

Potassium content of commonly used Turkish dishes for managing food intake in children with chronic kidney disease

This practical guide has been devised by the Turkish Associations of Pediatric Dietitians and the Turkish Society of Pediatric Nephrology in collaboration with the Paediatric Renal Nutrition Taskforce.

Turkish dishes

Portion size has been estimated by the working group using Turkish recipe books. Potassium content per 100 grams of dishes were calculated using Nutrition Information System software (BeBiS). Scoop is 9cm diameter (125ml). Tbs is rounded tablespoon (15ml). Matchbox size is 5cm x 7cm. Bowl is 14-16cm diameter (240ml).

Potassium

Potassium content of starters

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

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

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

Turkish name for dish	Dish	Ingredients	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Yayla çorba	Rice and yogurt soup	Yogurt, rice, wheat flour, egg, butter	135g (1 scoop)	125	93
Mercimek çorba	Lentil soup	Lentil, onion, sunflower oil, wheat flour	150g (1 scoop)	206	137
Yeşil mercimekli erişte çorba	Green lentil and noodle soup	Green lentils, egg noodles, onions, tomato paste, sunflower oil, butter	175g (1 scoop)	112	64
Ezogelin çorba	Lentil and bulgur soup	Red lentils, bulgur, onion, butter, wheat flour, tomato paste, lemon juice	175g (1 scoop)	151	86
Toyga çorba	Chickpea, cracked wheat and yogurt soup	Chickpeas, cracked wheat, yogurt, wheat flour, butter	175g (1 scoop)	162	93
Şehriye çorbası	Vermicelli soup	Sunflower oil, vermicelli, tomato paste, lemon, parsley	150g (1 scoop)	69	46
Un çorba	Flour soup	Butter, wheat flour	150g (1 scoop)	25	16
Tarhana çorba	Tarhana soup	Dry tarhana (fermented dough prepared with yogurt, wheat flour, red pepper, tomato, spices), butter	150g (1 scoop)	90	60

Potassium content of main meals

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

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

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

Turkish name for dish	Dish	Ingredients	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Etli nohut	Chickpea dish with meat	Chickpeas, onion, sunflower oil, beef, tomato paste	125g (4 Tbs)	301	241
Etsiz nohut	Chickpea dish	Chickpeas, onion, sunflower oil, tomato paste	110g (3 Tbs)	252	229
Etli kuru fasulye	Dry bean dish with meat	Dry beans, onions, sunflower oil, beef, tomato paste	150g (3 Tbs)	519	346
Etsiz kuru fasulye	Dry bean dish	Dry beans, onions, sunflower oil, tomato paste	110g (3 Tbs)	396	360
Ev köftesi (Izgara köfte)	Grilled meatball	Ground beef, breadcrumbs, onion, egg, sunflower oil	60g (2 egg-sized, cooked)	203	339
Etli türlü	Mixed vegetable dish with meat	Green beans, zucchini, potatoes, eggplant, onion, tomato, sunflower oil, ground beef, tomato paste	120g (3 Tbs)	317	264
Lahmacun	Turkish pizza	Wheat flour, sunflower oil, ground beef (medium fat), onion, tomato, red pepper, capia pepper, garlic, tomato paste, pepper paste, parsley	125g (1 piece)	440	352
Tas kebabı	Beef stew with vegetables	Beef, onion, potato, sunflower oil, tomato paste	160g (4 Tbs)	243	152
Tavuk döner	Chicken doner	Chicken breast (skinless), sunflower oil, onion, pepper paste, tomato paste, yogurt	60g (3 Tbs)	268	446
Sac kavurma	Diced mutton fried on iron plate	Mutton, onion, tomato, green pepper	70g (3 Tbs)	371	530
Tavuk/hindi sote	Chicken/turkey saute	Chicken/turkey thigh (skinless, boneless), capia pepper, green pepper, onion, tomato, sunflower oil	140g (4 Tbs)	459	328
Terbiyeli köfte (pirinçli)	Meatball with rice and sauce	Ground beef, edible rice, onion, parsley, sunflower oil, sauce: lemon, egg	115g (2 scoops)	81	71
Fırın tavuk	Roasted chicken	Chicken wings (with bone, skin), sunflower oil, tomato paste, pepper paste, garlic, yogurt	190g (2 mini thighs, 2 wings)	452	241
Kıymalı ispanak	Spinach dish with ground beef	Spinach, onion, sunflower oil, ground beef, rice, tomato paste	170g (3 Tbs)	650	382
Karniyarik	Eggplant dish with ground beef	Eggplant, sunflower oil, onion, tomato, parsley, green pepper, sunflower oil, ground beef, tomato paste	140g (1 small eggplant)	545	389
Kabak dolma	Stuffed zucchini	Fresh zucchini, onion, tomato, parsley, dill, ground beef, rice, sunflower oil, tomato paste, yogurt	135g (1 medium zucchini)	381	282
Kıymalı yaprak sarma	Stuffed vine leaves with ground beef	Vine leaves, edible rice, onion, parsley, ground beef, sunflower oil, lemon, flour, egg yolk, yogurt	105g (3 pieces)	140	134
İzmir köfte	Roasted meatball with potato	Ground beef, breadcrumbs, onion, parsley, egg, potato, sunflower oil, wheat flour, tomato paste	100g (2 meatballs, 2 slices of potato)	225	225
Adana kebabı	Adana kebab	Mutton, tail fat, capia pepper	70g (½ kebab)	231	330

