

Protect your heart for people on the machine



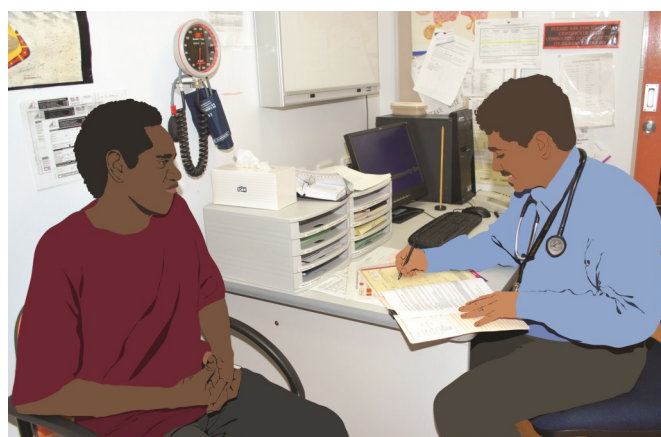
The best way to keep your heart safe from potassium is to come to dialysis 3 times per week

When people skip dialysis their potassium will go up and this can hurt their heart.



When people have hard poo their potassium will go up.

If you have hard poo, speak to one of the nurses or doctors.



Eat more low potassium fruit and vegetables



CANNED PEACHES



STRAWBERRIES



BLUEBERRIES



CANNED FRUIT SALAD



RASPBERRIES



PLUMS



PACKED FRUIT SALAD

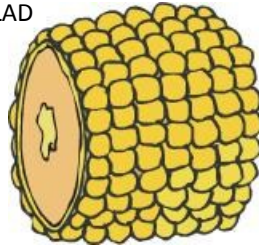
CANNED PEARS



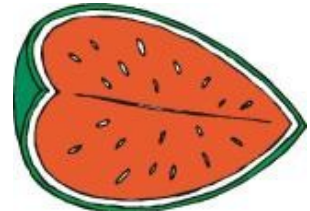
PAPAYA



ORANGE



CORN



WATERMELON



EGG PLANT



PEAR



PASSIONFRUIT



CARROTS



APPLES



BRUSSEL SPROUTS



MUSHROOMS



CUCUMBER



CABBAGE



ONIONS



CAPSICUM



FROZEN GREEN BEANS



PEAS



CANNED VEGETABLES

All these foods have big mobs of potassium

Eat these foods in small amounts and not everyday



MANGO



BANANA



NECTARINE



KIWI



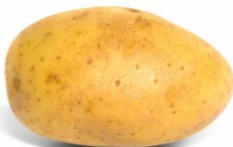
PINEAPPLE



GRAPES



DRIED FRUIT



POTATO



PUMPKIN



ZUCCHINI



BROCCOLI



Boil up high potassium vegetables and throw
That water away to get rid of the potassium



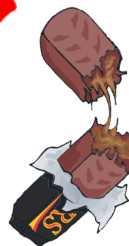
Eat less of these foods



ICED COFFEE



CHOCOLATE



CHOCOLATE BARS



TOMATO SAUCE



HOT CHIPS



POTATO CHIPS



FRUIT JUICE



VEGETABLE JUICE