

# 鉀與腎病患者的飲食: 基本訊息

## POTASSIUM AND YOUR KIDNEY DIET: BASIC

### 甚麼是鉀？

- 鉀是您身體裡的一種礦物質。它能保持神經、肌肉和心臟運作正常。

### 為什麼我需要限制進食鉀？

- 健康的腎會去除多餘的鉀。
- 如果您有腎病，鉀可能會積聚在您的身體裡。您的腳趾和手指可能會因此而感到刺痛。您可能會感到肌肉虛弱、心跳不穩定，甚至心跳停止。
- 您血液裡的鉀將會定時被檢驗。您的腎臟營養師將會定期與您討論檢驗結果。

### 如何控制我的鉀？

- 大部份的食物含有一些鉀，但有些水果和蔬菜的含量偏高。
- 限制這些食物會幫助您控制血液裡的鉀。

### What is potassium?

- Potassium is a mineral found in your body. It helps your nerves, muscles and heart work properly.

### Why do I need to limit potassium in my diet?

- Healthy kidneys remove potassium from your body.
- Potassium can build up in your body if your kidneys are not working properly. If this happens you may feel tingling in your toes and fingers. You may also have weak muscles, irregular heartbeats and your heart may even stop.
- The potassium level in your blood will be checked regularly. Your renal dietitian will review this with you.

### How can I control my potassium?

- Most foods contain some potassium but certain foods, especially some fruits and vegetables contain a lot of potassium.
- Limiting these foods will help control the amount of potassium in your blood.

# 鉀與腎病患者的飲食: 基本訊息

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### 烹調方法能改變食物的含鉀量

- 舉例：半杯熟菠菜屬高含鉀量，半杯生菠菜屬中度含鉀量，因為半杯熟菠菜的份量是多於半杯生菠菜的。

如果您喜歡的食物不在此清單內，請向您的營養師查詢。

### Preparation method can change potassium content of foods.

- Example: ½ cup cooked spinach is high in potassium. ½ cup raw spinach is medium in potassium. This is because ½ cup cooked spinach contains more spinach than ½ cup of raw spinach.

Ask your dietitian if there are foods you want to eat that are not on this list.

要降低含鉀量，可將罐裝蔬菜及水果的水倒出，隔走罐內的液體。

To lower potassium, drain canned vegetables and fruits and throw away the liquid.



購買罐裝蔬菜時，切記選購「無添加鹽」的類別。

When buying canned vegetables be sure to choose “no salt added”.



# 含鉀量較低的蔬菜

## LOWER POTASSIUM VEGETABLES

除非另有說明，否則一個份量即等於半杯。  
如沒有說明烹調方法，即指食物是新鮮生食的。

One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 苜蓿芽</li> <li>• 芝麻菜</li> <li>• 露筍（生食／煮熟）</li> <li>• 竹筍（罐裝）</li> <li>• 綠豆芽菜</li> <li>• 西蘭花／百加利（生食／急凍）</li> <li>• 捲心菜／椰菜（生食／煮熟）</li> <li>• 紅蘿蔔／甘筍（煮熟）</li> <li>• 椰菜花</li> <li>• 塊根芹（煮熟）</li> <li>• 西芹（生食）</li> <li>• 萵筍</li> <li>• 合掌瓜</li> <li>• 車厘蕃茄</li> <li>• 菊苣生菜</li> <li>• 菜心／油菜</li> <li>• 胡荽葉／中國芫茜</li> <li>• 黃粟米（煮熟）</li> <li>• 青瓜</li> <li>• 白蘿蔔</li> <li>• 蒲公英葉</li> <li>• 矮瓜／茄子（煮熟）</li> <li>• 萵苣菜</li> <li>• 茴香</li> <li>• 芥菜</li> <li>• 芥蘭</li> <li>• 蒜頭（生食／煮熟）</li> <li>• 葡萄葉（罐裝）</li> </ul>	<ul style="list-style-type: none"> <li>• alfalfa sprouts</li> <li>• arugula</li> <li>• asparagus, raw/cooked</li> <li>• bamboo shoots, canned</li> <li>• bean sprouts</li> <li>• broccoli, raw/frozen</li> <li>• cabbage, raw/cooked</li> <li>• carrots, cooked</li> <li>• cauliflower</li> <li>• celeriac, cooked</li> <li>• celery, raw</li> <li>• celtuce</li> <li>• chayote</li> <li>• cherry tomato</li> <li>• chicory greens</li> <li>• choy sum (yao choy)</li> <li>• cilantro</li> <li>• corn, yellow, cooked</li> <li>• cucumber</li> <li>• daikon (oriental radish)</li> <li>• dandelion greens</li> <li>• eggplant, cooked</li> <li>• endive</li> <li>• fennel bulb</li> <li>• gai choy (mustard greens)</li> <li>• gai lan (chinese broccoli)</li> <li>• garlic, raw/cooked</li> <li>• grape leaf, canned</li> </ul>

