

LOWPOTASSIUM DIET



Department of
Clinical Nutrition

FOODS TO BE AVOIDED

- ❖ Aerated drinks, fruit juice, squash etc
- ❖ Tender coconut water.
- ❖ Proprietary drinks like horlicks, boost, bournvita, complan etc.,
- ❖ Jam, jelly, jaggery and honey.
- ❖ Dried fruits like dates, raisins, currants and nuts like cashew nuts, almonds, groundnuts, coconut etc.
- ❖ Canned foods, sauces, ketchups etc.
- ❖ Raw vegetables, all varieties of greens, vegetable salads and vegetable soup.
- ❖ Mint, coriander and coconut chutney.
- ❖ Cocoa and cocoa products like chocolates and chocolate drinks.

INSTRUCTIONS TO BE FOLLOWED

- ❖ All vegetables to be cooked well before consumption.
- ❖ Fruits like orange, papaya, apple, guava and pears are allowed. Allowance per day is only 75g.

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