

# LOW POTASSIUM DIET

## Low Potassium Diet

### What is potassium?

Potassium is a mineral found in many foods and an important constituent in our body.

### What happens in kidney failure?

The healthy kidneys are responsible for maintaining the right amount of potassium in your body. A normal level of potassium keeps the heartbeat regular, helps to maintain fluid balance, and allows the nerves and muscles to function properly. If your kidneys are not healthy, you may need to limit the amount of potassium in your diet. The normal range for potassium is 3.3mmol/L to 4.9mmol/L. Unfortunately, this is a rather narrow range and it is dangerous when blood potassium level goes outside these limits.

High levels of potassium can cause muscle weakness and irregularity of the heart rate. It results from intake of high potassium containing foods or excessive breakdown of body tissue (as in fever, surgery, gastrointestinal bleeding).

Low levels of potassium occur when there is insufficient potassium in the diet, potassium loss through vomiting, diarrhoea, and use of medications such as potassium binding resins and diuretics. Low potassium levels can also cause abnormal heart rhythm.

Not everyone has to restrict potassium. It depends on your blood results and your kidneys' ability to remove potassium. Do check with your doctor for advice on your diet restriction.

### Sources of Potassium

Most dietary potassium comes from fruits and vegetables. Here are some foods you need to avoid if your potassium is high.

## High Potassium Foods (Best to Avoid)

### Vegetables:

Spinach, Chye Sim, Kailan, Dried Mushroom, Lentil, Potato, Yam, Lotus Root, Beet Root, Carrot(raw), Bamboo Shoot, Broccoli, Tomato, and Green Leafy Vegetables

### Fruits:

Durian, Mango, Coconut, Papaya, Avocado, Apricot, Kiwi, Grape, Orange, Pomegranate, Prune, Banana, Jack Fruit and Dried/ Preserved Fruits e.g. Dates, Prune, Plum

### Grains:

Wholemeal, Bran, Oat

### Drinks:

Prunes Juice, Grapefruit Juice, Milk, Soy Milk and Malted drinks e.g. Milo, Ovaltine, Horlicks

### Condiments:

Tomato sauce, Marmite, Stock Cube, Salt Substitutes, Molasses

### Others:

Chocolate and Chocolate Products, Chinese Herbs, All Beans and Nuts, Yogurt

### What can I eat?

You still can enjoy taking foods containing lesser potassium. However, care must be taken to consume the appropriate portion. Eating more than 1 portion of a low potassium food can cause high potassium. It is recommended to limit to 2 servings of fruits and 2 servings of vegetables a day. (1 serving size = 1/2 cup or 4 oz)

## Low Potassium Foods (Recommended but to limit intake)

### Fruits:

Melon, Strawberry, Guava, Watermelon, Apple, Apricot (canned), Blackberry, Blueberry, Fruits Cocktail (drained), Mandarin Orange, Peach, Pear, Pineapple

### Vegetables:

Cabbage, Lettuce, Watercress, Cauliflower, Onions, Bean Sprout, Celery, Corn, Cucumber, Eggplant, Mushrooms, Water Chestnut (canned), Asparagus

### Grains:

Food prepared with Plain Flour, Pasta, Bread, White Rice, Noodle, Plain Cracker

### Drinks:

Tea (<2 cups), Coffee (1 cup), Apple Juice (1 cup)

### How do I get rid of the potassium from my favourite vegetables?

A leaching method can be use to remove some potassium from the vegetables by soaking. You may leach the vegetables by cutting them into small pieces and soaking in plain water for a minimum of 2 hours. During this time, change the water used for soaking 2 to 3 times. After soaking, remove the vegetables from the water and bring to boil with fresh plain water. Finally discard the boiled water and cook it as you desired. But remember do not make soup or gravy with the water you used as it contains the removed potassium.

### Tips on avoiding potassium

- Do not steam or use a pressure cooker or microwave or stir fry your vegetables. Always boil them in plenty of water so as to remove potassium.
- Root-vegetables with skin such as potato, carrot and beet root contain high potassium. They should be peeled and leached.

- Canned fruits and vegetables are lower in potassium than fresh fruits. Avoid the syrup in the can.
- Salt substitutes contain potassium. It is advisable to read labels carefully for the salt substitute content. When in doubt about the food products, check with your doctor, dietician or nurse whether the products are suitable for you.

High potassium levels do not usually cause noticeable symptoms until the potassium level is very high. The complications are extremely dangerous. So, please monitor blood potassium level regularly and discuss with your doctor, dietician and nurse about your dietary preferences.