# 含鉀量較低的蔬菜

## LOWER POTASSIUM VEGETABLES

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如沒有說明烹調方法，即指食物是新鮮生食的。

One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 四季豆（煮熟／罐裝／生食）</li> <li>• 豆薯</li> <li>• 羽衣甘藍（生食／新鮮煮熟）</li> <li>• 大蒜（生食／煮熟）</li> <li>• 生菜</li> <li>• 磨菇（生食／罐裝）</li> <li>• 花菇（煮熟）</li> <li>• 仙人掌葉（煮熟）</li> <li>• 羊角豆（煮熟）</li> <li>• 洋蔥（生食／煮熟）</li> <li>• 洋芫茜</li> <li>• 青豆（罐裝／急凍）</li> <li>• 甜椒，生食／煮熟</li> <li>• 菊苣</li> <li>• 小型洋蘿蔔</li> <li>• 紫菜</li> <li>• 冬蔥／紅蔥頭（生食／煮熟）</li> <li>• 雪豆（生食／煮熟）</li> <li>• 菠菜（生食）</li> <li>• 夏日南瓜（煮熟）（例如：魚翅瓜、蓮花果、彎頸南瓜）</li> <li>• 綠蕃茄</li> <li>• 芫菁（生食／煮熟）</li> <li>• 芫菁葉（煮熟）</li> <li>• 馬蹄（罐裝）</li> <li>• 西洋菜</li> <li>• 長豆角（煮熟）</li> <li>• 意大利瓜（生食）</li> <li>• 冬瓜</li> </ul>	<ul style="list-style-type: none"> <li>• green beans, cooked/canned/raw</li> <li>• jicama</li> <li>• kale, raw/cooked from fresh</li> <li>• leeks, raw/cooked</li> <li>• lettuce</li> <li>• white mushrooms, raw/canned</li> <li>• mushrooms, shiitake, cooked</li> <li>• nopales, cooked</li> <li>• okra, cooked</li> <li>• onion, raw/cooked</li> <li>• parsley</li> <li>• peas, green, canned/frozen</li> <li>• peppers, raw/cooked</li> <li>• radicchio</li> <li>• radish</li> <li>• seaweed</li> <li>• shallots, raw/cooked</li> <li>• snow peas, raw/cooked</li> <li>• spinach, raw</li> <li>• squash, summer, cooked (e.g. spaghetti, pattypan, crookneck)</li> <li>• tomatillo</li> <li>• turnip, raw/cooked</li> <li>• turnip greens, cooked</li> <li>• water chestnuts, canned</li> <li>• watercress</li> <li>• yardlong beans, cooked</li> <li>• zucchini, raw</li> <li>• winter melon</li> </ul>

