

# ✓ Lower Potassium Foods to Enjoy ✓



Pasta & Rice



**Boiled** potato/ sweet potato. Mash potato (not instant). **Boiled** and then roasted or fried potato (Boiling helps remove potassium from the potato. Throw water away after, don't use for gravy etc)

Tea, lemonade, Lucozade, diluted fruit squashes (not high juices)

Cereal & bread (white or brown / granary) not containing bran, dried fruit, chocolate, nuts or seeds e.g. Cornflakes, Rice Krispies, porridge, Weetabix,



Plain biscuits e.g. Rich Tea, Digestive, shortbread, Jammy Dodgers, Custard Creams. Marshmallows, doughnuts, jam tarts, boiled sweets, mints, jelly sweets



Meat & fish e.g. beef, chicken, lamb, pork, turkey, cod, salmon, tuna

Popcorn, maize or corn based snacks e.g. Wotsits, Skips, Monster Munch, tortilla chips, Mini Cheddars, Sunbites (These foods are high in salt, eat in moderation)

