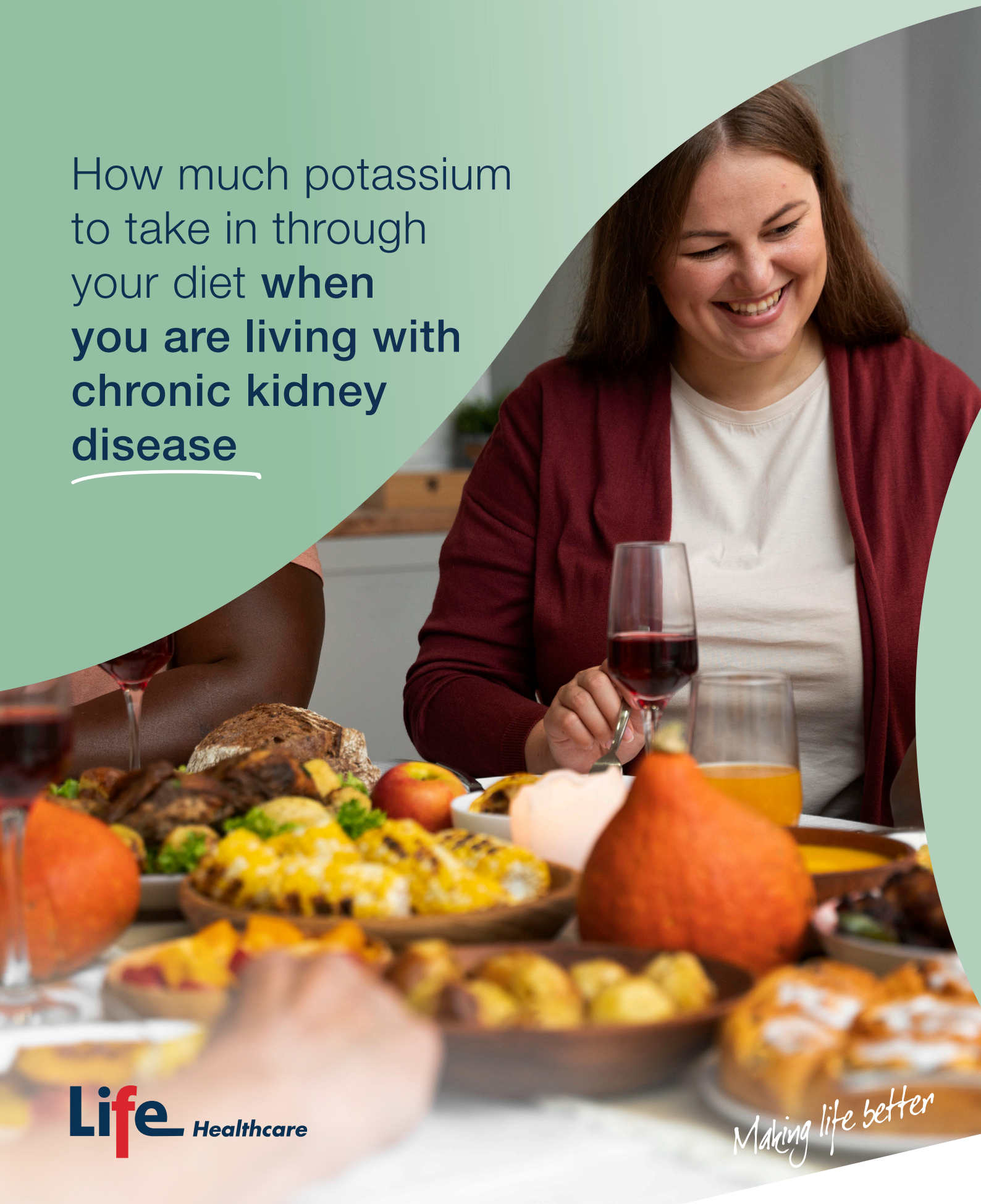


How much potassium
to take in through
your diet **when
you are living with
chronic kidney
disease**



Dietary potassium intake

What is potassium?

