

Food guide for managing potassium intake for children eating an Indian diet

The following tables give the potassium content of foods commonly eaten by children living in India.

This practical guide has been devised by a working group of paediatric renal dietitians and paediatric nephrologists in India, in collaboration with the Paediatric Renal Nutrition Taskforce.

Indian foods

The potassium content of food items per 100g is taken from reference texts. Portion size and potassium per portion size has been estimated by the working group. Please note potassium content varies depending on cooking method, ingredients and household measurement. The portion size of 1 bowl has a volume of 210ml and a diameter of 8cm. Herbs and spices are dried powders unless stated. Given weights of meat are boneless.

K⁺ content of breakfast foods

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Idli	Rice, urad dal	60g (2 pieces)	288	480
Ragi idli	Parboiled rice powder, ragi powder, urad dal	35g (1 piece)	204	583
Mini idli	Parboiled rice, urad dal	10g (1 piece)	13	130
Idli uppuma	Rice, urad dal, moong dal, onion, oil	100g (1 bowl)	293	293
Idli podi	Bengal gram, black gram, sesame seeds, dry red chillies, curry leaves, pepper, asafoetida	20g (1 Tbsp)	222	1112
Rava idli	Semolina (rava), curd (yogurt)	80g (2 pieces)	181	226
Dosa	Parboiled rice, urad dal, oil	29g (1 piece)	60	207
Rava dosa	Semolina (rava), rice flour, refined flour (maida), curd (yogurt), onion, chilli, fresh ginger, pepper, whole cumin, curry leaves, coriander leaves, oil	67g (1 piece)	246	367
Egg dosa	Egg white, dosa batter, onion, carrot, pumpkin	41g (1 piece)	115	281
Ada dosa	Dosa batter, green gram powder, whole green chillies, pepper, cumin	55g (1 piece)	301	547
Onion uthappam	Rice, black gram, onion, whole green chillies, curry leaves, oil	42g (1 piece)	130	310
Masala dosa with tomato chutney	Rice, urad dal, potato, onion, fresh ginger, cashews, mustard seeds, curry leaves, coriander leaves, oil, coconut, whole green chillies, roasted bengal gram, garlic	201g (1 piece)	595	296
Ghee roast	Rice, urad dal, ghee	70g (1 piece)	593	847
Vermicelli upma	Vermicelli, onion, peas, carrot, oil	100g (1 bowl)	101	101
Upma	Semolina (rava), onion, oil	70g (½ bowl)	64	91
Broken wheat with rice flakes upma	Broken wheat, rice flakes, carrot, onion, fresh ginger	120g (1 bowl)	139	116
Puri potato masala	Wheat flour, oil, salt, potato, onion, fresh ginger, cashews, mustard seeds, whole green chillies, curry leaves, coriander leaves, oil	178g (1 piece with 1 bowl)	530	298
Alu (potato) paratha	Whole wheat flour, potato, oil	70g (1 small piece)	273	390

K⁺ content of breakfast foods

■ High potassium (>117mg (3mmol) per portion)

■ Moderate potassium (39-117mg (1-3mmol) per portion)

