

Patient Care Reinvented.

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What is Potassium?

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Potassium is a mineral found in your blood. Too much can cause the heart to beat irregularly and stop.

Dietitian Name: _____

Telephone Number: _____

Your Name: _____

Date: _____

You are on a Special Diet.



If your family or friends are planning to provide you with food from home while you are in the hospital, please make sure they check with a member of the health care team first. See above for contact information.

English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.



Fruits You CAN Eat

Choose _____ serving(s) daily

Serving Sizes

125 mL (1/2 cup) unsweetened/sweetened fruit juice

125 mL (1/2 cup) unsweetened/sweetened canned fruit, drained

125 mL (1/2 cup) unsweetened/sweetened frozen fruit

1 small fresh fruit

125 mL (1/2 cup) fruit nectar



Fruits you can choose from:



Plums



Pears



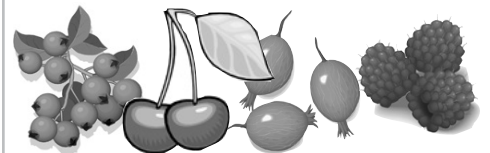
Grapes, grape juice



Canned fruits, drained



Pineapple



**Cherries, raspberries,
blueberries, gooseberries,
cranberries**



Apples, apple juice



Rhubarb



**Mandarin, tangerine, lemon,
lime, clementine**



Vegetables You CAN Eat

Choose _____ serving(s) daily

Serving Sizes

125 mL (1/2 cup) cooked vegetables

125 mL (1/2 cup) raw vegetables

250 mL (1 cup) salad greens



Vegetables you can eat raw or cooked:



Salad



Cabbage



Celery



Eggplant



Cucumber



Onion

Lettuces:

- Nappa
- Endive
- Iceberg
- Arugula
- Radicchio
- Escarole
- Dandelion greens



Radishes



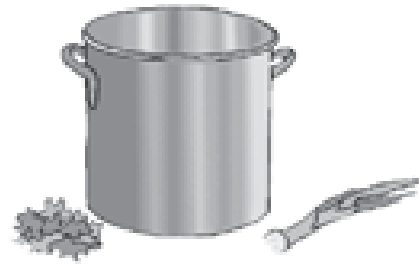
**Peppers -
Red, Green,
Yellow**

You can also eat:

- Alfalfa
- Bean sprouts
- Turnip
- Zucchini

Peel and boil the following vegetables:

Do NOT use steamers, stir-fry, pressure cookers, or microwave ovens to cook these.



Peel and boil these vegetables:



Corn



Carrots



**Green and
Yellow Beans**

You can also eat:

- Snowpeas
- Spaghetti squash
- Fiddleheads



Fruits and Vegetables You Can Eat OCCASIONALLY

Choose serving(s) weekly

Serving Sizes

125 mL (1/2 cup) strawberries

1 medium slice of watermelon

125 mL (1/2 cup) cooked vegetable or double boiled potato

125 mL (1/2 cup) raw vegetable (where indicated)

2 thin slices of tomato

1/2 corn on the cob, 125 mL (1/2 cup) creamed corn

Fruits you can choose from occasionally:

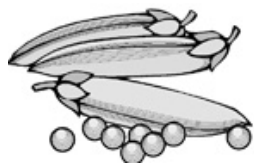


Strawberries



Watermelon

Vegetables you can choose from occasionally:



Green peas, boiled



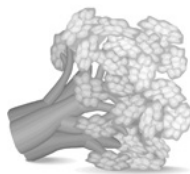
Asparagus



Raw tomato - 2 thin slices



Potato: Peel, chop in small pieces, place in large amount of water and boil well. Discard cooking water. Boil again.



Cauliflower



Broccoli

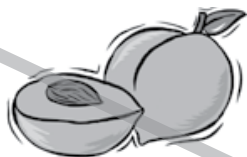


Mushrooms - raw, canned and boiled

Also: kale, collards, okra, rapini, fennel bulb, sauerkraut

You need to boil all of these.

Fruits you CANNOT eat:



Nectarines, apricots, peaches



Canteloupe and honeydew melon



Banana



Mango



Kiwi



Pumpkin

Dried Fruits: Raisins, dates, figs, apricots, currants, prunes



Avocado

Also: Prune juice, papaya, fresh figs, oranges, grapefruit juice, orange juice, coconut, pomegranate, guava, jack fruit, sour sop, sugar apple, grapefruit, starfruit.

