

Foods High in Potassium

Potassium is very easily soluble in water, so try to avoid boiling high-potassium foods to help preserve as much of the potassium as possible - cook in other ways if they need cooking.

Fruit

Bananas, Grapes, Oranges, Strawberries, Mango, Rhubarb, Dried Fruit, Pineapple, Melon
Fresh Fruit Juices, Fresh Tomato Juice

All fruits contain some potassium so try to eat a variety and aim for 5 portions of fruit/vegetables daily.

Vegetables

Mushrooms, spinach, broad beans, parsnips, tomato, beetroot, avocado
Baked beans, pulses e.g. lentils, kidney beans

Consider steaming or microwaving vegetables rather than boiling, to minimise potassium losses during cooking

Potatoes

Jacket potatoes, roast potatoes
Chips
Potato waffles, instant potato products

Potato that hasn't been boiled will be higher in potassium.

Savoury snacks

Potato crisps and potato snacks
Nuts

Choose salted varieties which will also increase your salt intake

Biscuits & cakes

All biscuits containing dried fruit, nuts or chocolate
Fruit cake, chocolate cake, any cake containing nuts

Sweets/ chocolate

Toffee, chocolate, fudge

Drinks

Instant/filter coffee, camp coffee, coffee essence
Cocoa, hot chocolate, malted milk drinks
Fruit juices, tomato juice, drinks containing a high proportion of fruit juice
Milk

Miscellaneous

Peanut butter, Bovril, Marmite
Evaporated and condensed milk
Tomato puree, tomato based sauces

Foods High in Magnesium

Your body only absorbs 20-50% of the magnesium you eat, so it is important to include high magnesium foods in your diet as much as possible.

There is some evidence that foods that are particularly high in calcium or phosphate can decrease magnesium absorption, so it may be best not to drink milk or cola type drinks with your meals as they are high in calcium and phosphate.

Vegetables

Artichokes, red kidney beans, chick peas, spinach, mung beans, lentils, okra
Baked beans, hummus, sweet potato, plantain, chard, kale, brussel sprouts

Try adding beans and lentils to curries or stews. Try sweet potato mashed or baked instead of standard white potato.

Nuts

Peanuts, cashew nuts, hazelnuts, walnuts, pecans, brazil nuts, almonds, pine nuts
Peanut butter, marzipan, chocolate nut spreads e.g. nutella

You can choose salted nuts to increase your salt intake. If you are watching your weight, remember nuts are quite high calorie so opt for dry roasted or raw ones..

Seeds

Sesame seeds, pumpkin seeds, tahini

Try sprinkling seeds over a salad or add to breakfast cereals. Can be toasted for a tasty snack as an alternative to nuts.

Cereals

Brown rice, wholemeal pasta, puffed wheat, Shredded Wheat, Bran Flakes, All Bran, Weetabix
Ready Brek, porridge/oatmeal, Shreddies, wholemeal and brown bread,

Protein foods

Meat, fish, shellfish, oysters
Tofu, soya beans, nut roast, vegeburgers, Quorn

Snacks

Dark chocolate, tortilla chips, Twiglets, Bombay mix, Trail mix, popcorn, flapjacks
Oat cakes, wholemeal scones

Fruit

Figs, dried apricots, dates