

Food guide for managing potassium intake for children eating a West and Central Indian diet

The following tables give the potassium content of foods commonly eaten by children living in West and Central India.

This practical guide has been devised by a working group of paediatric renal dietitians and paediatric nephrologists in India, in collaboration with the Paediatric Renal Nutrition Taskforce.

The food guide includes recipes that are commonly consumed in the West and Central Indian states of Maharashtra, Gujarat, Rajasthan, Goa, Chattisgarh and Madhya Pradesh.

West and Central Indian foods

The potassium content of food items per 100g is taken from reference texts. Portion size and potassium per portion size has been estimated by the working group. Please note potassium content varies depending on cooking method, ingredients and household measurement. The portion size of 1 bowl has a volume of 210ml and a diameter of 8cm. The diameter of 1 plate is 7 inches. The volume of 1 glass is 200ml. 1 Tbsp is 1 rounded tablespoon. Herbs and spices are dried powders unless stated. Given weights of meat are boneless.

K⁺ content of breakfast foods

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Hindi/Marathi/Gujarathi	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
पोहे	Poha	Rice flakes, onion, peanuts, oil	45g (½ bowl)	60	133
मूंग दाल चीला	Moong dal chilla	Moong dal (green gram), onion, oil	50g (1 bowl)	211	422
साबूदाना खिचड़ी	Sabudana kichdi	Sago, peanuts, ghee	45g (½ bowl)	51	113
थेप्ला	Thepla	Whole wheat flour, fenugreek leaves, curd (yogurt), oil	50g (1 piece)	79	158
थालीपीठ	Thalipeeth	Chick peas split, wheat, bajra, jowar, rice, onion, oil	50g (½ piece)	125	250
मिसळ पाव	Misal paav	Moth beans (matki), onion, tomato, potatoes, oil, bombay mixture, paav	100g (½ bowl)	313	313
आंबोळी	Amboli	Rice, black gram split, fenugreek seeds, oil	50g (1 piece)	71	142
राब	Raab	Bajra flour, sugar/jaggery/ghee	110g (½ bowl)	91	83
मुथिया	Muthiya	Besan (gram flour), fenugreek leaves, oil	60g (½ bowl)	256	427
उपीट / तिखट शिरा	Upma	Semolina (rava/sooji), onion, oil	70g (½ bowl)	64	91
साबुदाणा वडा	Sabudana vada	Sago, potato, roasted peanuts, oil	110g (2 pieces)	372	338
वरीचा डोसा	Varicha dosa	Samai, potato, oil	80g (1 piece)	533	666
शिरा / हलवा	Sheera/halwa	Semolina (rava/sooji), cows milk, sugar, ghee	100g (½ bowl)	85	85
घारगे	Ghaarge	Red pumpkin, wheat flour, jaggery, oil	60g (3 pieces)	197	328
उपवासाची / फराळी मिसळ	Upvasachi/farali misal	Sago, potato, peanuts, cucumber, oil	100g (½ bowl)	303	303
धपाटे	Dhapate	Jowar flour, rice flour, besan (gram flour), onion, tomato, oil	90g (1 piece)	242	269
साबुदाण्याचा डोसा	Sabudana dosa	Sago, potato, oil	80g (2 pieces)	541	676
दडपे पोहे	Dadpe pohe	Rice flakes, onion, tomato, fresh coconut, sugar, oil	100g (½ bowl)	244	244
घावणे	Ghavne	Rice, oil	50g (2 pieces)	43	86
फोडणीचा भात	Fodnichha bhaat	Rice, onion, oil	100g (½ bowl)	118	118
गुळ पोहे	Gul pohe	Rice flakes, jaggery, cows milk, fresh coconut	100g (½ bowl)	187	187
अप्पे	Appe	Semolina (rava/sooji), curd (yogurt), carrot, peas, oil	45g (4 pieces)	361	802
हाथफोडवा (इडली)	Hatphodva (idli)	Rice, black gram dal	75g (2 pieces)	206	275
अंगकार रोटी	Angakar roti	Rice	50g (2 pieces)	49	97
गोवन सना	Goan sanna	Parboiled rice, fresh coconut, sugar	75g (2 pieces)	101	134
गोवन नुरिओस	Goan neureos	Semolina (rava/sooji), refined flour, fresh coconut, sugar, oil	45g (2 pieces)	131	292

