



**Following a low potassium diet:
potassium food tables**

Food tables

The following tables show the amount of potassium in foods. Your dietitian will let you know how many servings of each of the foods in the red, orange or green categories you can have each day.

..... red foods

..... orange foods

..... green foods

Potassium content of fruit

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
FRUIT (edible weight, medium size and fresh unless stated otherwise)	
Apple	100g (1)
Apricot, semi-dried	20g (3)
Apricot	80g (2)
Avocado	75g (½)
Banana	80g (1 small)
Blackberries	40g (8)
Blueberries	45g (2 Tbsp)
Cherries	40g (10)
Clementine	50g (1 small)
Dates, dried	30g (2)
Fig, semi-dried	40g (2)
Fruit cocktail, canned in juice/syrup	30g (1 Tbsp)
Grapefruit	80g (½)
Grapes	60g (12)
Kiwi fruit	60g (1)
Lychees, raw, flesh only	20g (2)
Mandarin	50g (1 small)
Mandarins, canned in syrup	50g (2 Tbsp)
Mango	75g (½)
Melon, honeydew	200g (1 slice)
Nectarine	90g (1)
Olives, no stones	30g (10)
Orange	120g (1 small)
Passion fruit	30g (2)
Peach	110g (1)
Pear	100g (1)
Pineapple	80g (1 large slice)
Pineapple, canned in juice/syrup	45g (2 slices)
Plum	55g (1)
Prunes, semi-dried	30g (4)
Raisins/sultanas, dried	30g (1 Tbsp)
Raspberries	60g (15)
Satsuma	50g (1 small)
Strawberries	80g (7)
Tangerine	50g (1 small)
Watermelon	120g (10 balls)



Potassium content of vegetables and pulses

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
VEGETABLES AND PULSES (LEGUMES)	
Asparagus, steamed	75g (3 spears)
Aubergine, fried in oil, including skin	65g (¼ medium)
Baked beans, canned in tomato sauce	80g (2 Tbsp)
Beansprouts	20g (1 Tbsp)
Beetroot, boiled	35g (1 small)
Black eye beans, dried, boiled	40g (1 Tbsp)
Broad beans, boiled	60g (1 Tbsp)
Broccoli, boiled	40g (1 Tbsp)
Brussels sprouts, boiled	40g (1 Tbsp)
Butter beans, dried, boiled	35g (1 Tbsp)
Butternut squash, baked	40g (1 Tbsp)
Cabbage, green, boiled	40g (1 Tbsp)
Cannellini beans, canned, reheated	30g (1Tbsp)
Carrot, boiled	40g (1 Tbsp)
Cauliflower, boiled	40g (1 Tbsp)
Celery	12g (½ stick)
Chickpeas, dried, boiled	40g (1 Tbsp)
Courgette, boiled	40g (1 Tbsp)
Cucumber	40g (6 slices)
Gherkins	35g (1)
Houmous	30g (1 Tbsp)
Leek, boiled	40g (1 Tbsp)
Lentils, red, split, dried, boiled	40g (1 Tbsp)
Lettuce, average	20g (2 leaves)

Tbsp, rounded tablespoon.

Potassium content of vegetables and pulses

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
VEGETABLES AND PULSES (LEGUMES)	
Mushrooms, fried in oil	40g (4 medium)
Okra, boiled	30g (6 medium)
Onion, fried in oil	25g (1 Tbsp)
Onion, raw	60g (1 small)
Parsnip, boiled	40g (1 Tbsp)
Peas, boiled	30g (1 Tbsp)
Peppers, green, raw, sliced	30g (3 rings)
Peppers, red, yellow, raw, sliced	30g (3 rings)
Plantain, boiled	50g (¼ medium)
Pumpkin, boiled	40g (1 Tbsp)
Radishes	20g (2)
Red kidney beans, canned, reheated	30g (1 Tbsp)
Runner beans, boiled	30g (1 Tbsp)
Spinach, mature leaves, boiled	40g (1 Tbsp)
Swede, boiled	40g (1 Tbsp)
Sweetcorn, kernels canned in water, drained	30g (1 Tbsp)
Sweet potato, boiled	40g (1 Tbsp)
Tomato	65g (1 small)
Tomato, cherry	15g (1)
Tomato, canned	100g (¼ can)
Turnip, boiled	40g (1 Tbsp)
Turnip tops, boiled	50g (1 Tbsp)
Watercress	15g (1 Tbsp)
Yam, boiled	60g (1 small egg-sized)

Tbsp, rounded tablespoon.

High potassium foods with alternative lower potassium foods

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
MILKS AND DAIRY PRODUCTS	
Almond drink	100ml
Rice drink	100ml
Soya milk, unsweetened	100ml
Fromage frais, fruit flavor	60g (1 small pot)
Ice cream, vanilla, soft scoop*	60g (1 scoop)
Cow's milk, whole	100ml
Custard, canned*	100g (3 Tbsp)
Yogurt, whole milk, fruit	125g (1 small pot)
POTATOES	
Potatoes, new, boiled, with skin	60g (1 small egg-sized)
Potatoes, old, baked in jacket, flesh only, no skin	100g (1 small)
Potatoes, chips, cut fine, fast food*	75g (small portion)
Potatoes, old, mashed with butter	45g (1 Tbsp)
Potatoes, old, roast	60g (1 small egg-sized)
CEREAL (GRAIN) AND CEREAL PRODUCTS	
Couscous, raw	15g (1 Tbsp)
Noodles, egg, fine, boiled	160g (1 cup)
Pasta, white, dried, boiled	90g (3 Tbsp)
Polenta, raw	10g (1 Tbsp)
Rice, white boiled	80g (2 Tbsp)
Rice, brown, boiled	80g (2 Tbsp)
Risotto, plain	40g (1 Tbsp)
Semolina, raw	15g (1½ Tbsp)
Tapioca, raw	15g (1½ Tbsp)
Bread, white	40g (1 thick slice)
Bread, brown	40g (1 thick slice)
Bread, wholemeal	40g (1 thick slice)

Tbsp, rounded tablespoon.