■ Lower potassium (<39mg (1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Paneer (cottage cheese) paratha	Whole wheat flour, paneer, oil	70g (1 piece)	140	200
Plain paratha	Whole wheat flour, oil	53g (1 piece)	112	211
Vegetable roti	Wheat flour, onion, cucumber, carrot	43g (1 piece)	189	440
Rice roti	Rice flour, onion, mixed leaves (curry, dill, coriander)	75g (1 piece)	137	183
Idyappam with paya	Rice flour, oil, onion, tomato, potato, cinnamon, cloves, fresh ginger, garlic, fennel seeds, red chilli, garam masala, turmeric, oil	70g (1 piece with ½ bowl paya)	116	165
Appam	Raw rice, flattened rice or cooked rice, coconut fresh, oil	125g (3 pieces)	206	165
French toast/egg toast	Bread, egg, oil/butter, milk, onion	142g (2 pieces)	160	113
Poha	Rice flakes, onion, peanuts, oil	45g (½ bowl)	60	133
Pongal (savoury)	Rice, moong dal, cashews, ghee	110g (1 bowl)	737	670
Pongal (sweet)	Rice, moong dal, jaggery, raisins, cashews, ghee	75g (1 bowl)	400	533
Puttu with banana	Puttu flour, grated coconut, banana	170g (1 piece with 1 banana)	266	157
Sabudana kichdi	Sago, peanuts, ghee	45g (½ bowl)	51	113
Sheera/halwa	Semolina (rava), cows milk, sugar, ghee	100g (1 bowl)	85	85
Chole bhature	Refined flour (maida), curd (yogurt), oil, soaked bengal gram, onion, tomato, oil	100g (1 piece bhature 40g + 60g chole)	240	240
Dahi chura	Curd (yogurt), rice flakes, jaggery, almonds	150g (1 bowl)	227	163
Pudina chutney	Mint leaves, coconut, onion, oil	20g (1 Tbsp)	73	365
Tomato chutney	Tomato, fresh ginger, garlic, oil	25g (¼ bowl)	56	223
Coconut chutney	Coconut, whole green chillies, roasted bengal gram, garlic	28g (1 Tbsp)	57	204

K⁺ content of main meals

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Rajmah curry	Soaked rajmah, onion, tomato, oil	126g (½ bowl)	299	237
Black chana curry	Soaked black channa, onion, tomato, oil	132g (½ bowl)	290	220
Pea potato/potato green chickpea curry	Potato, green peas, onion, tomato, garlic, fresh ginger, oil	132 g (½ bowl)	323	245
Mutton curry	Mutton (125g), curd (yogurt), onion, tomato, oil	167g (½ bowl)	370	222
Bottle gourd curd curry	Bottle gourd, onion, curd (yogurt), whole green chillies, cumin seeds	50g (½ bowl)	261	521
Chicken curry	Chicken (70g), onion, tomato, curry leaves, whole red chillies, fresh ginger, garlic, curd (yogurt), oil	75g (½ bowl)	235	313
Egg curry	Egg (1), onion, tomato, curry leaves, whole red chillies, fresh ginger, garlic	60g (½ bowl)	173	288
Dal makhni (black gram whole)	Whole black dal, onion, tomato, cream, butter, oil	65g (½ bowl)	227	349
Green gram (whole) dal	Whole green gram, onion, tomato, oil	129g (½ bowl)	243	188
Moong dal khichri	Split moong dal, rice, onion, tomato, ghee, oil	85g (1 bowl)	478	562
Paneer (cottage cheese) bhurji	Paneer (100g), peas, onion, tomato, oil	135g (½ bowl)	177	131
Kadhai paneer	Paneer (40g), capsicum, onion, tomato, tomato puree, fresh ginger, oil	144g (½ bowl)	143	99
Butter chicken	Chicken (125g), cream, onion, tomato, cashews, whole green chillies, oil	130g (½ bowl)	264	203
Palak paneer	Paneer (50g), spinach, onion, oil	115g (½ bowl)	506	440
Wheat chapati without ghee	Whole wheat flour	25g (1 piece)	78	312
Whole wheat flour poori	Whole wheat flour, oil/ghee	25g (1 piece)	50	200
Naan	Refined flour (maida), curd (yogurt), oil	45g (1 piece)	60	134
Chapathi	Wheat flour, oil	30g (¾ piece)	62	207
Ragi ball/mudde	Ragi flour, ghee/butter	130g (1 piece)	665	512
Rice, sambar/huli	Rice, toor dal, egg plant (brinjal) or drumstick, onion, sambar powder	180g (1 bowl)	929	516
Lemon rice	Rice, lemon, fresh ginger, garlic, oil, asafoetida, ground nut, bengal gram, turmeric	69g (½ bowl)	91	132