Vegetables you CANNOT eat:



Beets and beet greens



Vegetable soups



Squash: Butternut, acorn, hubbard, pumpkin



Plantains



Artichokes



Spinach, swiss chard, bok choy



Parsnips



V8®, carrot, vegetable juices

Potatoes: Baked, French fries, instant, boiled in skin, sweet potatoes, yams



Tomato products: Sauce, paste, juice, salsa

Also: Vegetables in cream/cheese sauces, kholrabi, brussel sprouts



Grains You CAN Eat

Choose _____ serving(s) daily

Serving Sizes

125 mL (1/2 cup) cooked cereal
125 mL (1/2 cup) dry cereal
125 mL (1/2 cup) cooked pasta/rice (white)
1 slice bread
1 X 6 in (20 cm) roti/chapati (white flour)
3 cups popped popcorn

8 crackers
4 melba toast
1/2 small pita
2 plain cookies
1/2 plain bagel
250 mL (1 cup) soup



Grains you can choose from:



Bread: rolls, crackers, bagels, white flour roti, chapati, pita (white), light rye, 60% whole wheat, cracked wheat, taco shells, popcorn, noodles, pasta (no tomato sauce), white rice, couscous

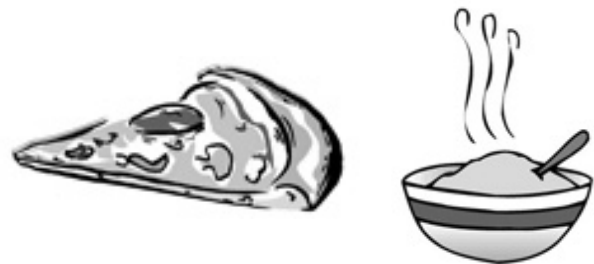


Cereals: corn grits or hominy, Cornflakes® or Honey Nut Cornflakes®, Rice Krispies®, puffed rice, Corn Bran®, Corn Chex®, Cream of Wheat®, Special K®



Baked goods: homemade loaves, homemade muffins, homemade cakes, cookies (sugar, social tea, shortbread), sweets, pastries, yeast donuts.

NO bran, chocolate, nuts, seeds, dried fruit, coconut



Occasionally: Oatmeal, Shredded Wheat®, Cheerios®, Shreddies®, English muffins, pearled barley, pizza

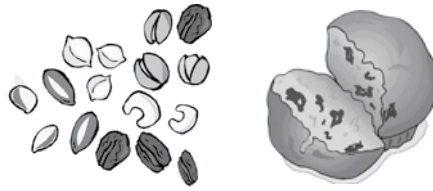


Grains You CANNOT Eat

Grains you CANNOT eat:



- Devil's food cake, chocolate cake
- Fruitcake
- Cheesecake
- Gingerbread
- Cake mixes
- Commercially-made baked goods



- Bran muffins or baked goods
- Whole wheat flour
- Dried fruit
- Nuts
- Seeds
- Chocolate



- Custard pies
- Cream pies
- Chocolate pies

Cereals: Red River®, Life®, Granola, Bran Flakes®, Bran Buds®, Grape Nuts®, Total®, Wheat Chex®, Cracklin Oat Bran®, Raisin Bran®, Special K with Fibre®, Fibre One®, Wheaties®, Vector®

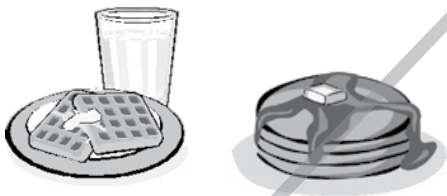
Breads and rolls:

- 100% whole wheat
- Bran
- Pumpernickel
- Dark rye
- Mixed grain
- Oatbran



Flours:

- Carob, soybean whole wheat
- Self-rising, potato quinoa, bulgar, kasha, buckwheat



Other:

- Pancake mixes, frozen
- Frozen waffles
- Waffle mix
- Brown and wild rice
- Cornmeal, wheat germ



Protein Foods You CAN Eat

Protein foods you CAN eat:



Eggs



Fish



Lamb, goat, wild game, tripe



Lobster, shrimp



Cottage cheese



Beef, pork



Chicken, turkey

Occasionally: cheese, peanut butter, crab, calamari, eel, octopus, pollock (imitation crab)

