

Food guide for managing potassium intake for children eating a South Indian diet

The following tables give the potassium content of foods commonly eaten by children living in South 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 South Indian states of Andhra Pradesh, Karnataka, Kerala, Tamil Nadu and Telangana.

South 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. Herbs and spices are dried 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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - ANDHRA					
ఇడ్లీ(2)	Idli	Rice, urad dal	60g (2 pieces)	188	314
దిబ్బ రొట్టె	Dibba roti	Rice rava, cumin seeds, urad dal, oil	55g (2 pieces)	157	285
సగ్గుబియ్యం ఉప్పా	Saggubiyam upma	Sago, potato, moong dal, oil	150g (½ bowl)	267	178
బొరుగుల ఉప్పా	Borugulu upma	Puffed rice, onion, green chillies, moong dal, urad dal, oil	110g (1 bowl)	267	243
బియ్యంనూక ఉప్పా	Miriyalu beeyam nuca upma	Rice rava, channa dal, urad dal, lemon juice, green chillies, oil	75g (1 bowl)	240	320
ఇడ్లీ ఉప్పా	Idli upma	Rice, urad dal, moong dal, onion, oil	100g (1 bowl)	293	293
అటుకుల ఉప్పా	Attukulu upma	Rice flakes, moong dal, onion, potato, oil	190g (1 bowl)	737	388
"బియ్యం పిండి రొట్టె, సీసా పొట్లకాయ కూర"	Akki roti with bottle gourd	Rice flour, bottle gourd, onion, green chillies, oil	85g (1 piece)	773	909
ఇడ్లీ, శనగపప్పు పచ్చడి	Chanagapapu idli	Rice flour, bengal gram, urad dal, cumin seeds, coriander seeds, dried red chillies, oil	65g (1 piece)	354	545
పుల్ల మజ్జిగలో ఉప్పా	More kali	Rice flour, butter milk, oil	235g (1 bowl)	545	232
కొత్తిమీర పచ్చడి	Kothi mera chutney	Coriander leaves, coconut, onion, garlic, oil	20g (1 tbsp)	78	391
పుదీనా పచ్చడి	Pudina chutney	Mint leaves, coconut, onion, oil	20g (1 tbsp)	73	365
ఉల్లిపాయ టమాటా పచ్చడి	Onion chutney	Onion, tomato, oil	25g (¼ bowl)	48	183
టమాటా పచ్చడి	Tomato chutney	Tomato, ginger, garlic, oil	25g (¼ bowl)	56	223
ఉల్లిపాయ పచ్చడి	Ulligeddera karam	Onion, dried red chillies, curry leaves, oil	125g (1 bowl)	454	363

K⁺ content of breakfast foods (continued)