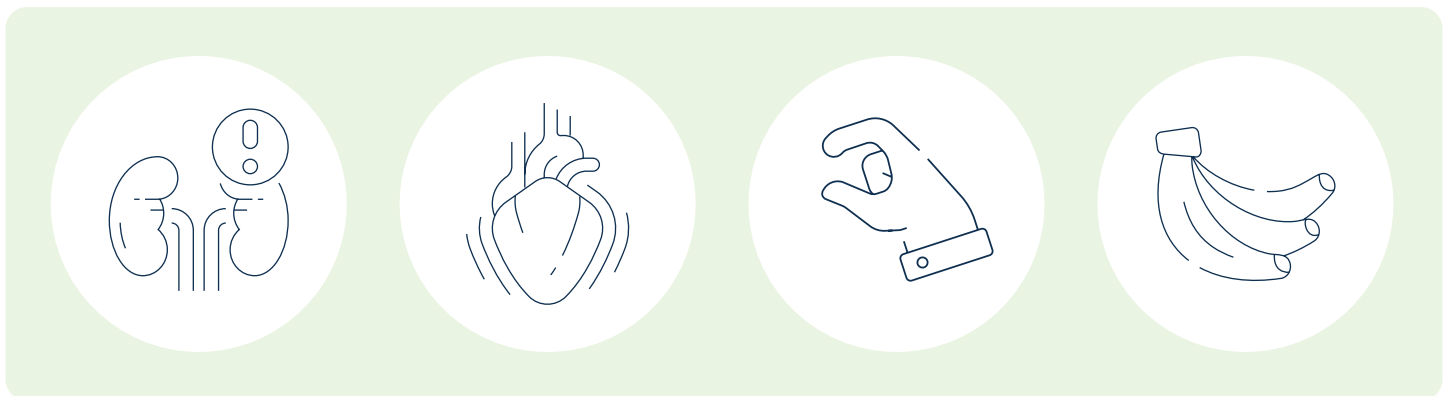
Potassium is a substance found in many food sources and affects how your heart beats and how the muscles in your body function.

A high potassium level in our blood is called hyperkalaemia, whereas a low potassium level is called hypokalaemia. Patients living with chronic kidney disease (CKD) are not able to excrete potassium as they should which often leads to hyperkalaemia.

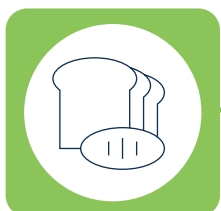


Why should we limit our potassium intake in CKD?

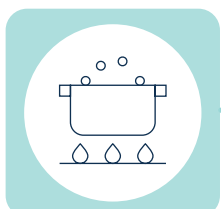
Unhealthy kidneys cannot excrete potassium as they should, resulting in potassium levels rising in your blood. High potassium levels can cause the heart to beat irregularly, which can lead to a heart attack and death. It is thus important to limit your potassium intake. Potassium is especially found in fruits, vegetables, dairy products (milk) and some starches.



Guidelines on how to limit your potassium intake



Starches are generally low in potassium, however, restrict your intake of potato, sweet potato and butternut to only one portion per day as they are high in potassium




The following preparation method is recommended to reduce the potassium content of vegetables:

- Peel the vegetables and cut them into smaller pieces
- Soak the vegetables for two hours in warm water, then drain them
- Boil vegetables in fresh water until cooked, drain and discard the water before serving











Choose most of your fruits, vegetables and starches from the low and moderate in potassium lists and less from the high in potassium lists. Take note of the portion sizes (*refer to the lists below for guidance*)










Fruit

Low potassium	Portion size
 Apple	1 small
 Cherry	2 heaped dessertspoons
 Granadilla	1 medium
 Kumquats	6 medium
 Lemon	½ medium
 Litchi	6 portions
 Pear	1 small
 Pineapple	2 medium slices
 Plum	1 medium
 Strawberries	8 medium

Dietary potassium intake











Moderate potassium		Portion size
	Apricot	2 small
	Naartjie	1 medium to large
	Grapefruit	Half
	Guava	1 small
	Mango	Quarter
	Melon, green-white	3cm wedge
	Pawpaw	4 heaped tablespoons
	Gooseberry	10 berries



High potassium		Portion size
	Banana	1 large
	Orange	1 small
	Watermelon	1 small wedge
	Melon, yellow	3cm wedge
	Kiwi fruit	1 fruit
	Grapes	1 small bunch
	Fig	2 large
	Peach	1 small
	Avocado	Quarter

Dietary potassium intake

Vegetables

Low potassium	Portion size
 Broccoli, cooked	½ cup
 Cabbage, cooked	½ cup
 Onion, raw	2 slices
 Coleslaw	½ cup
 Cucumber	5 medium slices
 Lettuce	½ cup
 Pumpkin, marrow	½ cup
 Radish, raw	2 large
 Pepper	4 medium slices
 Celery, raw	1 stick