# 含鉀量高的蔬菜

## HIGH POTASSIUM VEGETABLES

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如沒有說明烹調方法，即指食物是新鮮生食的。

One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 朝鮮薊／雅芝竹</li> <li>• 露筍（罐裝）</li> <li>• 甜菜</li> <li>• 竹筍（生食／煮熟）</li> <li>• 苦瓜莢（煮熟）</li> <li>• 白菜（煮熟）</li> <li>• 西蘭花／百加利（新鮮煮熟）</li> <li>• 龍眼包心菜</li> <li>• 牛蒡根（煮熟）</li> <li>• 紅蘿蔔（生食）</li> <li>• 樹薯</li> <li>• 塊根芹（生食）</li> <li>• 瑞士厚皮菜</li> <li>• 椰子（無加糖）</li> <li>• 白粟米</li> <li>• 白蘿蔔（煮熟）</li> <li>• 酸模葉</li> <li>• 獨行菜（煮熟）</li> <li>• 羽衣甘藍（急凍，煮熟）</li> <li>• 撒藍／球莖甘藍</li> <li>• 蓮藕</li> </ul>	<ul style="list-style-type: none"> <li>• artichoke</li> <li>• asparagus, canned</li> <li>• beet greens</li> <li>• bamboo shoots, raw/cooked</li> <li>• bitter melon pods, cooked</li> <li>• bok choy, cooked</li> <li>• broccoli, cooked from fresh</li> <li>• brussel sprouts</li> <li>• burdock root, cooked</li> <li>• carrot, raw</li> <li>• cassava</li> <li>• celeriac, raw</li> <li>• chard, swiss</li> <li>• coconut, unsweetened</li> <li>• corn, white</li> <li>• daikon radish, cooked</li> <li>• dock (sorrel)</li> <li>• garden cress, cooked</li> <li>• kale, frozen, cooked</li> <li>• kohlrabi</li> <li>• lotus root</li> </ul>

# 含鉀量高的蔬菜

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如沒有說明烹調方法，即指食物是新鮮生食的。

One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 磨菇（煮熟／乾）</li> <li>• 花菇</li> <li>• 大啡菇</li> <li>• 小型白蘿蔔（煮熟）</li> <li>• 青豆（新鮮煮熟）</li> <li>• 日曬乾椒</li> <li>• 馬鈴薯</li> <li>• 南瓜</li> <li>• 芫菁甘藍</li> <li>• 菠菜（煮熟）</li> <li>• 冬日南瓜（煮熟）（例如奶油瓜、橡實瓜、古巴瓜）</li> <li>• 蕃薯</li> <li>• 芋頭</li> <li>• 蕃茄（生食、茄醬、蕃茄汁、碎蕃茄、茄膏）</li> <li>• 甜薯</li> <li>• 馬蹄（新鮮）</li> <li>• 意大利瓜（煮熟）</li> </ul>	<ul style="list-style-type: none"> <li>• mushrooms, white, cooked/ dried</li> <li>• mushroom, shitake</li> <li>• mushroom, portabello</li> <li>• parsnips, cooked</li> <li>• peas, green (cooked from fresh)</li> <li>• peppers, sun dried</li> <li>• potatoes</li> <li>• pumpkin</li> <li>• rutabaga</li> <li>• spinach, cooked</li> <li>• squash, winter, cooked (e.g. butternut, acorn, hubbard)</li> <li>• sweet potato</li> <li>• taro</li> <li>• tomato (raw, sauce, juice, crushed, paste)</li> <li>• yam</li> <li>• water chestnuts, fresh</li> <li>• zucchini, cooked</li> </ul>

將馬鈴薯用滾水煮兩次，可將其含鉀量減低約一半。如果您想在餐單中加入馬鈴薯，請向您的營養師查詢烹調方法。

Double boil potatoes to lower potassium content by about half. Ask your dietitian for instructions if you want to include potatoes in your diet.



