 Vanik Council

Guidance on reducing Potassium (k) content for Gujarati vegetarian diet **Meena Modi, OBE**

**Health Warning**  This is advice based on my personal experience and research. I am not a health professional. I have sought advice from Mansi Desai, Clinical Special Renal Dietician at Royal Free Hospital, London about the contents of this guidance as there is a real need for this in the vegetarian Asian especially Gujarati community.

For kidney patients with diabetes, it is advisable to check this advice with your renal dietitian.

My husband Kirit has gone through kidney failure twice. I donated a live kidney to him in 2001. I have managed his diet during kidney failures, particularly by reducing potassium from his meals whilst making sure meals were healthy, balanced and tasty.

**General advice**

Kidney patients like everyone need to have a balanced healthy diet at all times. To maintain control over the potassium, kidney patients need to watch the amount they eat especially of foods in the high potassium bracket. There is potassium in everything we eat so one cannot avoid taking in some. Healthy kidneys can regulate the potassium needed by our bodies and dispose of additional unwanted potassium through urine amongst other waste products. Damaged or failing kidneys cannot maintain this balance.

**High potassium can be dangerous to the heart. Kidney patients need to limit the daily potassium intake to 40-50mmol if possible.**

The table below provides a list according to Low/Medium and High content per 100g of food.



**Fruits**

|  |  |
| --- | --- |
| LOW /MEDIUM k (< 200mg of k /100g of food) | HIGH k (>200mg of k/100g of food) |
|  | |
| Apple | Amla |
| Lychee | Oranges |
| Blackberries | Fresh Apricot |
| Sweet lime | Plum |
| Guava | Ripe bananas |
| Pomegranate -dadum | Peach |
| Ripe papaya | cherries |
| Water melon | Mosambi |
| Pear | chikoo |
| Pineapple | Fresh coconut |
| Jambu | Sitafal |
| Strawberries | Grapes |
| Blackberries | Gooseberry |
| Raspberries | Kiwi |
|  | Lemon |
|  | Ripe mango |
|  | Melon |
|  | Mangoes |
| LOW /MEDIUM k (< 200mg of k /100g of food) | HIGH k (>200mg/100g of food) |
|  |  |
| **C:\Users\Vipul\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\FD91ED3F.tmp Vegetables** | |
| Dudhi, Marrow | Amaranth |
| Peas, Mangetout | Tomatoes |
| Papdi | Ringana |
| Karela (canned or boiled) | Beet root |
| Turiya | Broccoli |
| Raw banana | Okra/Bhinda |
| Capsicum/pepper | Corrinder-dhana |
| Cabbage, Carrots | Spinach |
| Cucumber | Saragva ni sing |
| Carrot | Parsnip |
| Methi | Mushrooms |
| Celery | Kantoda |
| Garlic, Spring onions | Raw papaya |
| Cauliflower- fulkobi | Saragavo/drumstick |
| Sweet corn-makai |  |
| tomatoes |  |
| Lettuce | Potato |
| French beans- fansi-poso |  |
| Green peas | Spinach |
| Okra- bhinda |  |
| Raw mango | Sweet potato |
| Onion |  |
| Parvar | Yam - mogo |
| Pumpkin |  |
| Tindora | Suran |
| Radish- mula |  |
|  |  |
| **C:\Users\Vipul\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\CF70669D.tmpDry Fruits** | |
|  | Almond-Badaam |
|  | Cashew nuts- kaju |
|  | Dates- khajoor/kharek |
|  | Dry figs- anjeer |
|  | Raisins-draksh |
|  | Piastachios - Pista |
|  | Walnut- akhrot |
|  | Seeds |
| **C:\Users\Vipul\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\6086B6AF.tmp**  **Cereals and Kathod (Limit the portion to ONE small bowl a day) and Nasto** | |
| Rice | Bajro |
| Barley- Jav |  |
| Rava- semolina | Ragi |
| Maida – plain /self raising flour | Gram Flour (Besan or chana no lot) and all savouries and sweets using gram flour.  Eg ganthia, sev, magaj and mohanthal |
| Green dried peas- | Whole wheat –brown atta |
| LOW /MEDIUM k (< 200mg of k /100g of food) | HIGH k (>200mg/100g of food) |
| Lila vatana | Kala chana |
| Juwar | Patra |
| Handavo (use Semolina) | Bateta vada |
| Farsi Puri | Kachori |
| White flour | Chick peas- Chana |
| Chakri | Chana daal |
| Noodles from wheat | Tuver daal |
| Popcorn | Masoor daal |
| Mamra | Mung & Mung daal |
| Pauva-rice flakes | Masoor |
| Wheat vermicelli -sev | Urad daal |
| Rice based snacks | Soya flour |
| Couscous | All Bran |
| Tapioca | Cereals containing nuts/ fruit/chocolate |
| Sago | Muesli |
|  | Jeeru |
| Bran flakes, corn flakes | Suki methi |
| Rice crispies | Dhana seeds |
| Weetabix, Shredded wheat | Dhana jeeru |
| Sunth– Dried ginger | Suka marcha- bhuko |
| Black pepper-mari | Turmaric/Haldar |
| Honey- madh | Tomato ketchup |
| Cloves-lavinga | Tomato sauce |
| Mint leaves- fudino | Any salt substitute |
| Cardamom-elaichi | Chocolate |
| Mustard-rai | Potato crisps |
| Garam masala | Potato chips |
| Nutmeg-jaifal | Condensed milk |
| Vinegar | Drinking chocolate |
| Buffalo milk | Coconut water |
| Skimmed or Semi skimmed milk | Fresh fruit juices |
| Soda water | Beer |
| Yoghurt | Wine |
| Home made lemonade | Fizzy drinks |
| Jam/marmalade | Nut butters |
| Salad cream / Mayonnaise | Butter, cream and Ghee( All Polysaturated fats) |
| Syrup- Golden , Maple |  |
| Vinegar |  |
| **Fats/Oils** | |
| All fats/ oils are low in potassium  BUT better to use Monosaturated fats  Eg Rapeseed oil, Olive oil/spread |  |

**Basic guidelines for reduced potassium diet**

1. Avoid foods with high potassium content if possible.
2. Use mostly foods from the low / medium potassium content.
3. ALL kathod are high potassium foods BUT vegetarians need protein. Kathod is a key protein rich food for vegetarians so do not cut it out but **reduce the potassium from kathod** before cooking with it using the following method

* Soak the kathod for a few hours in plenty of water
* Remove the water and boil the kathod in plenty of fresh water till cooked
* Remove the extra water from the kathod by straining it
* Cook as normal
* This reduces the potassium content in the kathod by nearly half.

**Eat no more than a small bowlful of kathod each day**

1. All **masala**s are high in potassium but we only use a small quantity so it is ok to use them sparingly
2. Potatoes are high in potassium so **AVOID** jacket, roast or fried potatoes. You can have potatoes if boiled in plenty of water to reduce the potassium sometimes.
3. All foods in the high potassium foods column can be used **sometimes** if the potassium is reduced first.
4. Most exotic fruits are high in potassium so avoid them. It is good to have ONE apple OR ONE pear each day. Berries are generally safe to use. Tinned fruits have lower potassium so can use these sometimes.
5. Avoid fruit juices.
6. MILK is an essential food but restrict it to a small glass (300ml) daily. Skimmed milk is better.
7. Avoid Coffee. Tea is better.
8. Use white flour for chapattis. Use white bread.
9. Use rice based cereals such as Rice Crispies . Avoid chocolate based cereals.

If you any queries, please do not hesitate to contact me at [meenamodi@hotmail.com](mailto:meenamodi@hotmail.com)