Moderate potassium		Portion size
	Tomato, raw	1 small
	Beetroot, cooked	½ medium
	Pumpkin, patty pans	3 heaped tablespoons
	Green beans, cooked	½ cup
	Carrots, raw or cooked	½ cup
	Carrot salad	½ cup
	Cauliflower, cooked	½ cup
	French salad	½ cup
	Brinjal, cooked with skin	½ cup
	Asparagus, cooked	½ cup
	Brussels sprouts, cooked	½ cup

Dietary potassium intake



High potassium	Portion size
 Mixed vegetables, canned	½ cup
 Mushroom, cooked	½ cup
 Pumpkin, gem squash	½ large
 Tomato and onion stew, canned	1 heaped large spoon
 Spinach (small leaf), cooked	½ cup
 Spinach, raw	½ cup





Starches

Low potassium	Portion size
 Bread / rolls	1 slice / 1 roll
 Maize meal, soft	2 heaped large spoons (serving spoon) / 200g
 Maize meal, stiff / cooked oats	1 heaped large spoon
 Maltabella, cooked	5 heaped tablespoons
 Corn flakes / rice crispies	1 cup
 Tasty wheat, cooked	1 heaped large spoon (serving spoon) / 100g
 Oats, cooked	1 heaped large spoon (serving spoon) / 100g
 Pasta	1 heaped tablespoon
 Rice (white or brown)	2 heaped tablespoons
 Vetkoek	1 small (limit intake of these as they are deep fried in oil)
 Popcorn, sugar coated / unsalted	2 cups
 Whole wheat crackers	3 biscuits







Dietary potassium intake

Low potassium	Portion size
 Sweet corn, canned	½ cup
 Peas, cooked	2 heaped tablespoons











Moderate potassium	Portion size
 Pumpkin, hubbard squash	½ cup

High potassium	Portion size
 Potato, boiled / baked	1 medium
 Potato, chips	½ cup
 Samosa, vegetable filling	2 small



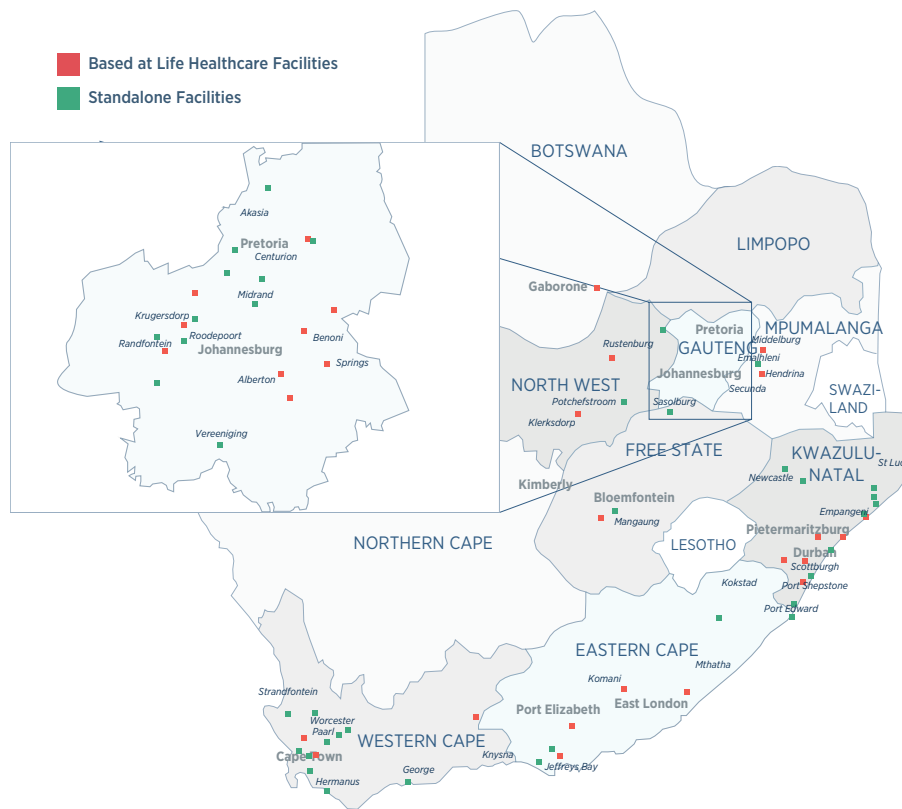
High potassium		Portion size
	Sweet potato, no skin	2 heaped tablespoons
	Pumpkin, butternut	½ cup
	Legumes: beans, dried peas, lentils and soya products (expanded below with portion sizes)	
	Dried beans, cooked, kidney	¾ cup (90g)
	Lentils, cooked	⅔ cup (90g)
	Soya beans, cooked	4 level tbs (50g)