K⁺ content of main meals (continued)

■ High potassium (>117mg (3mmol) per portion)

■ Moderate potassium (39-117mg (1-3mmol) per portion)

■ Lower potassium (<39mg (1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Carrot rice	Rice, carrot, mustard seeds, cumin, onion, whole green chillies, turmeric, curry leaves	70g (½ bowl)	102	147
Bisibelebath	Rice, toor dal, ghee, peanuts, carrot, potato, peas, beans, tomato, tamarind pulp, cashews	100g (1 bowl)	673	673
Sambar rice	Rice, black gram, bengal gram, cumin seeds, whole red chillies, peanuts, red gram, carrot, cluster beans, onion, tomato, garlic, tamarind pulp	58g (½ bowl)	347	604
Curd rice	Rice, curd (yogurt)	137g (½ bowl)	101	74
Chicken biryani	Rice, chicken (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	177	174
Mutton biryani	Rice, mutton (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	196	192
Vegetable biryani	Rice, carrot, potato, french beans, tomato, onion, peas, fresh ginger, garlic, whole green chillies	100g (½ bowl)	245	245
Vegetable pulao	Rice, cauliflower, peas, carrot, onion, oil	115g (½ bowl)	241	210
Onion tomato raita	Curd (yogurt), onion, tomato	75g (½ bowl)	107	143
Onion raita	Onion, curd (yogurt), whole green chillies, coriander leaves	150g (½ bowl)	154	103
Cucumber raita	Cucumber, curd (yogurt), mint leaves, roasted cumin	150g (½ bowl)	143	95
Boondi raita	Curd (yogurt), boondi	57g (½ bowl)	80	140
Sambar	Toor dal, onion, tomato, cucumber, cluster bean, pepper, coriander, turmeric, mustard seeds, cumin, red chilli powder, tamarind pulp, asafoetida	60g (1 bowl)	201	335
Butter milk	Curd (yogurt), mint leaves, cumin	100g (½ glass)	151	151
Cabbage potato vegetable	Cabbage, potato, refined oil	95g (½ bowl)	401	422
Potato cauliflower vegetable	Potato, cauliflower, tomato, oil	100g (½ bowl)	433	433
Bottle gourd/ridge gourd vegetable curry	Bottle gourd/ridge gourd, tomato, onion, fresh ginger, oil	125g (½ bowl)	289	231
Sarson palak saag	Mustard leaves, spinach, bathua leaves, maize flour, onion, butter, oil	72g (½ bowl)	275	382
Brinjal (egg plant) bharta	Egg plant (brinjal), onion, tomato, fresh ginger, oil	128g (½ bowl)	362	283
Stuffed brinjal (egg plant)	Egg plant (brinjal), dry masala, oil	33g (1 piece)	104	315
Vegetable salad	Carrot, whole green chillies, onion, tomato, curd (yogurt)	53g (½ bowl)	122	232

