

高鉀飲食

高鉀飲食：

鉀是一種礦物質，主要功用是維持體液平衡、心跳功能及神經系統傳導功能。

缺乏鉀質，可能會出現疲倦、頭暈、抽筋及心跳等症狀。

高鉀飲食的定義：


提供每日飲食中較高的鉀質攝取量，以補充身體的低血鉀症狀。


一般高鉀飲食原則：


- ♥ 奶類、豆類和蔬果一般鉀含量較高
- ♥ 病患時食慾不振，可多飲用新鮮的果汁來補充
- ♥ 一般蔬果類亦含豐富之鉀量，但因鉀質容易溶於水中，應避免將食物長時間浸泡於水中，烹調蔬果時，可先清洗後再做切割處理，不宜使用大量水來烹調，剩餘的湯汁可保留一起食用。


含有高鉀的食物：

♥ 蔬果類：

 **生果：**蕉、龍眼、奇異果、桃駁梨、椰子、榴槤、大樹菠蘿、芒果、番石榴、西梅

 **蔬菜：**菠菜、西洋菜、通菜、紫菜、海帶、西蘭花、大蒜、蕃瓜、枸杞、芥蘭

 **根菜類：**蕃薯、慈菇、沙葛、紅椒、薯仔、芋頭、蓮藕、筍、冬筍、馬蹄、薑

 **豆及菌類：**黃豆、紅豆、黑豆、金針、木耳、發菜、雪耳、草菇、大豆、冬菇、磨菇

♥ **飲品：**所有鮮果汁、保衛爾

♥ **調味料：**無鹽豉油、茄汁、茄羔、咖喱粉

♥ **糖類：**糖膠、糖漿、黃糖、麥芽糖

♥ **其他：**所有硬殼果及乾果，如杏脯、西梅、無花果乾、提子乾

如有任何查詢，請聯絡醫護人員

以上資料由港島西聯網家庭醫學及基層醫療部提供




瑪麗醫院
Queen Mary Hospital

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HIGH POTASSIUM DIET



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HIGH POTASSIUM DIET

High Potassium Diet:

Potassium is a mineral, and its bodily functions are keeping the fluid balance, keeping the heart beating and nerve condition. People with deficiency of potassium may feel tired, dizziness, seizure and palpitations.

Definition of high potassium diet:

Serve a high potassium dietary intake for potassium restoration in condition of hypokalemia.

General Principles on high potassium diet:

- ♥ Dairy product, beans, vegetables and fruits are generally rich in potassium
- ♥ Fresh fruit juice is good for supplement on the sick days with poor appetite
- ♥ Vegetables and fruits are rich in potassium. Potassium is highly water soluble. The food should be avoided to immerse in water for a long time or cooked with a lot of water. The remaining vegetable soup can be reserved and taken.

Food containing high potassium content:

♥ Fruits and Vegetables



Fruits : Banana, Longan, Kiwi fruit, Nectarine, Coconut, Durian, Jackfruit, Mango, Guava and Prune



Leafy vegetables : Spinach, Watercress, Water Spinach, Seaweed, Kelp, Broccoli, Garlic, Pumpkin, Goji Berry, Chinese Broccoli



Root vegetables : Sweet potato, Chinese Arrow head, Yam Beans, Red Pepper, Potato, Taro, Lotus Root, Bamboo Shoot, Water Chestnut, Ginger



Beans and Fungi : Soybean, Red Bean, Black Bean, Gum Jam, Black Fungus, Fat-choy, Snow Fungus, Straw Mushroom, Shiitake Mushroom, Mushroom

♥ **Drinks :** All fresh fruit juices, Bovril

♥ **Seasonings :** Salt-less Soy Sauce, Tomato Sauce, Tomato Paste and Curry Powder

♥ **Sugar :** Sugar Syrup, Brown Sugar and Malt Sugar

♥ **Others :** All nuts and dries fruits, e.g. Apricot, Prune, Fig and Raisin

Should you have any queries, please contact your Health Care Provider.

Information provided by Department of Family Medicine and Primary Healthcare, Hong Kong West Cluster