Potassium 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)

Turkish name for dish	Dish	Ingredients	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Karışık pizza	Mixed pizza	Wheat flour, dry yeast, olive oil, tomato paste, cheddar cheese, green pepper, boiled corn, green olives, sausage	35g (1/8 slice, 35cm diameter pizza)	54	154
Hamburger	Hamburger	Bread: flour, sunflower oil, milk, sugar, dry yeast, egg yolk, sesame; Meatballs: fatty ground beef; Other ingredients: tomatoes, pickled gherkins, lettuce, ketchup, mayonnaise	185g (120g bread, 2 egg-sized cooked meatballs 65g)	438	237
Bulgur pilavı	Bulgur pilaf	Bulgur, onion, sunflower oil	100g (4 Tbs)	87	87
Pirinç pilavı	Rice pilaf	Rice, sunflower oil	100g (4 Tbs)	39	39
Mantı (Yoğurtlu)	Turkish ravioli with ground beef and yogurt sauce	Wheat flour, egg, ground beef, onion, parsley, tomato, sunflower oil, yogurt, garlic	290g (1 scoop)	327	113
Peynirli yufka böreği	Patty with cheese	Ready-made phyllo, feta cheese, parsley, egg, sunflower oil, milk	70g (1 slice, size of 2 matchboxes)	117	168
Sade erişte	Egg noodle	Wheat flour, egg, sunflower oil, curd cheese, butter	120g (4 Tbs)	82	68
Kıymalı börek	Patty with ground beef	Ready-made phyllo, ground beef, onion, parsley, sunflower oil, milk, egg	85g (2 slices, 5 x 5cm)	162	190
İspanaklı el açması gözleme	Turkish pancake with spinach	Wheat flour, dry yeast, sugar, spinach, onion, sunflower oil, tomato paste, parsley, sunflower oil	75g (2 slices, 5 x 5cm)	300	400
Sade gözleme	Turkish pancake	Wheat flour, eggs, milk, oil	100g (1 slice, 6 x 6cm)	115	115
Mercimekli bulgur pilavı	Bulgur pilaf with green lentil	Bulgur, green lentils, onion, olive oil, tomato paste	150g (4 Tbs)	219	146
Şehriyeli bulgur pilavı	Bulgur pilaf with vermicelli	Bulgur, vermicelli, sunflower oil	100g (4 Tbs)	42	42
Zeytinyağlı taze fasulye	Green bean dish	Green beans, onions, tomatoes, olive oil, tomato paste	120g (3 Tbs)	273	228
Zeytinyağlı yaprak sarma	Stuffed vine leaves	Vine leaves, rice, onions, parsley, dill, currants, pine nuts, olive oil, lemon	75g (3 medium)	107	142
Zeytinyağlı biber dolma	Stuffed bell pepper	Bell pepper, rice, onion, tomato, parsley, dill, currants, pine nuts, olive oil	75g (1 medium)	158	211
Kabak mücver	Fried zucchini patty	Fresh zucchini, parsley, onion, feta cheese, egg, wheat flour, sunflower oil, yogurt	80g (3 pieces)	193	242
Zeytinyağlı pırasa	Leek dish	Leek, carrot, onion, rice, olive oil, lemon	90g (2 Tbs)	208	231
Domates soslu karışık kızartma	Fried mix vegetables with tomato sauce	Eggplant, potato, capia pepper, green pepper, tomato, olive oil, garlic	120g (3 Tbs)	291	242
Zeytinyağlı barbunya	Shellbean dish	Kidney beans, potatoes, carrots, onions, garlic, parsley, lemon, olive oil, tomato paste	60g (2 Tbs)	276	460