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

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

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

Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - KERALA					
കുവരക് ഇഡ്ഡലി / പഞ്ചിപ്പുല്ല് ഇഡ്ഡലി	Ragi idli	Parboiled rice flour, ragi flour, urad dal	35g (1 piece)	204	583
നൂറുക്ക് ഗോതമ്പ് + അവൽ ഉപ്പുമാവ്	Broken wheat with rice flakes upma	Broken wheat, rice flakes, carrot, onion, ginger	120g (1 bowl)	139	116
വെജിറ്റബിൾപുട്ട്/ പച്ചക്കറിപുട്ട്	Vegetable puttu	Ragi flour, rice flour, boiled green gram, vegetables	111g (1 bowl)	383	345
പച്ചക്കറി ചപ്പാത്തി	Vegetable roti	Wheat flour, onion, cucumber, carrot	43g (1 piece)	189	440
ഇലയട / ഇലയപ്പം	Ilayada	Wheat flour, rice flour, sugar, rice flakes, coconut	35g (1 piece)	111	259
അരി കൊഴുക്കട്ട / അരി പിടി	Rice pidi kozhukattai	Raw rice flour, coconut, cumin	120g (1 bowl)	165	156
മുട്ട ദോശ	Egg dosa	Egg (1), dosa batter, onion, carrot, pumpkin	111g (1 bowl)	115	281
അടദോശ	Ada dosa	Dosa batter, besan (gram flour), green chillies, pepper, cumin	43g (1 piece)	301	547
മിക്സഡ് ഉപ്പുമാ	Mixed upma	Broken wheat, broken ragi, broken maize, carrot, beans, onion, ginger, garlic, green chillies, oil	43g (1 piece)	139	185
മിക്സഡ് പുട്ട്	Mixed puttu	Wheat flour, ragi flour, maize flour, carrot, beans	106g (1 bowl)	205	512
മിക്സഡ് ദോശ	Multi grain dosa	Wheat flour, ragi flour, maize flour, rice flour, urad dal, green gram	41g (1 piece)	305	678
SOUTH - KARNATAKA					
ಇಡ್ಲി ತೆಂಗಿನಕಾಯಿ ಚಟ್ನಿ	Idli with coconut chutney	Rice, urad dal, grated coconut, peanut, roasted gram dal, oil	125g (2 pieces, ½ bowl)	445	356
ದೋಸೆ ಕಡಲೆಕಾಯಿ ಚಟ್ನಿ	Dosa with peanut chutney	Rice, urad dal, poha/flattened rice, peanut, oil	65g (2 pieces, ½ bowl)	286	440
ರವೆ ಉಪ್ಪಿಟ್ಟು	Rava/sooji upma	Rava, onion, green chillies, oil, peanuts	75g (1 bowl)	267	356
ಶಾವಿಗೆ ಉಪ್ಪಿಟ್ಟು	Vermicelli upma	Vermicelli, peanuts, onion, green chillies, oil	80g (1 bowl)	240	300
ಅವಲಕ್ಕಿ ಉಪ್ಪಿಟ್ಟು	Avalakki/poha	Poha/flattened rice, peanuts, onion	135g (1 bowl)	293	217
ಪೊಂಗಲ್	Pongal (savoury)	Rice, moong dal, cashews, ghee	110g (1 bowl)	737	670
ಸಿಹಿ ಪೊಂಗಲ್	Pongal (sweet)	Rice, moong dal, jaggery, raisins, cashews, ghee	75g (1 bowl)	400	533
ಪಡು	Paddu	Rice flour, rava, curd (yogurt), carrot grated, onion, oil	195g (6 pieces)	354	182
ಪೂರಿ	Poori	Wheat flour, rava, oil	95g (2 pieces)	201	212
ಆಲೂಗಡ್ಡೆ ಪಲ್ಯ	Potato palya	Potato boiled, onion, oil	50g (1 bowl)	227	454
ಅಕ್ಕಿ ರೊಟ್ಟಿ	Rice roti	Rice flour, onion, mixed leaves (curry, dill, coriander)	75g (1 piece)	137	183
ರವೆ ಇಡ್ಲಿ	Rava idli	Rava, curd (yogurt)	80g (2 pieces)	181	226

K⁺ content of breakfast foods (continued)

