet.



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