K⁺ content of main meals

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Hindi/Marathi/Gujarathi	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
चपाती	Chapathi	Wheat flour, oil	30g (¼ piece)	62	207
भाकरी	Bhakri	Jowar/rice/ragi	25g (½ piece)	82	328
मसाले भात	Masala bhaat	Rice, onion, tomato, capsicum, peas, cauliflower, oil	75g (½ bowl)	138	184
मिर्ची चा ठेचा	Mirchi thecha	Mirchi, garlic, oil	10g (1 Tbsp)	33	330
मटकी ची उसळ	Matki usal	Pulses/moth beans, onion, tomato, oil	90g (½ bowl)	297	330
भरली वांगी	Bharli waangi (stuffed)	Brinjal (egg plant), onion, tomato, peanuts, oil	50g (¾ bowl)	388	776
कढ़ी पकोड़े	Kadhi pakoda	Butter milk, besan (gram flour), oil	75g (½ bowl)	289	385
भीयडी कढ़ी	Khichdi kadhi	Butter milk, besan (gram flour), oil, rice, green gram dal (moong dal), onion	95g (½ bowl)	299	315
पुरणपोळी	Puranpoli	Refined wheat flour, chickpeas split, jaggery, oil	75g (1 piece)	337	449
दाल बाटी	Dal baati	Wheat flour, besan (gram flour), milk, chickpeas split, green gram dal (moong dal), black gram dal, onion, tomato, ghee	135g (1 baati + ½ bowl dal)	442	327
आमटी / वरण	Amti/varan	Toor dal, jaggery, fresh coconut, ghee	70g (½ bowl)	226	323
गट्टे की सब्जी	Gatte ki sabzi	Besan (gram flour), oil, curd (yogurt), onion, tomato, oil	75g (½ bowl)	192	256
दाना मेथि	Dana methi	Fenugreek seeds, dry dates, raisins, oil	90g (½ bowl)	486	540
बाजरीनो रोटीवो- लसूण नी चटणी	Bajra roti + lasun chutney	Bajra flour, ghee, garlic, red chilli, coriander, cumin	30g (½ roti + 1 Tbsp chutney)	114	380
लाल मास	Laal maans	Lamb/mutton (125g), onion, dried red chillies, oil	125g (½ bowl)	252	202
मालवणी सुरमई रस्सा	Malwani fish curry	King fish (100g), fresh coconut, onion, tomato, oil	100g (½ bowl)	99	99
कोंबडी वडे	Kombadi wade	Chicken (100g), dessicated coconut, onion, rice flour, wheat flour, oil	175g (2 wade + ½ bowl curry)	261	149
सेव टमाटर की सब्जी	Sev tamatar sabzi	Tomato, jaggery, oil, ratlami sev	100g (½ bowl)	191	191
कोलंबी भात	Prawn pulav	Rice, prawns (50g), onion, coconut milk, oil	100g (½ bowl)	123	123

K⁺ content of main meals (continued)

