

Potassium

- ▶ Plays a vital role in muscle contraction
- ▶ Essential in health but must be tightly controlled
- ▶ **Only limit if you have been advised to**
- ▶ The Dietitian will discuss with you which foods are highest in potassium and should be limited. These may include:
 - ▶ Potato products – like chips and crisps, choose to boil potatoes instead
 - ▶ Tomato based sauces
 - ▶ Coffee
 - ▶ Some alcohol (wine and beer)
- ▶ It is important to include fruit and vegetables in your diet but there may be some that should be limited. These include: bananas, mushrooms, dried fruits, avocado, beetroot and spinach.