Choose _____ serving(s) daily

Serving Sizes

1 egg

30 g (1 oz) natural cheese

15 mL (1 tbsp) peanut butter

30 g (1 oz) cooked meat, fish, poultry

50 mL (1/4 cup) cottage, ricotta cheese

50 mL (1/4 cup) canned fish (no bones)

90 g soft or firm tofu

45 mL (3 tbsp) parmesan

STOP

Protein Foods You CANNOT Eat

Protein foods you CANNOT eat:



Legumes: beans - lima, navy, soy, kidney, white, lentils

Peas: split, cow, chick



Oysters, clams, mussels, scallops



Nuts



Seeds

Also: Egg substitutes, processed cheese, cheese spreads, fish bones, liver, brain, kidney



Milk Products You CAN Eat

Milk products you CAN eat:



Ice cream



1/2 cup Milk



Milkshake



Cream soup



Milk in coffee or tea



Yogurt

Pudding

Choose _____ serving(s) daily

Serving Sizes

125 mL (1/2 cup) milk

125 mL (1/2 cup) yogurt, pudding or ice cream

125 mL (1/2 cup) soup made with milk or cream



Milk Products You CANNOT Eat

Milk products you CANNOT eat:



Hot chocolate



Chocolate milk



Cappuccino

Milk products with chocolate, nuts, malt, dried fruits or coconut.

For example: chocolate milk, malted milk, hot chocolate, chocolate pudding, chocolate ice cream, chocolate milkshake, cappuccino



Miscellaneous Foods You CAN Eat

Count all drinks as part of your daily fluid allowance:



Water, mineral water



Fruit drinks
(for example, Tang®,
Kool-aid®)



Coffee, tea



**Regular/diet pop
(NOT cola)**



Cranberry juice

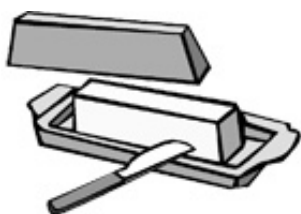


Lemonade



Liquor, wine, with doctor's approval

Sauces and Oils:



Butter or margarine



Gravy



Mayonnaise



Salad dressings

Vegetable oils: olive, canola, corn, sunflower, safflower



Cranberry sauce, gum drops, hard candies, honey, jam, jelly, marmalade, jelly beans, mints (scotch), lollipops, marshmallows, syrup (corn, table), white sugar



Herbs and spices that
do not contain salt or
potassium chloride



Vinegar (white and
balsamic), mint sauce

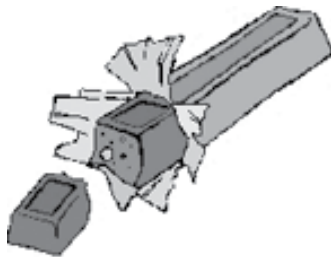


Miscellaneous Foods You CANNOT Eat

Miscellaneous Foods you CANNOT eat:



Potato chips



Chocolate, cocoa, carob powder



Herbal teas



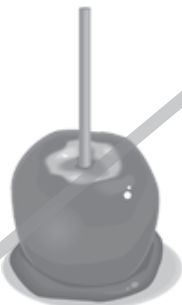
Coconut and coconut milk



Cocoa, hot chocolate, Ovaltine®, Postum®, Horlicks®, Milo®



Specialty coffees: espresso, Turkish coffee



Caramels, toffee candy



Barbecue sauce, Ketchup® (limit to small amounts)

Also: Dark brown sugar, low salt cheese, low salt baking powder, real maple syrup, mincemeat, molasses, salt substitutes (with potassium chloride), black licorice

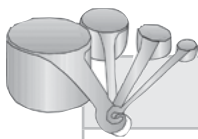
Do Not...

1. Do not change your diet without talking to your dietitian.
2. Do not exchange diets with other people because your food needs and limits will be different from others.
3. Do not eat or drink any new food or drink when you are not sure it is safe for you.

Call your dietitian when you:



1. Are losing weight or not eating well
2. Need new food ideas or a change in your daily eating plan
3. Have any concerns about your diet or certain foods



Metric and Imperial Equivalents

250 mL = 1 cup

125 mL = 1/2 cup

15 mL = 1 tbsp

200 mL = 3/4 cup

75 mL = 1/3 cup

5 mL = 1 tsp

175 mL = 2/3 cup

50 mL = 1/4 cup

30 g = 1 oz