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Hindi/Marathi/Gujarathi	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
सोलकढी	Solkadhi	Fresh coconut, kokam, fresh green chilli, garlic	100g (½ glass)	92	92
ताक	Butter milk	Curd (yogurt), mint leaves, cumin	100g (½ glass)	151	151
पिठलं	Pithla	Besan (gram flour), oil, fresh green chilli, garlic	50g (½ bowl)	143	286
पुरी भाजी	Poori bhaji	Wheat flour, oil, potato	145g (2 poories + ½ bowl bhaji)	255	176
रागी भाकरी	Ragi bakri	Ragi	25g (½ piece)	111	444
तांदूळ भाकरी	Rice bakri	Rice	25g (½ piece)	27	108
भेंडीची भाजी	Bhendichi bhaji	Ladies finger (okra), onion, tomato, oil	75g (½ bowl)	291	388
कुरकुरीत भेंडी	Kurkurit bhendi	Ladies finger (okra), besan (gram flour), rice flour, oil	60g (½ bowl)	251	334
फ्लॉवर ची भाजी	Flower chi bhaji	Cauliflower, peas, potato, oil	100g (½ bowl)	407	543
भोपळ्याची भाजी	Bhoplyachi bhaji	Red pumpkin, oil	75g (½ bowl)	190	380
पडवळाची भाजी	Padwalchi bhaji	Snake gourd, chana dal, oil	60g (½ bowl)	123	164
भोपळ्याचं भरीत	Bhoplyacha bharit	Red pumpkin, curd (yogurt), peanuts, fresh coconut, oil	100g (½ bowl)	301	602
दुधीची भाजी	Dudhichi bhaji	Bottle gourd, chana dal, oil	75g (½ bowl)	172	344
डुबकी कढी	Dubki kadhi	Besan (gram flour), curd (yogurt), oil	150g (1 bowl)	289	289
चौसेला	Chausela	Rice flour, wheat flour, oil	80g (2 pieces)	84	168
दाल पिठी	Dalpithi	Wheat flour, tur dal, oil	75g (½ bowl)	303	303
खतखते	Khatkhate	Peas, potato, pumpkin, maize tender, french beans, fresh coconut	90g (½ bowl)	291	323
मोगा गाठी / सुगा गाठी	Mooga ghashi	Sprouted moog, fresh coconut, jaggery, oil	125g (½ bowl)	427	427

K⁺ content of snacks

High potassium (>117mg (3mmol) per portion)

Moderate potassium (39-117mg (1-3mmol) per portion)

Lower potassium (<39mg (1mmol) per portion)

Food name in Hindi/Marathi/Gujarathi	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
ખમણ	Khaman	Besan (gram flour), sugar, lemon juice, fresh green chilli, oil, soda bicarbonate powder	100g (2½ pieces)	478	478
ભેલ પુરી	Bhel puri	Puffed rice, roasted gram, potato, papdi puri, mixture/farsan	75g (½ bowl)	163	217
પ્યાજ કી કચૌરી	Pyaz ki kachori	Refined wheat flour, besan (gram flour), onion, spices	37g (½ piece)	70	189
મિર્ચી બઢા	Mirchi bada	Bhavnagari green chilli big (2), besan (gram flour), potato, oil	50g (1 stuffed chilli)	336	672
ફાફડા	Fafda	Besan (gram flour), carom seeds, black pepper, oil	37g (1½ strips)	215	581
ખાખરા	Khakra	Whole wheat flour, kasoori methi powder, oil	20g (1 piece)	46	230
લોચો	Locho	Whole bengal gram, besan (gram flour), curd (yogurt), oil	62g (½ bowl)	389	627
ગઠીયા	Gathiya	Besan (gram flour), oil	37g (½ bowl)	236	638
પાતર / અલુ વાડી	Patra/aluvadi	Colocassia leaves, mustard seeds, sesame seeds, oil, besan (gram flour), jaggery, tamarind	60g (8 pieces)	442	737
દાબેલી	Dabeli	Potato, onion, peanuts, tamarind, pomegranate, pav	75g (½ piece)	222	296
ભડંગ	Bhadang	Puffed rice, peanuts, oil	37g (½ bowl)	85	230
બટાટા વડા પાવ	Batata vada pav	Besan (gram flour), potato, oil, pav	100g (½ piece)	279	279
રગડા પેટીસ	Ragda pattice	White peas, potato, onion, oil	87g (½ bowl)	295	339
કોથિંબીર વડી	Kothambir wadi	Besan (gram flour), coriander leaves, peanuts, sesame seeds, oil	100g (3 pieces)	315	315
બાકરવડી	Bakarwadi/phoolwadi	Besan (gram flour), refined wheat flour, dessicated coconut, sesame seeds, oil	60g (3 pieces)	188	313
કાંદા ભજી	Kaanda bhajji	Onion, besan (gram flour), oil	37g (3 pieces)	282	762
ચિવડા	Chivda	Rice flakes thin, peanuts, roasted chana dal, sugar, oil	25g (¼ bowl)	98	390
મુઠિયા	Muthiya	Rice flour, mustard oil	40g (2 pieces)	32	81
ફારા	Faraa	Rice, til, oil	60g (4 pieces)	63	105
ઠેઠરી	Thethri	Besan (gram flour), rice flour, oil	50g (2 pieces)	176	352
ગોવન કાળ્યાચી ભાકરી	Goan kanyachi bhakri	Semolina (rava/sooji), onion, fresh coconut	55g (1 piece)	98	178

