

Potassium food - Better Choice cards

Black coffee



Or coffee with a small amount of milk



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Water



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Diet cordial



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Apple



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Carrot sticks



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Plain cake



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Plain cake



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Garlic Paste



## Health Professional Facilitator Information

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

### Use of resource:

**Potassium 'Better Choice' Foods 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 Less Potassium Foods.

### 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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