

Protect your heart from potassium



If you do dialysis choose foods low in potassium

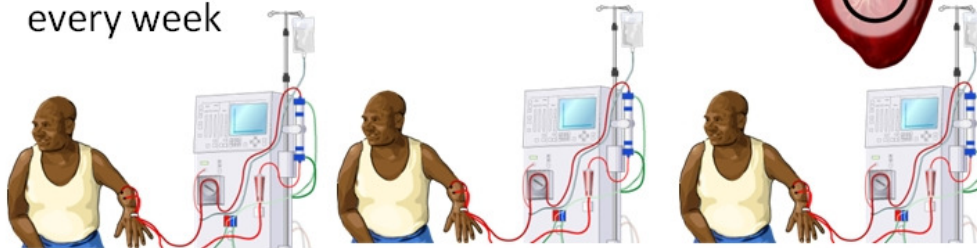
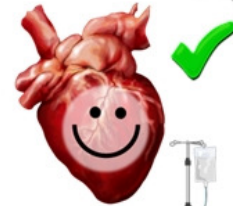


Potassium is found in many foods. It is so small that we can not see it.



When your kidney's are not working well big mobs of potassium build up in the blood and make your heart sick.

The best way to keep your heart safe from potassium is to come to dialysis **3 times** every week



When people skip dialysis they will have a lot more potassium in their blood. This can hurt their heart.

When people have hard poo they will get more potassium in their blood.

If you have hard poo, tell one of the nurses or doctors.



Hard poo



Protect your heart from potassium



If you do dialysis choose foods low in potassium

To protect your heart try to eat less of the foods in the **red** boxes.

These foods are unhealthy and high in potassium.



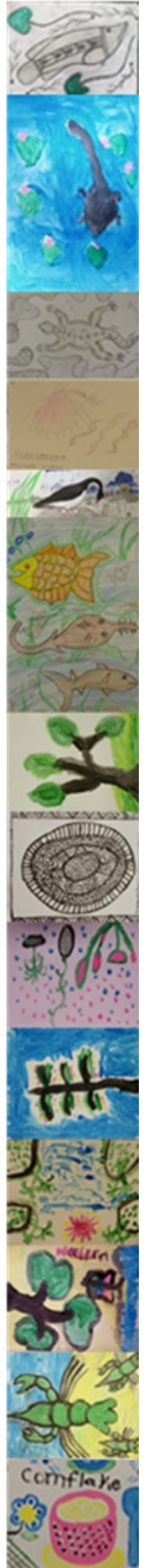
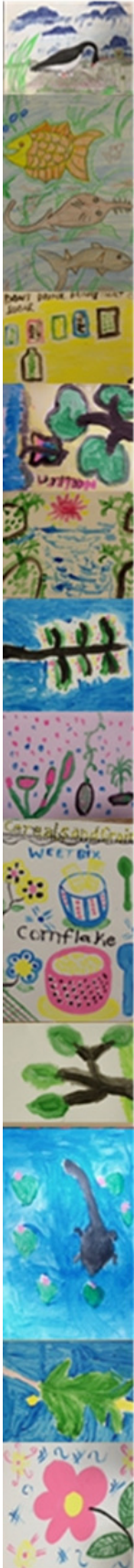
Foods in the **orange** boxes have some potassium but are also healthy foods.

Eat these foods in small amounts and not everyday.



To protect your heart try to eat more foods in the **green** boxes.

These foods are healthy and low in potassium.





Protect your heart from potassium



If you do dialysis choose foods low in potassium

✗ Have less ✗



Iced coffee



Cappuccino



Hot chocolate



Juice



Crisps



Fries



Chocolate



Chocolate bar



Tomato Sauce



✓ Best choice ✓



Black coffee



Or coffee with a small amount of milk



Water



Diet cordial



Apple



Carrot sticks



Plain cake



Plain biscuit



Garlic Paste



Not all dialysis patients need a low potassium diet—please check with your dietitian



Protect your heart from potassium



If you do dialysis choose foods low in potassium

Have some



Mango



Banana



Nectarine



Kiwi



Peach



Grapes



Pineapple



Dried fruit

Boil high potassium vegetables



Boil high potassium vegetables and throw the water away to get rid of the potassium



Potato



Sweet potato



Pumpkin

Good choice



White rice



White pasta

Not all dialysis patients need a low potassium diet—please check with your dietitian



Protect your heart from potassium



If you do dialysis choose foods low in potassium

Better choice



Frozen berries



Raspberries



Apple



Mandarin



Strawberries



Plum



Pear



Apricot



Rambutan



Papaya



Cherries



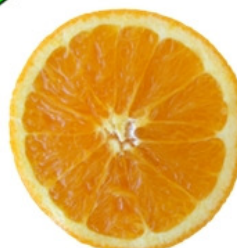
Passion fruit



Watermelon



Lychee



Orange



Blueberries



Watermelon



Lychee



Orange



Blueberries

Tinned fruit in natural juices drained

Not all dialysis patients need a low potassium diet—please check with your dietitian



Protect your heart from potassium



If you do dialysis choose foods low in potassium

Better choice



Celery



Peas



Capsicum



Canned vegetables



Corn



Snow peas



Asparagus



Eggplant



Zucchini



Carrots



Onion



Green beans



Brussel sprouts



Lettuce



Mushrooms



Squash



Frozen corn



Cabbage



Cauliflower



Frozen vegetables

Not all dialysis patients need a low potassium diet—please check with your dietitian

Health Professional Facilitator Information

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

Use of resource:

Potassium Handout- can be provided to dialysis patients along with dietitian advice

Purpose of resource:

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

Key skills (Competencies):

A patient should be able to:

- Tell you that too much potassium .
- 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.
- 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 size and used as a handout.

Pages of this resource can also be printed A3 and used as a poster.

If a patient has poor eyesight it can be printed as an A3 handout.

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