### You may visit these websites for more information:

- <http://www.kdf.org.sg/health.aspx>
- <http://www.davita.com/>
- <http://www.uptodate.com/patients/index.html>

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# 低钾质饮食



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## 低钾质饮食

### 什么是钾质？

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### 肾衰竭的情形

健康的肾脏负责维持人体内所需的钾含量。钾的正常水平能保持心跳规律平稳、维持液体平衡、同时让神经与肌肉的运作正常。如果您的肾脏不健康，您可能需要限制饮食中摄取钾含量的。钾的正常水平在人体内是介于3.3到4.9mmol/L。但是，正常水平的范围很小，当钾的含量在血液里超出这个范围，就很危险。

高钾含量可导致肌肉无力及心跳不规律。这是因为摄入高钾食品或因某种状况使身体组织过度的分解（例如发烧、动手术、肠胃出血）。

低钾含量是因饮食中含有不足够的钾。此外呕吐、腹泻或服用药物如钾结合树脂和利尿药都可造成钾质流失。低钾含量也会造成心律异常。

不是每一个人都需要限制钾的摄入量，而是根据您的血液检测报告和肾功能之排除钾的能力。请向您的医生询问有关饮食限制的详情。

### 钾质的来源

大部分的钾质在饮食中是来自水果和蔬菜。如果体内的钾含量高，您必须避免以下的一些食物。

### 高钾食品 (最好避免)

#### 蔬菜：

菠菜、菜心、芥兰、干蘑菇、扁豆、芋头、莲藕、甜菜根、红萝卜（生）、竹笋、西兰花、番茄及绿叶蔬菜

#### 水果：

榴梿、芒果、椰子、木瓜、鳄梨、杏、奇异果、葡萄、柑桔、石榴、梅、香蕉、菠萝蜜和干/腌渍水果，如枣、梅、李

#### 谷类：

全麦、谷糠、燕麦

#### 饮料：

梅子汁、西柚汁、牛奶、豆奶和麦制饮料，如好立克、阿华田、美禄

#### 酱料：

番茄酱、菜汁、上汤块、盐分替代品、糖蜜

#### 其他：

巧克力与巧克力食品、中药、所有的坚果与豆类、乳酸食品

### 我能吃些什么？

您仍然可以享用含低钾的食物。但是您必须谨慎，只可摄入适当的份量。同时摄入超过一份量的低钾食物会导致钾含量高，所以建议需限制每天钾的摄取，就是两份水果和两份蔬菜。（一份量 = 半杯或四盎司）

### 低钾食品（被推建但须限制份量）

#### 水果：

瓜、草莓、番石榴、西瓜、苹果、杏（罐头）、黑莓、蓝莓、什锦水果（罐头，倒掉糖水）、柑桔、桃、梨、黄梨

#### 蔬菜：

包菜、生菜、西洋菜、椰菜花、洋葱、豆芽、芹菜、玉米、黄瓜、茄子、蘑菇、马蹄（罐头）、芦笋

#### 谷类：

用白面粉准备的食物、意大利面、面包、白米饭、面、无添加口味饼干

#### 饮料：

茶 (<2 杯)、咖啡 (1杯)、苹果汁 (1杯)

### 如何除去蔬菜中的钾含量？

有一种过滤的方法来除去蔬菜中的钾。将蔬菜切成小块，然后浸泡清水里至少两个小时。在这段时间内，浸泡蔬菜的清水需换二至三次。浸泡后，再用清水滚蔬菜。最后，将滚了的蔬菜，再以您要的方式烹煮。但请记住，不要再用浸泡后或滚蔬菜的水来煮汤或酱汁，因为水里含有过滤后的钾。

### 如何避免钾摄取的提点

- 不要使用气压锅、微波炉、清蒸或清炒蔬菜。以大量的水来烹煮蔬菜以除去钾。
- 带皮的根茎类蔬菜，如马铃薯、红萝卜和甜菜根都含有高钾量，必需先去皮再浸泡清水过滤。
- 罐头水果所含的钾量比新鲜水果低，但要避免用罐里的糖水。

- 盐的替代品含有钾。在使用前，请先详细查阅标签。若对食品有疑问或是否适合，可向您的医生、营养师或护士询问。

高钾含量一般上不会有明显症状。直到钾含量达非常高水平，其并发症是极危险的。定时监测您的血液钾含量，并与医生、营养师和护士讨论您的饮食选择。



欲知详情，可参阅以下的网址：

<http://www.kdf.org.sg/health.aspx>

<http://www.davita.com/>

<http://www.uptodate.com/patients/index.html>

