

# Foods high in Potassium



Avoid these foods



Any unboiled potato product e.g. jacket potato, frozen potato chips, hash browns. Roast potatoes not par boiled (inc frozen). Instant mash potato. Potato crisps i.e. Walkers crisps, Hula hoops, French Fries, Pringles, Quavers



Salt substitutes e.g. Lo- Salt, So-Lo



Peanut butter



Yeast extract e.g. Marmite



Potato, tomato or vegetable soups



Coffee, malted drinks e.g. Ovaltine & Horlicks, hot chocolate, Bovril, all fresh fruit juices & Ribena



Milk- limit intake to ½ pint per day



Bread & cereals containing bran, dried fruit, nuts & seeds e.g. Muesli & Raisin bran



Bombay mix



Nuts, chocolate, fudge, toffee, liquorice, cakes and biscuits containing dried fruit, nuts or chocolate.

