

Dietary Advice for Visitors to Patients on a Low Potassium Diet

In some cases, patients may need to follow a low potassium diet whilst in hospital. This may only be short term but it is important to ensure that all the foods offered to a patient on a low potassium diet are appropriate – this includes food brought in from home.

If you help a relative or friend with selecting meals when visiting, choices should be made from the yellow low potassium menu.

Please avoid bringing in the following foods and drinks

- x Chocolate in any form including biscuits and cakes
- x Toffee, fudge, nut-based snacks, coconut-based snacks
- x Nuts – all varieties
- x Dried fruit or cakes and biscuits containing dried fruit
- x Cakes containing marzipan
- x Bananas, grapes, cherries, kiwi fruit, damsons, prunes, blackcurrants, apricots
- x Ribena-type drinks, pure fruit juices, tomato juice, smoothies
- x Yoghurt and milk shakes (other than prescribed nutritional milk based supplements which are available on the ward)
- x Potato crisps
- x Instant coffee and hot chocolate drinks
- x 'Losalt' or any salt alternatives.

Suitable snacks

- ✓ Pears, apples or small clementine/satsuma
- ✓ Plain Turkish delights, peppermints, boiled fruit sweets, jellies and marshmallows (sugar-free versions of the above for patients who have diabetes)
- ✓ Shortbread, plain digestives, rich tea and ginger nut biscuits
- ✓ Plain cereal bars and flapjacks (without nuts or dried fruit)
- ✓ Plain sponge cakes, i.e. jam sponge, lemon sponge, Madeira cake
- ✓ Wheat and corn based crisps – low salt varieties
- ✓ Fruit squash – no added sugar if patient has diabetes.
- ✓ Lemonade – diet if patient has diabetes.
- ✓ Wholegrain crackers or crispbreads

Drinks

Drinks are probably best avoided completely if patients are on a strict fluid allowance but you can ask to speak with a dietitian or nurse if you have any questions regarding this. Cola drinks are often not recommended for renal patients due to high phosphate levels.

For people established on a low potassium diet

Some patients who are normally on a low potassium diet at home may be able to relax their restrictions whilst in hospital if they are unwell. However, please check with the renal dietitian or doctor before making any changes and be aware that once they are better and eating well, they will probably need to restart a low potassium diet unless advised otherwise.

Written information cannot replace personalised recommendations. For further advice please seek a dietetic referral from your consultant or GP.

Notes

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff undertaking procedures at the RD&E hospitals.

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