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

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

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

Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - TAMIL NADU					
ரவா தோசை	Rava dosa	Rava, rice flour, maida, curd (yogurt), onion, green chillies, ginger, pepper, cumin, curry leaves, coriander leaves, oil	67g (1 piece)	246	367
பொங்கல்	Pongal	Raw rice, moong dal, ghee, pepper, cumin, ginger, red chillies, cashews	130g (1 bowl)	171	132
இடியாப்பம் பாயா	Idyappam with paya	Rice flour, oil, onion, tomato, potato, cinnamon, cloves, ginger, garlic, fennel seeds, red chillies, garam masala, turmeric, oil	70g (1 piece with ½ bowl paya)	116	165
கடலையுமையி புட்	Puttu with channa curry	Puttu flour, grated coconut, black gram channa, coconut oil, onion, tomato, garlic, cinnamon, cardamom, fennel seeds, mustard, curry leaves, kashmiri red chillies, garam masala	238g (1 piece with ½ bowl curry)	340	143
வாழ்ப்பாழ் புட்	Puttu with banana	Puttu flour, grated coconut, banana	170g (1 piece with 1 banana)	266	157
முட்டை தோசை	Egg dosa	Parboiled rice, urad dal, oil, egg (1), pepper	89g (1 piece)	210	236
தோசை	Dosa	Parboiled rice, urad dal, oil	29g (1 piece)	91	314
பொடி தோசை	Podi dosa	Parboiled rice, urad dal, oil, bengal gram, black gram, sesame seeds, dried red chillies, curry leaves, pepper, asafoetida	46g (1 piece)	235	511
மினி இட்லி	Mini idli	Parboiled rice, urad dal	10g (1 piece)	31	314
குழிப்பணியாரம் தேங்காய் சட்னி	Kuzhi paniyaram with coconut chutney	Raw rice, urad dal, onion, green chillies, ginger, grated coconut, red chillies, black pepper, curry leaves	55g (1 piece)	259	471
வெங்காய ஊத்தப்பம்	Onion uthappam	Rice, black gram, onion, green chillies, curry leaves, oil	42g (1 piece)	130	310
சிக்கன் கறி தோசை	Chicken masala dosa	Rice, black gram, egg (1), onion, tomato, ginger, garlic, gingelly oil, chicken (30g), green chillies, red chillies, black pepper, coriander	84g (½ piece)	204	243
மசாலா தோசை தக்காளி சட்னி	Masala dosa with tomato chutney	Rice, urad dal, potato, onion, ginger, cashews, mustard seeds, green chillies, curry leaves, coriander leaves, oil, coconut, roasted bengal gram, garlic	201g (1 piece)	595	296
நெய் தோசை	Ghee roast	Rice, urad dal, ghee	70g (1 piece)	593	847
கேழ்வரகு கூழ்	Ragi koozh	Ragi flour, raw rice, curd, onion,	110g (1 bowl)	308	280
பூரி உருளைக்கிழங்கு மசாலா	Puri potato masala	Wheat flour, oil, potato, onion, ginger, cashews, mustard seeds, green chillies, curry leaves, coriander leaves, oil	178g (1 piece with 1 bowl)	530	298
தேங்காய் சட்னி	Coconut chutney	Coconut, green chillies, roasted bengal gram, garlic	28g (1 tbsp)	57	204
செட்டிநாடு ஸ்டைல் கார சட்னி	Chettinad tomato chutney	Onion, tomato, red chillies, mustard, black gram, oil	25g (¼ bowl)	96	382
கத்திரிக்காய் சாம்பார்	Brinjal sambar	Red gram dal, brinjal, onion, tomato, mustard, cumin, red chilli powder, tamarind, asafoetida	40g (¼ bowl)	271	678
முள்ளங்கி சட்னி	Radish chutney	Radish, channa dal, urad dal, cumin seeds, coriander seeds, dried red chillies, garlic, ginger, curry leaves, oil	25g (¼ bowl)	132	530

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - ANDHRA					
మజ్జిగ చారు	Majjiga pulusu	Rice, curd (yogurt), onion, ginger, green chillies, chana dal, curry leaves, ghee	78g (¼ bowl)	149	191
కాకరకాయ కూర	Bitter gourd gojju	Bitter gourd, onion, tomato, tamarind, jaggery, curry leaves, oil	49g (¼ bowl)	158	323
సీమ వంకాయత కూర	Chow chow koora	Chow chow, shallots, green chillies, dried red chillies, garlic, coconut, oil	83g (½ bowl)	131	158
దొండకాయ కూర	Dondakaya pacchadi	Tendli (ivy gourd), cumin seeds, dried red chillies, garlic, curry leaves, oil	58g (¼ bowl)	159	276
మిర్యాలచారు	Miriyaala chaaru/ pepper rasam	Black pepper, onion, cumin seeds, dried red chillies, garlic, coriander seeds, tamarind, oil	43g (½ bowl)	493	1160
చేపల పులుసు	Chaapala pulusu	Fish (150g), onion, tomato, tamarind, red chilli powder, green chillies, curry leaves, coriander, garlic, coconut, oil	95 (¼ bowl)	215	227
బీన్స్ కూర	Beans koora	Beans, onion, garlic, red chillies, oil	48g (⅓ bowl)	207	429
పులిహోర	Pullihoral/ tamarind rice	Tamarind, coriander seed, channa dal, sesame seeds, peanut, oil	50g (1 bowl)	372	744
బీరకాయ కూర	Beerakaya koora	Ridge gourd, onion, dried red chillies, garlic, curry leaves, jaggery, oil	66g (¼ bowl)	159	240
టమాటా చారు	Tomato chaaru	Tomato, oil	105g (1 bowl)	204	194
బీట్టూట్ కూర	Beetroot koora	Beetroot, coconut, oil	59g (¼ bowl)	50	85
వంకాయ పచ్చడి	Venkaya pachadi	Brinjal, onion, tomato, garlic, curry leaves, oil	80g (¼ bowl)	193	240
దోసకాయ కూర	Doosakaya koora	Cucumber, onion, tomato, green chillies, coriander leaves, oil	80g (¼ bowl)	164	205
మెంతి కూర పచ్చడి	Fenugreek leaves masiyal	Fenugreek leaves, toor dall, tomato, oil	93g (½ bowl)	373	403
బీరకాయ పచ్చడి	Ridge gourd chutney	Ridge gourd, onion, dried red chillies, garlic, curry leaves, jaggery, oil	25g (¼ bowl)	159	240
సొరకాయ పచ్చడి	Bottle gourd chutney	Bottle gourd, tomato, green chillies, oil	25g (¼ bowl)	92	141
పెసరట్టు	Pesarattu	Green gram dal, ginger, onion, green chillies, cumin seeds, oil	105g (1 piece)	591	563
అల్లం పచ్చడి	Ginger chutney	Ginger, moong dal, tamarind, jaggery, red chillies, oil	25g (1 tbsp)	181	726
సర్వపిండి	Serva pindi with bottle and ridge gourd	Rice flour, corn meal flour, coriander leaves, green chillies, onion, channa dal, sesame seeds, oil	125g (1 piece)	293	234
ఉప్పిండి	Uppindi	Rava, moong dal, cumin, ghee, curry leaves, asafoetida, red chillies	100g (1 bowl)	708	708
చింతపండు చట్నీ	Chintapandu chutney	Tamarind, dried red chillies, coriander, garlic, cumin, gingely, gram dal, bengal gram, mustard seed, oil	100g (½ cup)	706	706

