

Diet Corner – September 2017

Fruit and vegetables – we all have our favourites! But when your blood potassium level is high or low and you need to change what you eat, do you know which fruits and vegetables are lower or higher in potassium?

The potassium levels in our blood often change so it is a good idea to **ask regularly what your blood potassium level is** so you can make changes to your diet to help manage this.

Below are some examples of fruits and vegetables which are **lower**, and some which are **higher** in potassium.

Lower potassium fruits and vegetables:



Apples



Pears



Tangerine



Tinned fruits



Boiled vegetables



Cucumber



Peppers



Boiled swede

Higher potassium fruits and vegetables:



Banana



Avocado



Papaya/Paw-paw



Dried Apricots



Karella/Ampalaya



Beetroot



Parsnip



Spinach

If you like eating particular fruits and vegetables and you want to know how they may affect your potassium level, please feel free to ask your dietitian for guidance.

Written by Robert Davies (Renal Dietitian) – Department of Nutrition and Dietetics, Imperial Renal and Transplant Centre, Hammersmith Hospital, W12 0HS

Summer BBQ Event – Review

A very big THANK YOU to all those who supported this event.

Fiona Loud from Kidney Care UK was delighted to be asked to open our event however was slightly amazed to be Guarded by the 3 storm Troopers. The many people who attended were entertained by great singing artists from different genres including Swing/reggae and disco. We were also entertained by the steel pans. Vegetarian Street food / BBQ and Yummy cakes were consumed by all. The children enjoyed playing outside games of Jenga, AirZooka and Draughts. The younger children enjoyed the face-painting and duck fishing. The icing on the cake was the scorching hot day from morning until evening. A perfect Summer BBQ – roll on next year.



Day Trips 2017 - Review

We were proud to support 7 day trips this year for Patients, carers and their families (from July through to September). We kicked off the events with a Trip to Windsor, entry to the castle was fully funded by us (WLKPA), followed by a Day Trip to Brighton, Southend, Clacton-on-Sea, Eastbourne, Margate & Bournemouth. Many enjoyed the Zip wire rides, dipping their toes/bodies into the sea, Stunning aerobatics at local air show displays, Train ride on the mile long pier at Southend and eating fish and chips by the sea. Each trip enjoyed a quiz created by the Day trip Organiser, battling their wits against one another – which really encouraged the interaction on the coach before arriving at the destination. A great day was had by all.



For more photos and news please visit our website and fb pages.