

Kidney Kitchen

SUMMER 2014 • ISSUE 3



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Potassium

Potassium is a mineral which is found naturally in many foods and drinks. It helps your muscles work, including your heart muscle. Everyone has potassium in their blood. The potassium levels are kept steady by the kidneys, so normally any extra will be passed in the urine.

If your kidneys are not working properly potassium in the blood may go up.

Too much potassium in your blood can be dangerous and can sometimes affect the rhythm of your heartbeat.



Did you know?

Some potassium is removed by your bowels, so constipation can cause potassium levels to rise.

How to control potassium levels...

1. Follow dietary advice especially if your potassium is high
2. Avoid constipation – keep regular
3. If you are on haemodialysis; come for your regular sessions
4. If you are on peritoneal dialysis; don't miss exchanges on a regular basis

News Flash !

Government guidelines of 5 a day or now even 7 portions of fruit and vegetables per day is NOT advisable on a low potassium diet, although some fruit and vegetables are still required.

Your Dietitian can help!

Potassium in food & drink

There are plenty of food and drinks that you can enjoy as part of a renal diet:

Type of Food	Try to Choose...	Try to Avoid...
Fruit	Apples, clementines, satsuma, tangerine, grapefruit, pineapple, nectarine, raspberry, strawberry.	Bananas, dried fruit, kiwi, mango, rhubarb, melon, blackcurrants, avocado.
Vegetables	Broccoli, cabbage, carrots, green beans, cucumber, cauliflower, leeks, onions, peas, peppers, sweetcorn	Tomatoes, mushrooms, baked beans, red kidney beans, sprouts, courgette, parsnip, beetroot
Breads & cereals	White bread, Weetabix, Shredded Wheat, Rice Krispies	Wholegrain breads, Muesli, All Bran, Alpen Bran Flakes, Granola
Snacks	Plain biscuits, popcorn (unsalted), rice cakes, jelly beans, corn snacks, crackers (unsalted), crumpets, mints, bread sticks	Crisps, chocolate, fudge, liquorice, toffee, nuts, Bombay Mix, peanut butter, biscuits with dried fruit or nuts.
Drinks	Squash/cordial, clear fizzy drinks, tea and herbal teas, water	Fresh fruit juices, High juice, coffee, cocoa, malt drinks, smoothies
Seasonings	Herbs & spices: pepper, garlic, parsley, lemon, basil, mint, rosemary	Salt substitutes – e.g. Losalt Table salt

AVOID SALT SUBSTITUTES!

Salt substitutes such as Lo Salt, Also Salt, Ruthmol, Selora are high in potassium and may still contain some sodium therefore these are not recommended.

Tips to help you manage potassium in your diet

Water used for boiling potatoes and vegetables is full of potassium. Never use it for sauces or gravy.

If you want a tomato based dish e.g. bolognaise, avoid eating potatoes on the same day - use bread, pasta or rice instead.

If you are having a barbeque with salads use bread, couscous, rice or pasta salad and not potatoes to balance the potassium in the meal.

Breadsticks, rice snacks/cakes or home made 'pitta chips' make a low potassium alternative to crisps and nuts. An onion and garlic or hummus dip stops them being too dry.

If you want to make a one pot meal, boil potatoes and vegetables first and add just to reheat.

You could prepare extra the day before to make less work.

Quiz!

Find ten of the common high potassium foods in the word search below!

G	K	I	F	D	S	W	M	J	K	L	U	Y	T	J
D	F	K	L	T	C	H	O	C	O	L	A	T	E	A
S	B	H	L	O	P	R	E	D	N	J	L	S	E	C
I	B	A	N	A	N	A	F	R	C	S	M	K	L	K
D	X	M	D	Y	G	F	E	M	V	U	C	R	L	E
R	T	U	J	L	C	C	R	J	L	H	O	Y	E	T
I	Y	S	T	J	L	O	S	A	L	T	F	A	S	P
E	F	H	Y	G	K	M	F	C	T	T	F	B	R	O
D	D	R	K	C	F	Y	U	J	E	R	E	T	O	T
F	P	O	S	W	T	O	M	A	T	O	E	S	J	A
R	B	O	G	S	A	A	U	B	M	K	L	O	P	T
U	Z	M	K	R	S	I	E	L	P	B	R	H	J	O
I	R	S	F	N	U	T	S	C	B	M	P	L	T	D
T	D	I	L	M	T	I	L	R	H	U	J	F	S	G
D	F	S	G	H	J	D	I	Q	D	R	R	F	K	L

1. Banana
2. Coffee
3. Tomatoes
4. Mushrooms
5. Chocolate
6. Muesli
7. Jacket Potato
8. Nuts
9. Dried Fruit
10. LoSalt

Recipe Corner

BBQ Chicken

Serves 4

Take 2 large chicken breasts, place between 2 sheets of greaseproof paper or non stick cooking sheets and beat with a rolling pin until thin, cut each breast in half.

In a flat dish mix 3 tablespoons of Dijon style mustard and 3 tablespoons olive oil, lay the breasts in the mixture and make sure they are coated well on both sides.

Leave in the marinade as long as possible - at least an hour if possible.

Cook for ~ 5 minutes on each side on barbecue until cooked through

and serve with salad (see recipe)

These can also be grilled or cooked on a griddle. Very tasty and not hot!

Tuna Salad

Serves 4

1 large tin (185g) tuna in spring water

1 small tin (130g) red kidney beans in water (washed and drained)

4 spring onions chopped

1 red pepper chopped

12 olives cut into $\frac{1}{4}$ s

1 lettuce shredded

Vinegrette dressing

6 dsp olive oil + 2 dsp cider vinegar

1 tsp sugar + 1 tsp grainy mustard

Place all ingredients in a large bowl. Pour over dressing and gently stir gently until all are combined and coated in dressing. Put lettuce in a salad bowl and gently spread mixture on top.

Summer Fruit slice

1 sheet ready rolled puff pastry

600ml carton thick creamy custard

Or home made confectioners custard

2 fresh nectarines peeled if desired and chopped

150g raspberries

250ml carton whipping cream

Lay out pastry and divide into 3 even rectangles.

Cook as per instructions until golden brown-cool.

Place 1 rectangle on a serving dish spread with a layer of custard and then sprinkle on half the fruit

Cover with a layer of whipped cream and then the second rectangle.

Repeat the process and top with the 3 rectangle.

Dust with icing sugar to serve.



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