

Potassium

Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Potassium. The following contains some information on food sources to help improve this.

Potassium is needed for fluid balance, muscle contraction and normal nerve function. Potassium is also essential for normal heart function.

Potassium is widely available in foods.





Best food sources:

- Fruit (particularly bananas, dried apricots, prunes, dates, kiwi fruit)
- Oranges and orange juice
- Tomatoes and tomato based foods, e.g. tomato soup, tinned spaghetti
- Potatoes including potato crisps, chips and jacket potatoes
- Meat and meat products e.g. chicken, sausages, bacon, ham, beef, corned beef
- Milk and dairy products if two or more portions are eaten per day
- Peanuts (not suitable for young children due to choking hazard)
- Wholegrain bread
- Muesli
- Pulses e.g. baked beans, peas, lentils
- Vegetables, particularly cauliflower

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