K⁺ content of snacks

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Paneer tikka	Paneer (70g), onion, besan (gram flour), capsicum, hung curd (yogurt), mustard oil	83g (½ plate)	135	161
Chicken tikka	Chicken (80g), hung curd (yogurt), besan (gram flour), capsicum, onion, mustard oil	83g (½ plate)	205	231
Mushroom tikka	Mushrooms (40g), besan (gram flour), onion, capsicum, curd (yogurt), oil	60g (½ plate)	163	272
Tandoori chicken	Chicken (80g), curd (yogurt), mustard oil, corn flour	52g (½ plate)	107	204
Mutton kebabs	Mutton (50g), besan (gram flour), onion, fresh ginger, garlic, oil	60g (1 piece)	282	470
Vegetable momos	Refined flour (maida), cabbage, carrot, onion, oil	35g (1 piece)	67	191
Samosa	Refined flour (maida), potato, green peas, oil	85g (1 piece)	313	368
Vegetable noodles	Noodles, capsicum, carrot, onion, oil	75g (1 bowl)	113	151
Boiled corn chat	Tender sweet maize, onion, tomato, besan (gram flour), sev	53g (½ bowl)	199	376
Bhel puri	Puffed rice, roasted gram, potato, papdi puri, mixture/farsan	75g (½ bowl)	163	217
Pani puri	Green peas, onions, tomato, carrot, sev, tamarind extract, chat masala	50g (½ plate)	300	599
Onion pakoda	Onion, whole green chillies, besan (gram flour), oil	103g (½ plate)	414	402
Masala vada	Chana dal, onion, coriander leaves, oil	38g (1 piece)	283	745
Potato bonda	Besan (gram flour), potato, oil	35g (1 piece)	235	672
Mixture	Bengal gram flour, rice flour, asafoetida, turmeric, peanuts, roasted bengal gram, cashews, poha, Kashmiri chilli powder, sugar	35g (¼ bowl)	75	214
Mysore bonda	Curd (yogurt), refined flour (maida), rice flour, cumin seeds, fresh ginger, whole green chillies, coriander leaves	35g (1 piece)	48	138
Rice flour murukku	Rice flour, red chilli powder, oil	47g (2 pieces)	261	555
Rice flakes kozhukattai	Rice flakes powder, nuts powder, coconut, jeera	50g (1 piece)	230	460
Chivda	Rice flakes thin, ground nuts, roasted chana dal, sugar, oil	25g (1 small cup)	98	390

K⁺ content of sweets

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Barfi	Khoya, sugar, milk, ghee, pistachios	50g (1 piece)	167	334
Besan ladoo	Besan (gram flour), semolina (rava), ghee, powdered sugar	38g (1 piece)	150	394
Carrot halwa	Carrot, milk, ghee, sugar, cashews, almonds, raisins	195g (½ bowl)	452	232
Moong dal halwa	Split moong dal, semolina (rava), ghee, sugar, almonds, pistachios, raisins	75g (1 bowl)	401	534
Gulab jamun	Khoya/mawa, refined flour (maida) oil, sugar	40g (1 piece)	81	202
Rosogulla	Full cream milk (80ml), lemon juice, sugar, cardamom	145g (1 piece)	107	74
Soan papdi	Besan (gram flour), ghee, green cardamom, all purpose flour, sugar, milk	212g (1 piece)	845	291
Basundi	Full cream milk (150ml), sugar, cardamom, nutmeg, almonds, cashews, pistachios	75g (½ bowl)	200	266
Rava ladoo	Semolina (rava), sugar, desiccated coconut, ghee, cardamom powder, raisins, cashews	70g (2 pieces)	109	156
Rava kesari	Semolina (rava), sugar, ghee, cardamom powder	50g (1 piece)	45	90
Bhadhusa	Refined flour (maida), curd (yogurt), green cardamom, sunflower oil, ghee, sugar	103g (1 piece)	77	35
Mysore pauk	Sugar, ghee, besan (gram flour)	30g (1 piece)	68	227
Jangri	Urad dal whole, rice flour, sugar, water	50g (1 piece)	232	464
Rice kheer	Rice, milk, sugar, green cardamom, almonds, raisins	115g (½ bowl)	130	113
Rice flakes balls	Rice flakes, parboiled rice powder, rajma red	40g (2 pieces)	176	439
Paruppu payasam	Paruppu, coconut milk, rice raw brown, jaggery, raisins dried black, cashews, green cardamom	101g (½ bowl)	113	218
Sago payasam	Sago, double toned milk, sugar, ghee, rasins dried black, cashews, cardamom	81g (½ bowl)	21	50
Vermicelli payasam	Wheat vermicelli roasted, sago, double toned milk, sugar, ghee, rasins dried black, cashews, cardamom	91g (½ bowl)	41	85
Fruit custard	Full cream milk, custard powder, banana, mango, pomegranate, sugar	145g (½ bowl)	91	62



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