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POTASSIUM RICH / HIGH POTASSIUM FOOD ITEMS - **AVOID**

(ज़्यादा पोटैशियम वाले भोजन पदार्थ) - परहेज़ करें



- Vegetable/Tomato Soup
(वैजीटेबल / टोमेटो सूप)

- All fruit juices including
Orange Juice / Coconut water
(फ्रूट, संतरा या मौसमी जूस /
नारियल पानी)



- Lemon (नीम्बू)



- Tomato Paste / Raw Tomato
(टमाटर की चटनी/ कच्चा टमाटर)



- Banana (केला)

- Mushroom (मशरूम)



- Figs (dried) (अँजीर)

- Lotus stem (कमल ककड़ी)

LOW POTASSIUM FOOD ITEMS

(कम पोटैशियम वाले भोजन पदार्थ) ✓

- Apple (सेब)



- Papaya (पपीता)

- Pear (नाशपाती)

- Guava (अमरुद)



- Pineapple (अनानास)



- Grapes (अगूर)



- Corn (मक्की)

- Watermelon/Muskmelon
(तरबूज, खरबूजा) - ok in small
amount (कम मात्रा में)

- Kiwi/Mango (कीवि, आम) - ok in
small amount (कम मात्रा में)

Note: This is for general information only. Please talk to the doctor before following any specific diet plans.

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