K⁺ content of sweets

High potassium (>117mg
(3mmol) per portion)

Moderate potassium (39-117mg
(1-3mmol) per portion)

Lower potassium (<39mg
(1mmol) per portion)

Food name in Hindi/Marathi/Gujarathi	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
शीरा	Sheera	Semolina (rava/sooji), cows milk (75ml), sugar	50g (½ bowl)	85	170
श्रीखंड	Shrikhand	Hung curd (yogurt) (100g), sugar, saffron, cows milk	75g (1 bowl)	130	173
बासुंदी	Basundi	Cows milk (200ml), condensed milk, cashews, almonds, pistachios, saffron, charoli	75g (½ bowl)	110	146
घेवर	Ghevar	Refined wheat flour, ghee, milk, sugar, almonds	200g (1 bowl)	144	72
मोहन थाल	Mohan thaal	Besan (gram flour), ghee, khoya, sugar, cows milk, almonds, pistachios	60g (1 piece)	168	280
बेसन लाडू	Besan ladoo	Besan (gram flour), ghee, sugar, almonds, cashews	37g (1 ladoo)	174	470
कोहळ्याची वडी	Kohlyachi wadi	Ash gourd, sugar, ghee	60g (2 pieces)	186	310
अननस शिरा	Ananas sheera	Pineapple, semolina (rava/sooji), cows milk, ghee, sugar	100g (½ bowl)	136	136
रवा लाडू	Rava ladoo	Semolina (rava/sooji), dessicated coconut, sugar, ghee	60g (1 piece)	196	327
मोदक	Modak	Rice flour, fresh coconut, jaggery	70g (1 piece)	100	143
दूधपाक / तस्मयी	Dudhpaak/tasmai	Rice, cows milk, sugar, ghee	100g (½ bowl)	131	131
सांजोऱ्या	Sanjorya	Semolina (rava/sooji), wheat flour, curd (yogurt), sugar, oil	80g (2 pieces)	184	230
धोंडस / गोवन तवसळी	Dhondas/Goan tavsali	Cucumber, semolina (rava/sooji), jaggery, fresh coconut, ghee	75g (1 piece)	344	458
तांदळाच्या शेवयांची खीर	Tandalachya shevayanchi kheer	Rice shevaya, cows milk, jaggery, ghee	100g (½ bowl)	156	156
कुरमुऱ्याचा लाडू	Kurmuryacha ladoo	Puffed rice, jaggery	40g (2 pieces)	192	480
दुधी हलवा	Dudhi halwa	Bottle gourd, cows milk, sugar, ghee	100g (½ bowl)	239	319
अनारसे /अरसा	Anarsa/arsa	Rice, poppy seeds, jaggery, oil	125g (2 pieces)	184	245
पापची	Papchi	Wheat flour, rice flour, sugar, ghee, oil	75g (2 pieces)	110	146
मिठी खुर्मी	Meethi khurmi	Refined flour, semolina (rava/sooji), ghee, sugar, oil	45g (6 pieces)	87	193
गुलगुला	Gulgula	Wheat flour, jaggery, fresh coconut, oil	80g (1 piece)	179	358
देहरौरी	Dehrauri	Rice, curd (yogurt), sugar, oil	60g (1 piece)	97	162
तीखूर (हलवा / बर्फी / खीर)	Tikhur (halwa/barfi/kheer)	Arrow root flour, cows milk, sugar, ghee	75g (1 piece)	232	464
पातोळी	Patoli	Rice, fresh coconut, jaggery ,ghee	100g (2 pieces)	183	305
कुल कुल / कलकल्स / कीडीयो	Kul kul/kalkals/kidiyo	Refined flour, semolina (rava/sooji), sugar, egg, oil	60g (2 pieces)	122	202
पेराड	Perad	Guava, sugar	60g (1 piece)	270	450





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