

Potassium veg -Better Choice cards



Celery



Potassium veg -Better Choice cards



Peas



Potassium veg -Better Choice cards



Capsicum



Potassium veg -Better Choice cards



Canned vegetables



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Frozen corn



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Cabbage



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Cauliflower



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Frozen vegetables



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Corn



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Snow peas



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Asparagus



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Eggplant



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Zucchini



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Carrots



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Onion



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Green beans



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Brussel sprouts



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Lettuce



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Mushrooms



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Squash



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There is no need to print the following page when printing and using this resource

## Health Professional Facilitator Information

You must at all times use your own professional judgement when using this resource

### Use of resource:

**Potassium 'Better Choice' Vegetables Cards** provide enlarged pictures of information on the phosphate handout to be used in interactive discussion with dietitian

### Purpose of resource:

To help dialysis patients to choose low potassium options so they can avoid heart damage.

### Content

- Examples of Better Choice Vegetables.

### Key skills (Competencies):

A patient should be able to:

- Tell you how potassium can damage their heart.
- Tell you how many times they must have dialysis and which days they need to do it.
- Tell you what happens if they skip dialysis.
- Tell you what they must do if they have hard poo.
- Show you low potassium food options.
- Show you high potassium food options.
- Tell you one change they or someone could make to have a lower potassium food.
- Tell you what would stop them making low potassium choices

### Key Health Messages

- Too much potassium can damage your heart.
- Tell a nurse, doctor or dietitian if you have hard poos.
- Choose low potassium foods it will help your heart.
- Talk to your dietitian about making low potassium food choices.

### Target group:

This resource is designed to be used by any Australian who is undergoing (doing) dialysis.

### Notes:

This resource is designed to be printed A4 or A3 size , cut out and laminated so they can be used in interactive activities.

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