# 含鉀量較低的水果

## LOWER POTASSIUM FRUITS

除非另有說明，否則一個份量即等於半杯。  
如沒有說明烹調方法，即指食物是新鮮生食的。

One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 蘋果</li> <li>• 蘋果醬</li> <li>• 雪梨</li> <li>• 黑草莓</li> <li>• 藍草莓</li> <li>• 小型大楊梅</li> <li>• 加沙巴甜果</li> <li>• 櫻桃 (10)</li> <li>• 山楂</li> <li>• 紅莓</li> <li>• 黑加侖子 (新鮮)</li> <li>• 無花果 (新鮮)</li> <li>• 鵝莓</li> <li>• 西柚，半個中柚*</li> <li>• 葡萄，16</li> <li>• 柑橘，5</li> <li>• 檸檬／青檸</li> <li>• 大楊莓</li> <li>• 龍眼，15</li> <li>• 荔枝</li> <li>• 蜜柑</li> <li>• 芒果</li> <li>• 油桃</li> <li>• 橙，半個細橙</li> <li>• 木瓜</li> <li>• 桃子</li> <li>• 梨子</li> <li>• 菠蘿</li> <li>• 梅子</li> </ul>	<ul style="list-style-type: none"> <li>• apple</li> <li>• applesauce</li> <li>• Asian pear</li> <li>• blackberries</li> <li>• blueberries</li> <li>• boysenberries</li> <li>• casaba melon</li> <li>• cherries (10)</li> <li>• crabapple</li> <li>• cranberries</li> <li>• currants, fresh</li> <li>• figs, fresh</li> <li>• gooseberries</li> <li>• grapefruit, 1/2 medium*</li> <li>• grapes, 16</li> <li>• kumquat, 5</li> <li>• lemon/lime</li> <li>• loganberries</li> <li>• longans, 15</li> <li>• lychee</li> <li>• mandarin orange</li> <li>• mango</li> <li>• nectarine</li> <li>• orange, 1/2 small</li> <li>• papaya</li> <li>• peach</li> <li>• pear</li> <li>• pineapple</li> <li>• plum</li> </ul>

# 含鉀量較低的水果

## LOWER POTASSIUM FRUITS

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One portion is 1/2 cup unless otherwise stated.  
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每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"><li>• 仙人掌果</li><li>• 西梅，罐裝(5)</li><li>• 棗果</li><li>• 紅毛丹（罐裝）</li><li>• 覆盆子</li><li>• 大黃</li><li>• 草莓</li><li>• 橘子</li><li>• 西瓜</li></ul> <p><b>果汁</b></p> <ul style="list-style-type: none"><li>• 蘋果汁</li><li>• 西柚汁*</li><li>• 檸檬水</li><li>• 菠蘿汁</li><li>• 紅莓汁</li></ul> <p>* 西柚及西柚汁會影響某些藥物的功效，請向醫生或藥劑師查詢您是否可以安全進食。</p>	<ul style="list-style-type: none"><li>• prickly pear</li><li>• prune, canned (5)</li><li>• quince</li><li>• rambutan, canned</li><li>• raspberries</li><li>• rhubarb</li><li>• strawberries</li><li>• tangerine</li><li>• watermelon</li></ul> <p><b>JUICES</b></p> <ul style="list-style-type: none"><li>• apple juice</li><li>• grapefruit juice*</li><li>• lemonade</li><li>• pineapple juice</li><li>• cranberry juice</li></ul> <p>* <b>Grapefruit and grapefruit juice affects the way some medications work. Ask your doctor or pharmacist if these are safe for you to eat.</b></p>





# 含鉀量高的水果

## HIGH POTASSIUM FRUITS

除非另有說明，否則一個份量即等於半杯。  
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One portion is 1/2 cup unless otherwise stated.  
If no preparation method is described, the food is in its fresh (raw) form.

每日選擇 _____ 個份量	Choose _____ portions a day
<ul style="list-style-type: none"> <li>• 杏</li> <li>• 牛油果</li> <li>• 香蕉</li> <li>• 麵包果</li> <li>• 香瓜／皺皮瓜</li> <li>• 南美番荔枝</li> <li>• 加侖子乾</li> <li>• 棗子乾</li> <li>• 榴槤</li> <li>• 接骨木莓</li> <li>• 無花果乾</li> <li>• 番石榴</li> <li>• 蜜瓜</li> <li>• 大樹菠蘿</li> <li>• 奇異果</li> <li>• 荔枝乾 (10)</li> <li>• 百香果</li> <li>• 柿</li> <li>• 大蕉</li> <li>• 李子，罐裝</li> <li>• 石榴*</li> <li>• 沙田柚*</li> <li>• 西梅乾</li> <li>• 葡萄乾</li> <li>• 刺果番荔枝</li> <li>• 草莓番石榴</li> <li>• 羅望子</li> </ul>	<ul style="list-style-type: none"> <li>• apricot</li> <li>• avocado</li> <li>• banana</li> <li>• breadfruit</li> <li>• cantaloupe</li> <li>• cherimoya</li> <li>• currant, dried</li> <li>• date, dried</li> <li>• durian</li> <li>• elderberries</li> <li>• fig, dried</li> <li>• guava</li> <li>• honeydew melon</li> <li>• jackfruit</li> <li>• kiwi</li> <li>• lychee, dried (10)</li> <li>• passion fruit</li> <li>• persimmon</li> <li>• plantain</li> <li>• plum, canned</li> <li>• pomegranate*</li> <li>• pomello*</li> <li>• prune, dried</li> <li>• raisin</li> <li>• soursop</li> <li>• strawberry guava</li> <li>• tamarind</li> </ul>