Restrict the following food sources as they are very high in potassium:

				
Fruit juice, fruit salad, dried fruit	Raw vegetables	Potato and sweet potato (baked / deep fried), potato crisps	Tomato juice, sauce, and puree	Nuts and peanuts
				
Legumes e.g. beans, peas, lentils and soya products	Wine, sherry, beer, ciders, coffee	Brown sugar (no more than 2 teaspoons) and golden syrup	Salt replacements or salt substitutes containing potassium	Vegetables in cheese sauce

Contact details

Life Renal Dialysis footprint



GAUTENG

Based at Life Healthcare Facilities

LIFE BEDFORD GARDENS HOSPITAL

7 Leicester road, Bedford Gardens, Bedfordview, 2008
Telephone number: 011 677 8704 / 8525

LIFE BRENTHURST HOSPITAL

4 Park Lane, Parktown, Johannesburg, 2193
Telephone number: 011 647 9054

LIFE CARSTENHOF HOSPITAL

21 Dane road, Glen Austin, Midrand 1685
Telephone number: 011 655 5539

LIFE FOURWAYS HOSPITAL

Cnr Cedar road and Cedar Avenue West, Fourways, 2055
Telephone number: 011 875 1810

LIFE GROENKLOOF HOSPITAL

50 George Storrar drive, Groenkloof, Pretoria 0181
Telephone number: 087 161 9538

LIFE THE GLYNNWOOD

33-35 Harrison street, Benoni, 1501
Telephone number: 011 741 5425 / 011 741 5447

LIFE ROBINSON PRIVATE HOSPITAL

1 Hospital road, Randfontein, 1759
Telephone number: 011 278 8889

LIFE SPRINGS PARKLAND HOSPITAL

Artemis road, Pollak Park, 1559
Telephone number: 011 812 4073 / 011 812 4189

LIFE WILGEHEUWEL HOSPITAL

Amplifier road, Radiokop Ext 13, Roodepoort, 1724
Telephone number: 011 796 6535

Standalone Facilities

LIFE RENAL DIALYSIS ATTERIDGEVILLE

Cnr Phudufudu and Khoza street, Atteridgeville, 0008
Telephone number: 010 612 0713

LIFE RENAL DIALYSIS GROENKLOOF

50 George Storrar drive, Groenkloof, Pretoria 0181
Telephone number: 087 161 9538

LIFE RENAL DIALYSIS KEMPTON PARK

Floor, Arwyp Medical Suites, 22 Pine Avenue, Kempton Park, 1619
Telephone number: 011 922 1284

LIFE RENAL DIALYSIS LENASIA

Block A Signet Terrace Office Park, cnr Hummingbird Avenue and Guinea Fowl street, Lenasia, 1827
Telephone number: 011 852 5765

LIFE RENAL DIALYSIS MIDSTREAM

Midstream Hill Medical Park G8, cnr Midstream Hill Boulevard and Godley drive, Centurion, 1692
Telephone number: 010 612 0726

LIFE RENAL DIALYSIS MORNINGSIDE

Summit Park, 495 Summit road, Morningside, Sandton, 2196
Telephone number: 011 884 4444

LIFE RENAL DIALYSIS RANDFONTEIN

37 Homestead Avenue, Greenhills, Randfontein, 1759
Telephone number: 021 612 0239

LIFE RENAL DIALYSIS VAAL

34 Kruger Avenue, Vereeniging
Telephone number: 087 997 1552 / 016 455 4007

Contact details

Life Renal Dialysis footprint

LIFE RENAL DIALYSIS WESTRAND

Mayo Clinic, 8 Ground Floor, cnr William Nicol and Joseph Lister, Flora Cliff, Roodepoort, 1703
Telephone number: 011 475 2630

LIFE RENAL DIALYSIS WITS (DONALD GORDON)

17 Eton road, Parktown, Johannesburg, 2193
Telephone number: 011 726 3548 / 011 356 6555

MPUMALANGA

Based at Life Healthcare Facilities

LIFE COSMOS HOSPITAL

Cnr OR Tambo and Beatty Ave, eMhlahleni, 1034
Telephone number: 013 653 8190

LIFE MIDMED HOSPITAL

4 Crocker street, Middelburg, 1055
Telephone number: 013 243 1171

Standalone Facilities

LIFE RENAL DIALYSIS EMALAHLENI (WITBANK)