Potassium content of desserts

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

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

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

Turkish name for dish	Dish	Ingredients	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Sütlaç	Dessert with milk and rice	Milk, rice, starch, sugar	125g (½ bowl)	160	128
Fıstıklı baklava	Baklava	Eggs, milk, starch, wheat flour, butter, sunflower oil, sugar, lemon juice, pistachios	50g (2 pieces)	78	156
Elmalı kurabiye	Apple cookie	Green apple, sugar, walnut kernel, wheat flour, sunflower oil, yogurt, powdered sugar, baking powder, vinegar	70g (2 pieces)	118	169
İrmik helvası	Semolina halva	Semolina, sugar, sunflower oil, pine nuts	100g (3 Tbs)	42	42
Fıstıklı Kadayıf	Kadayıf with pistachio	Kadayıf (shredded wheat dessert), sugar, sunflower oil, pistachio, lemon	100g (size of 2 matchboxes)	91	91
Lokma tatlısı	Yeast fritters in thick syrup	Wheat flour, dry yeast, sunflower oil, syrup: sugar, water, lemon juice	66g (4 walnut-sized pieces)	36	54
Kabak tatlısı	Pumpkin dessert	Pumpkin, sugar, walnuts	65g (size of 2 matchboxes)	210	323
Un helvası	Flour halva	Wheat flour, butter, sugar	90g (3 Tbs)	36	40
Çikolatalı yaş pasta	Chocolate cake	Cake: wheat flour, sugar, milk, egg, sunflower oil, vanilla, baking powder, cocoa; Cream: wheat flour, sugar, milk, egg, butter, cocoa, vanilla, whipped cream, milk, chocolate	100g (¼ of 28cm diameter cake tin, 2 finger thickness)	117	117

Potassium content of snack foods/side dishes

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

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

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

Turkish name for dish	Dish	Ingredients	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
Çoban salata	Salad with tomato, cucumber, onion, green pepper	Tomato, cucumber, green pepper, spring onion, parsley, lemon, olive oil	80g (1 bowl)	193	241
Cacık	Yogurt and cucumber	Yogurt, cucumber, dill, olive oil	80g (1 bowl)	112	140
Mevsim salata	Season salad	Curly red cabbage, carrot, lemon, olive oil	80g (1 bowl)	192	240
Yoğurtlu havuç salata	Carrot salad with yogurt	Carrot, sunflower oil, yogurt, garlic	66g (3 Tbs)	234	355
Patates salatası	Potato salad	Potato, lemon, parsley, spring onion, olive oil	65g (2 Tbs)	197	303
Kısır	Bulgur salad	Fine bulgur, tomato, lettuce, green pepper, green onion, parsley, tomato paste, pepper paste, olive oil, lemon juice	90g (3 Tbs)	346	385
Lavaş	Thin bread	Wheat flour, sunflower oil	60g (1 piece)	72	120
Bazlama	Flatbread	Wheat flour, fresh yeast, olive oil, granulated sugar, water	100g (1 piece)	29	29
Simit	Turkish bagel	Wheat flour, milk, sunflower oil, dry yeast, sugar, molasses, sesame	50g (½ piece)	81	161
Peynirli poğaç	Bun with cheese filling	Wheat flour, eggs, vinegar, sunflower oil, yogurt, baking powder, sunflower oil, cheddar cheese, sesame	45g (½ piece)	69	154
Sade omlet	Omelet	Egg, sunflower oil	65g (1 medium egg)	76	117
Menemen	Egg scrambled with tomato, pepper, and onion	Tomato, red pepper, onion, egg, sunflower oil	105g (1 medium egg)	288	274
Pankek	Pancake	Wheat flour, eggs, sugar, baking powder, vanilla, sunflower oil	60g (3 pieces)	106	176
Kakaolu kek	Cocoa cake	Wheat flour, sugar, milk, eggs, sunflower oil, vanilla, baking powder, cocoa	40g (½ slice of 28cm diameter springform tin, 2 finger thickness)	64	159
Sade kek	Cake	Wheat flour, milk, eggs, sugar, sunflower oil, vanilla, baking powder	40g (1 finger thickness slice)	41	103
Etsiz çiğ köfte	Meatball with bulgur, onion, tomato paste and spices	Thin brown bulgur, onion, olive oil, tomato paste, pepper paste, pomegranate paste, parsley, spring onions, garlic	90g (3 pieces)	212	236



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