# 含鉀量高的水果

## HIGH POTASSIUM FRUITS

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如沒有說明烹調方法，即指食物是新鮮生食的。

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每日選擇 _____ 個份量	Choose _____ portions a day
<p><b>果汁</b></p> <ul style="list-style-type: none"><li>• 杏梅露</li><li>• 橙汁</li><li>• 百香果汁</li><li>• 西梅汁</li><li>• 橘子汁</li></ul> <p>* 石榴 (pomegranate)和沙田柚 (pomello) 會影響某些藥物的功效，請向醫生或藥劑師查詢您是否可以安全進食。</p>	<p><b>JUICES</b></p> <ul style="list-style-type: none"><li>• apricot nectar</li><li>• orange juice</li><li>• passion fruit juice</li><li>• prune juice</li><li>• tangerine juice</li></ul> <p>* Pomegranate and pomello affect the way some medications work. Ask your doctor or pharmacist if these are safe for you to eat.</p>





**切勿進食楊桃（又稱五斂子），因為它對腎病患者是有毒性的。**

**Do not eat Starfruit (also known as carambola).  
It is toxic to people with kidney disease.**

# 其他高鉀食物

## OTHER HIGH POTASSIUM FOODS

除非另有說明，否則一個份量即等於半杯。  
如沒有說明烹調方法，即指食物是新鮮生食的。

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If no preparation method is described, the food is in its fresh (raw) form.

其他食物	OTHER FOODS
<ul style="list-style-type: none"> <li>• 麥糠*</li> <li>• 麥糠鬆餅*</li> <li>• 巧克力, 稻子豆</li> <li>• 椰子水, 罐裝椰奶</li> <li>• 咖啡, 每日多過兩杯</li> <li>• 燕麥</li> <li>• 豆類食物 (豌豆、扁豆、利馬豆、小扁豆)*</li> <li>• 牛奶和乳酪*</li> <li>• 乾果批</li> <li>• 糖蜜</li> <li>• 營養補充飲品 / 正餐代替品*</li> <li>• 果仁和種子*</li> <li>• 阿華田Ovaltine™ (多於2茶匙)</li> <li>• 花生醬*</li> <li>• 馬鈴薯片</li> <li>• 代鹽, 例如Half Salt™、No Salt™</li> </ul>	<ul style="list-style-type: none"> <li>• bran cereals*</li> <li>• bran muffins*</li> <li>• chocolate, carob</li> <li>• coconut water, canned coconut milk</li> <li>• coffee, more than two cups a day</li> <li>• granola</li> <li>• legumes (peas, beans, lima beans, lentils)*</li> <li>• milk &amp; yogurt*</li> <li>• mincemeat pie</li> <li>• molasses</li> <li>• nutritional supplement drinks/meal replacements*</li> <li>• nuts and seeds*</li> <li>• Ovaltine™ (more than 2 tsp)</li> <li>• peanut butter*</li> <li>• potato chips</li> <li>• salt substitutes e.g. Half Salt™, No Salt™</li> </ul>

\* 這些食物含有鉀質，但同時也含有豐富的蛋白質、鈣質和纖維等重要營養。請與您的營養師商討如何將這些食物納入您的低鉀餐單中。

**These foods are a source of potassium but are also good sources of important nutrients like protein, calcium, and fibre. Talk to your dietitian about how you can fit these into your low potassium diet.**