*Low nutritional value foods

High potassium foods with alternative lower potassium foods

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
CEREAL (GRAIN) AND CEREAL PRODUCTS	
Breakfast cereal, cornflakes	20g (3 Tbsp)
Breakfast cereal, Swiss style muesli or crunchy/crispy style muesli, with nuts	30g (2 Tbsp)
Breakfast cereal, porridge made with water	135g (3 Tbsp)
Breakfast cereal, porridge made with whole milk	135g (3 Tbsp)
Breakfast cereal, puffed wheat, honey coated	20g (3 Tbsp)
Breakfast cereal, wheat biscuits	20g (1 biscuit)
Breakfast cereal with chocolate	30g (2 Tbsp)
Breakfast cereal, wheat and multigrain, chocolate flavored, fortified	30g (2 Tbsp)
Cake, sponge, jam and butter cream*	60g (1 slice)
Cake, sponge, chocolate fudge*	60g (1 slice)
Cake, sponge, fruit, plain*	60g (1 slice)
Cookie (biscuit), digestive, half coated with chocolate*	17g (1)
Cookie (biscuit), semi-sweet*	14g (2)
Cookie (biscuit), short, sweet*	20g (2)
Cream crackers	10g (1)
Crispbread	10g (1)
NUTS AND SEEDS	
Almonds	13g (6 whole)
Brazil nuts	10g (3 whole)
Cashews/hazelnuts	10g (10 whole)
Peanuts	13g (10 whole)
Peanut butter, smooth	12g (thinly spread on 1 slice of bread)
Walnuts	20g (6 halves)
Pumpkin seeds	20g (1 Tbsp)
Sunflower seeds	16g (1 Tbsp)
Sesame seeds	8g (1 Tbsp)
Chia seeds dried	6g (1 Tbsp)
Hemp seeds	7g (1 Tbsp)
Poppy seeds	7g (1 Tbsp)
Pine nuts	15g (1 Tbsp)
Tahini paste	19g (1 tsp)

Tbsp, rounded tablespoon.

*Low nutritional value foods

High potassium foods with alternative lower potassium foods

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Food	Portion size
MEAT, CHICKEN, FISH	
Burger, beef, commercial, grilled, average*	35g (1 patty)
Chicken/lamb/beef/pork, roasted, meat only	50g (1 thick slice)
Chicken nuggets*	70g (4)
Cod, steamed/microwaved, flesh only	60g (½ medium fillet)
Cod in batter, baked	60g (½ small fillet)
Salmon, baked/grilled, flesh only	50g (½ medium fillet)
HERBS AND SPICES	
Basil (dried, ground; fresh), coriander leaves (fresh), coriander seeds, dill (dried; fresh), dill seeds, marjoram (dried), mint (dried; fresh), oregano (dried, ground; fresh), parsley (fresh), rosemary (fresh; dried), sage (dried, ground; fresh), tarragon (dried, ground), thyme (dried, ground; fresh)	1g (1 tsp)
Chervil (dried), coriander leaves (dried), parsley (dried)	1g (1 tsp)
Cardamom (ground), cinnamon (ground), cloves (dried), cumin seeds, curry powder, fennel seeds, ginger (fresh; ground), nutmeg (ground), pepper (black; white), saffron	2g (1 tsp)
Chilli powder, paprika, pepper cayenne (ground), turmeric (ground)	2g (1 tsp)
MISCELLANEOUS*	
Candy (boiled sweets)	5g (1 piece)
Potato crisps	25g (1 small bag)
Tortilla chips	25g (1 small bag)
Corn snacks	25g (1 small bag)
Twiglets	25g (1 small bag)
Chocolate, plain	50g (1 small bar)
Chocolate, milk	50g (1 small bar)
Coffee, instant, powder†	2g (1 tsp)
Drinking chocolate, powder	6g (1 tsp)
Cocoa, powder	6g (1 tsp)
Yeast extract	1g (thin scraping on 1 slice of bread)
Margarine	5g (1 tsp)
Butter	5g (1 tsp)
Oil	10g (1 Tbsp)
Jam/marmalade	15g (1 Tbsp)
Honey	15g (1 Tbsp)
Molasses	15g (1 Tbsp)
Sugar	5g (1 tsp)
Vinegar	15g (1 Tbsp)
White sauces	15g (1 Tbsp)
Tomato-based sauces	15g (1 Tbsp)
Salt substitutes	1g (1 tsp)

Tbsp, rounded tablespoon.

*Low nutritional value foods

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

High potassium drinks with alternative lower potassium drinks

■ High potassium

■ Moderate potassium

■ Lower potassium

Food	Portion size
DRINKS	
Water, fizzy drinks, fruit cordials and squashes	150ml (1 glass)
Hi juice squashes	150ml (1 glass)
Apple juice	150ml (1 glass)
Orange juice	150ml (1 glass)
Carrot juice	150ml (1 glass)
Tomato juice	150ml (1 glass)
Tea (black [†] , green [†] , herbal)	100ml (1 cup)

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