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - KERALA					
വെജ് മസാല	Vegetable masala	Cucumber, cluster beans, onion, coconut milk, green chillies, ginger, garlic	50g (½ bowl)	121	242
വെജിറ്റബിൾ സലാഡ്	Vegetable salad	Carrot, cucumber, tomato, curd (yogurt), green chillies	26g (¼ bowl)	55	212
ചെറുപയർ പരിപ്പ്കറി	Moong dal curry	Moong dal, onion, cumin, red chilli powder, coriander, garam masala	50g (1 bowl)	128	256
വെള്ളരിക്ക കിച്ചടി	Cucumber kichdi	Cucumber, curd (yogurt), green chillies, cumin	90g (1 bowl)	189	210
മുട്ട കറി	Egg curry	Egg (1), onion, ginger, garlic, tomato, garam masala, red chilli powder, coriander, turmeric	100g (1 bowl)	210	210
എരിശ്ശേരി	Eruserry	Green gram, pumpkin, onion, coconut, red chilli powder, coriander, garlic, cumin, turmeric	21g (¼ bowl)	148	704
വെജിറ്റബിൾ തീയ്യൽ	Vegetable theyal	Cucumber, cluster beans, onion, coconut, red chilli powder, coriander, turmeric, pepper	24g (¼ bowl)	71	296
ബീൻസ് തോരൻ	Cluster beans pugath	Cluster beans, onion, coconut, red chilli powder, coriander, turmeric, garlic, cumin	42g (½ bowl)	110	263
ഉള്ളി ചട്ണി	Onion chutney	Onion, green chillies, tomato, red chilli powder, tamarind	20g (½ serving)	135	675
സാമ്പാർ	Sambar	Toor dal, onion, tomato, cucumber, cluster bean, pepper, coriander, turmeric, mustard, cumin, red chilli powder, tamarind, asafoetida	60g (1 bowl)	201	335
ചുരയ്ക്കകറി	Bottle gourd curd curry	Bottle gourd, onion, curd (yogurt), green chillies, cumin	50g (½ bowl)	261	521
പച്ചക്കറി പുലാവ്	Vegetable pulav	Rice, vegetables	70g (1 bowl)	165	236
ചിക്കൻ ബിരിയാണി	Chicken biryani	Ponni rice, chicken (20g), onion, ginger, garlic, green chillies, pepper, tomato, coriander, turmeric	80g (1 bowl)	202	253