2nd Floor, Room 202, Emalahleni Private Hospital, 39 Mandela street, Witbank, 1034
Telephone number: 013 656 2676

NORTH WEST

Based at Life Healthcare Facilities

LIFE ANNCRON HOSPITAL

Klerksdorp
16 Van Rynefeld street, Willkoppies, Klerksdorp, 2571
Telephone number: 010 056 3510

Satellite renal units

Viljoenskroon
20 Engelbrecht street, Viljoenskroon, 9520

Hartswater
Hartsdok Sentrum, 28 Hertzog street, Hartswater, 8570

Lichtenburg
Shop no 2 Spar Komplex, Beyers Naudé street, Burgersdorp, 2740
Telephone number: 087 352 9010

LIFE PEGLERAE HOSPITAL

Cnr Kerk and Heystek street, Rustenburg, 0299
Telephone number: 014 101 0142

Standalone Facilities

LIFE RENAL DIALYSIS BRITS

Cnr of Pienaar en De Wits straat, Hans Marie Trust Building, Brits
Telephone number: 061 879 8779 / 012 252 7580

LIFE RENAL DIALYSIS POTCHEFSTROOM

Mooimed Private Hospital, 1 Chief Albert Luthuli street, Potchefstroom, 2531
Telephone number: 018 293 0912 / 081 100 8131

WESTERN CAPE

Based at Life Healthcare Facilities

LIFE KINGSBURY HOSPITAL

23 Wilderness road, Claremont 7700
Telephone number: 021 670 4279 / 021 670 4274

LIFE KNYSNA PRIVATE HOSPITAL

Hunters Estate drive, Knysna 6570
Telephone number: 044 302 5238

LIFE VINCENT PALLOTTI HOSPITAL

Alexandra road, Pinelands, Cape Town 7405
Telephone number: 021 506 5350

Standalone Facilities

LIFE RENAL DIALYSIS ATHLONE

Rawoot Square, cnr Klipfontein and Carnie Roads, Entrance Murton Rd, Athlone, 7764
Telephone number: 021 637 9537 / 3867

LIFE RENAL DIALYSIS CLAREMONT

14 Wilderness road, Claremont, Cape Town, 7708
Telephone number: 021 683 7119

LIFE RENAL DIALYSIS DURBANVILLE

Unit 3, Anneks, 11 Paul Kruger street, Durbanville, 7550
Telephone number: 021 975 5765

LIFE RENAL DIALYSIS GEORGE

3 Cross street, Dormehlsdrift, George 6529
Telephone number: 044 050 0002

LIFE RENAL DIALYSIS HERMANUS

Hermanus Medical Centre, First Floor, Suite 13, Ravenscroft street, Hermanus, 7200
Telephone number: 028 312 4085

LIFE RENAL DIALYSIS PANORAMA

1st Floor, Panorama Healthcare Centre, cnr Rothchild and 55 Hennie Winterbach streets, Panorama, 7500
Telephone number: 021 612 0239

LIFE RENAL DIALYSIS PARKLANDS

6 Emporium Centre, cnr Braselton and Sandown roads Parklands, 7441
Telephone number: 021 770 0024

RED CROSS KIDNEY AND DIALYSIS CENTRE

E Floor, Room E1, Red Cross Childrens Hospital, cnr Klipfontein and Milner roads, Rondebosch, 7925
Telephone number: 021 658 5896

LIFE RENAL DIALYSIS WINELANDS

Unit 3E, F Arun Place, Sir Lowry's Pass road, Longdown, Somerset West, 7130
Telephone number: 021 851 0941 / 0943

LIFE RENAL DIALYSIS WORCESTER

25 Riebeeck street, Worcester, 6850
Telephone number: 021 770 1020

EASTERN CAPE

Based at Life Healthcare Facilities

LIFE EAST LONDON PRIVATE HOSPITAL

32 Albany street, East London, 5201
Telephone number: 043 702 3800 / 01

LIFE MERCANTILE HOSPITAL

Cnr Kempston and Durban roads, Korsten, Port Elizabeth 6020
Telephone number: 041 404 0577

