



Festive Potassium Update

Christmas is here again and with it comes the usual indulgence in festive food and drink! Even with your special dietary needs, you should still be able to enjoy the Christmas festivities.

It is important to remember that many foods eaten over this period are rich in potassium. Too much potassium in your blood can be dangerous and you need to be careful when eating foods high in potassium.



You can still have some high potassium foods but limit the size of your portions and how often you eat them.



Festive foods high in potassium:

- Christmas pudding
- Christmas cake
- Mince pies
- Dried fruit
- Chocolate (plain chocolate is lower in potassium than milk chocolate)
- Crisps, Bombay mix, twiglets
- Nuts
- Marzipan



Festive foods lower in potassium:

- Turkish delight (not chocolate covered)
- Pretzels, breadsticks, dips
- Cream cake or gateau
- Cheese and biscuits
- Ice cream
- Meringues
- Shortbread
- Pop corn
- Corn snacks
- Sausage rolls
- Trifle
- Mints



Drinks high in potassium:

- Pure fruit & vegetable juices
- White or red wine
- Lager & cider
- Beer & ale
- Hot chocolate
- Coffee



Drinks lower in potassium:

- Flavoured water
- Fizzy drinks
- Diluting squash
- Liqueurs and spirits
- Tonic

Mix spirits with fizzy drinks or water, not fruit juices. Spirits will take up less of your fluid allowance than beer and lager.



Christmas Breakfast ideas

- Pancakes with fresh berries and syrup
- Bagel with cream cheese and smoked salmon
- Muffin with bacon and egg
- Croissant with butter and jam
- Warm croissant with cheese



Christmas Dinner

Any meat, poultry or fish are ok to include.

Potatoes - avoid all ready-made potato products including potato croquettes and pre-packed roast potatoes. Home-made roast potatoes should be boiled first!

Vegetables - boil all vegetables and include 2 portions from list below:-
7 Brussels sprouts, 5 asparagus spears, 2 spears of broccoli, 3 tablespoons of cauliflower, cabbage, peas, or carrots.

Yorkshires and pigs in blankets are fine to have.



Christmas Dessert

- Lemon meringue pie with cream
- Cheesecake (non chocolate)
- Strawberry short cake
- Cheese and biscuits
- Raspberry roulade
- Ice cream sundae
- Lemon tart
- Eton Mess
- Trifle



Remember to count all fluids within your fluid allowance and to take your phosphate binders as normal.

