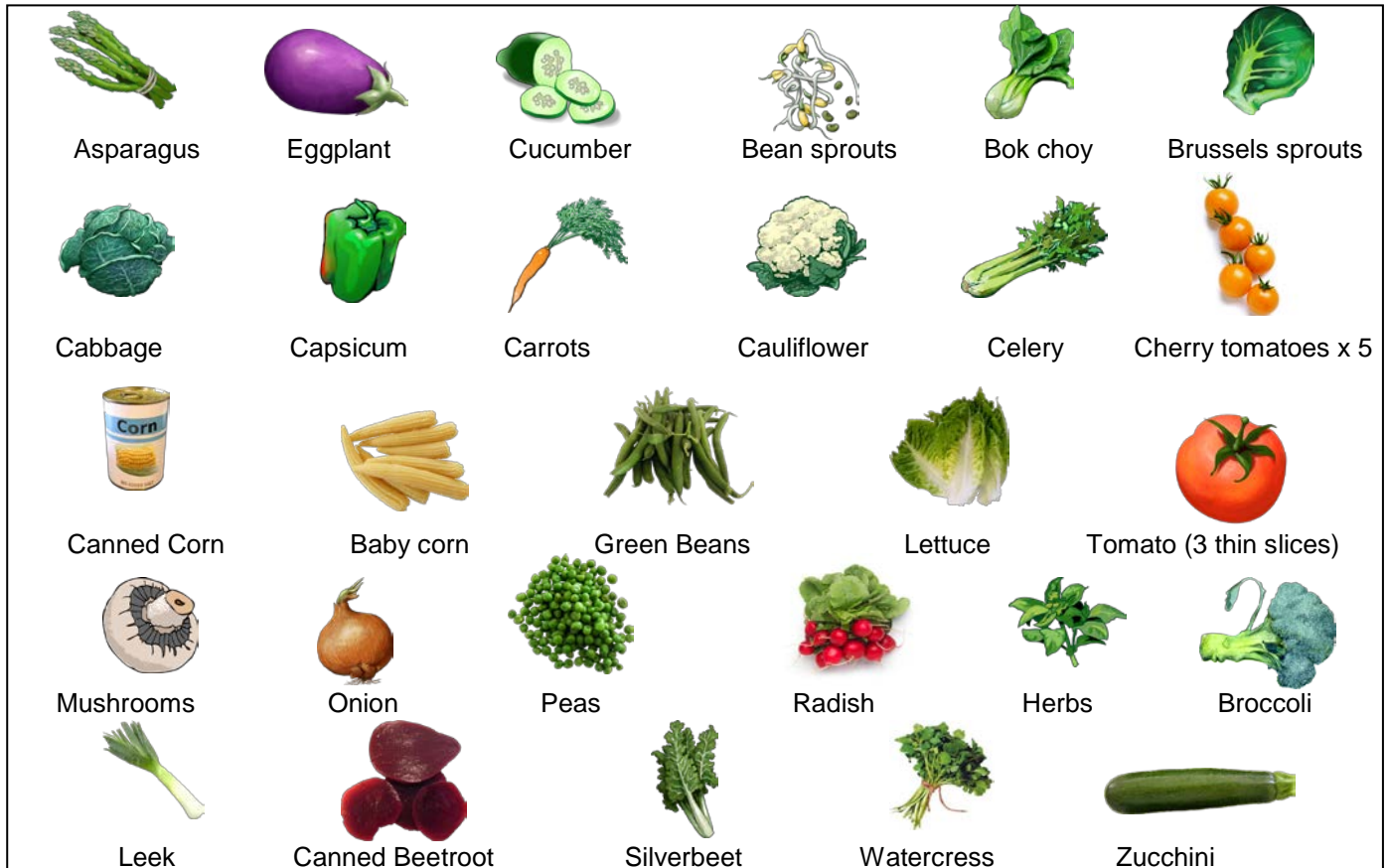


## Potassium in vegetables

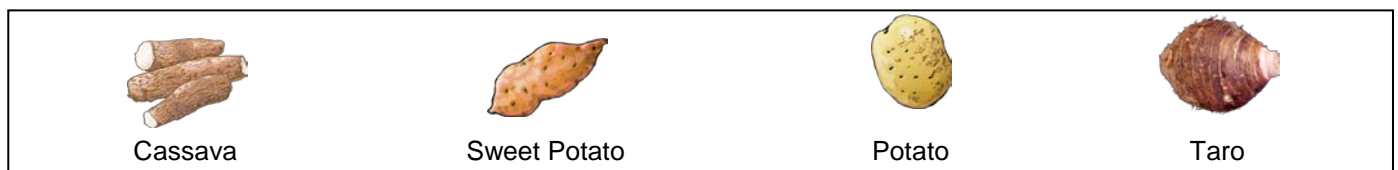
Choose \_\_\_\_\_ serves of vegetables each day.

1 serve is ½ cup or whatever fits into the palm of your hand.

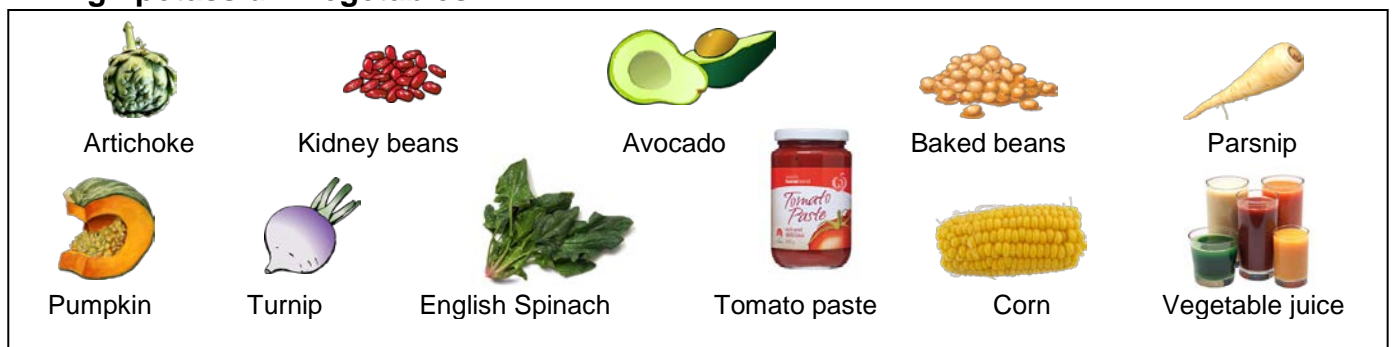
### Low potassium vegetables:



**Limit to 1 fist size of starchy vegetable each day.** You may need to top up your plate with other low potassium foods such as rice or pasta.



### High potassium vegetables:



Resource adapted with permission from the Auckland Renal Dietitians, Auckland District Health Board.

This is a consensus document from Dietitian/ Nutritionists from the Nutrition Education Materials Online, "NEMO", team.

Disclaimer: <http://www.health.qld.gov.au/masters/copyright.asp>

Developed: February 2017

Due for review: February 2019