Contact details

Life Renal Dialysis footprint

LIFE ST GEORGE'S HOSPITAL

40 Park Dr, Central, Port Elizabeth, 6001
Telephone number: 041 392 6318 / 014 392 6320

LIFE QUEENSTOWN PRIVATE HOSPITAL

Cnr Ebden and Griffiths St, Queenstown, 5319
Telephone number: 045 808 4537

Standalone Facilities

LIFE RENAL DIALYSIS JEFFREYS BAY

8688 Hanekam road, Fountains Estate, Policlinc,
Jeffreys Bay, 6330
Telephone number: 087 161 9544 / 042 293 0440 /
082 551 4794

LIFE RENAL DIALYSIS KOKSTAD

94 Hope street, Kokstad, 4700
Telephone number: 039 727 2555

LIFE RENAL DIALYSIS PORT ELIZABETH

77 2nd Avenue, Newton Park, Port Elizabeth, 6045
Telephone number: 041 363 0807

FREE STATE

Based at Life Healthcare Facilities

LIFE ROSE PARK HOSPITAL

57 Gustav Crescent, Fichardt Park, Bloemfontein 9301
Telephone number: 051 505 5533

Standalone Facilities

LIFE RENAL DIALYSIS BLOEMFONTEIN

141a Zastron street, Bloemfontein, 9301
Telephone number: 051 430 2742

LIFE RENAL DIALYSIS SASOLBURG

18 NJ Van der Merwe street, Sasolburg, 1947
Telephone number: 087 997 1588

KWAZULU-NATAL

Based at Life Healthcare Facilities

LIFE CHATSMED GARDEN HOSPITAL

80 Woodhurst drive, Woodhurst, Chatsworth 409
Telephone number: 031 459 8132

LIFE EMPANGENI PRIVATE HOSPITAL

Unit 10-11 Hamlin House, 10 cnr Biyela and Ukula street,
Empangeni, 3880
Telephone number: 035 772 4210

LIFE ENTABENI HOSPITAL

82 Mazisi Kunene road, Glenwood, 4001
Telephone number: 031 204 1423 / 1543

LIFE HILTON PRIVATE HOSPITAL

Cnr Hilton Avenue and Monzali drive, Hilton
Telephone number: 033 329 5678

LIFE MOUNT EDGEcombe HOSPITAL

163 – 179 Redberry road, Rockford, 4068
Telephone number: 031 537 4227 / 4231

LIFE WESTVILLE HOSPITAL

7 Harry Gwala road, Westville, 3630
Telephone number: 031 265 5781

Standalone Facilities

LIFE RENAL DIALYSIS BALLITO

16 Douglas Crowe drive, 1st Floor,
Revive Medical Centre, Ballito
Telephone number: 010 824 9224 / 087 161 6122

LIFE RENAL DIALYSIS CHATSWORTH

65 Gemini Crescent Woodhurst Chatsworth 4092
Telephone number: 031 402 0564

LIFE RENAL DIALYSIS DURBAN

260/262 Clark road, Glenwood, Durban 4091
Telephone number: 031 261 1244

LIFE RENAL DIALYSIS EMPANGENI

Unit 10-11 Hamlin House, 10 cnr Biyela and Ukula street,
Empangeni, 3880
Telephone number: 035 772 4210

LIFE RENAL DIALYSIS ETHEKWINI

1st Floor Subway Building, 21 Riverhorse Close,
Riverhorse Business Estate, Ethekwini
Telephone number: 031 581 2400 / 2369

LIFE RENAL DIALYSIS HIBISCUS (PORT SHEPSTONE)

16 Bazley street Port Shepstone, 4240
Telephone number: 087 161 9511 / 039 682 7685

LIFE RENAL DIALYSIS NEWCASTLE

73 Bird street, Newcastle, 2940
Telephone number: 034 312 8036

LIFE RENAL DIALYSIS RICHARDS BAY

6 Krugerrand road Suite 1 The Bay Hospital
Richardsbay 3900
Telephone number: 035 789 3957 / 3731

LIFE RENAL DIALYSIS UMHLANGA

30 Meridian drive Unit 15 / 16 3rd floor,
Centenary, Umhlanga, New town
Telephone number: 084 318 2736

LIFE RENAL DIALYSIS VRYHEID

184 Hlobane street, Vryheid 3100
Telephone number: 031 065 0144

BOTSWANA

Based at Life Healthcare Facilities

LIFE GABORONE PRIVATE HOSPITAL

Plot 8448, Segoditshane road, Mica Way,
Broadhurst, Gaborone
Telephone number: 00267 368 5600 / 5765