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - KARNATAKA					
ಅನ್ನ ಸಾಂಬಾರ್	Rice, sambar/huli	Rice, toor dal, brinjal/drumstick, onion, sambar	180g (1 bowl)	929	516
ಚಿತ್ರಾನ್ನ	Lemon rice	Cooked rice, lemon juice, peanuts, oil	135g (1 bowl)	179	133
ಬಿಸಿಬೇಳೆಬಾತ್	Bisibelebath	Rice, toor dal, ghee, peanuts, carrot, potato, peas, beans, tomato, tamarind pulp, cashews	100g (1 bowl)	673	673
ಜೋಳದ ರೊಟ್ಟಿ	Jowar roti	Jowar flour	80g (2 pieces)	33	41
ರಾಗಿ ರೊಟ್ಟಿ	Ragi roti	Ragi flour	80g (2 pieces)	354	443
ತರಕಾರಿ ಪುಲಾವ್	Vegetable pulav	Basmati rice, coriander, mint leaves, carrot, potato, peas, beans, tomato, capsicum, cashews, oil/ghee	125g (1 bowl)	323	258
ಚಿಕನ್ ಬಿರಿಯಾನಿ	Chicken biriyani	Basmati rice, chicken (20g), curd (yogurt), ginger, garlic paste, onion, oil/ghee	125g (1 bowl)	141	113
ಟೊಮೆಟೊ ಬಾತ್	Tomato bath	Rice, onion, tomato, peas, oil	160g (1 bowl)	242	151
ವಾಂಗಿಬಾತ್	Vangi bath/brinjal rice	Rice, onion, brinjal, peas, oil, peanuts	125g (1 bowl)	235	188
ರಾಗಿ ಮುದ್ದೆ	Ragi ball/ mudde	Ragi flour, ghee/butter	130g (1)	665	512
ಕೋಳಿ ಸಾಂಬಾರ್	Chicken sambar/curry	Chicken (50g), onion, tomato, fresh coconut, oil	70g (1 bowl)	160	228
ಸೊಪ್ಪಿನ ಸಾರ	Soppu/greens sambar	Radish leaves, toor dal, tomato, fresh coconut, oil	145g (1 bowl)	942	650
ಮೊಳಕೆ ಹುರಳಿ ಸಾಂಬಾರ್	Huruli/ horsegram sambar	Horsegram, tamarind extract, fresh coconut, oil	95g (1 bowl)	719	757
ಮಜ್ಜಿಗೆ ಹಳಿ	Majjige huli curd sambar	Curd (yogurt), fresh coconut, white pumpkin, oil	130g (1 bowl)	220	169
ಬನ್ನಾರ್	Bassar/greens and sprouts sambar	Green gram soaked overnight, greens (dill leaves), toor dal, oil, onion	140g (1 bowl)	933	667

K⁺ content of main meals (continued)

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

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

Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - TAMIL NADU					
எலுமிச்சை சாதம்	Lemon rice	Rice, lemon, ginger, garlic, oil, asafetida, peanuts, bengal gram, turmeric	69g (½ bowl)	91	132
கேரட் சாதம்	Carrot rice	Rice, carrot, mustard seeds, cumin, onion, green chillies, turmeric, curry leaves	70g (½ bowl)	102	147
பீட்ரூட் பொரியல்	Beet root poriyal	Beetroot, oil, mustard seeds, green chillies, curry leaves, black gram	53g (½ bowl)	186	353
பீன்ஸ் பொரியல்	Beans poriyal	Beans, grated coconut, oil, mustard seeds, dried red chillies	45g (½ bowl)	148	332
ஆட்டு ஈரல்	Mutton liver	Mutton liver (50g), onion, ginger, garlic, green chillies, cumin, fennel, red chillies, coriander, oil	73g (½ bowl)	206	284
பீட்ரூட் சாதம்	Beetroot rice	Rice, beetroot, onion, garlic, coriander, green chillies, coriander leaves, red chillies, oil	70g (½ bowl)	142	202
கறிவேப்பிலை சாதம்	Curry leaves rice	Rice, curry leaves, oil, black gram dal, bengal gram dal, coriander seeds, cumin seeds, dried red chillies, tamarind, mustard seeds, peanuts, asafetida	80g (½ bowl)	501	626
சிக்கன் குழம்பு	Chicken curry	Onion, tomato, curry leaves, red chillies, ginger, garlic, chicken (70g), curd (yogurt), oil	75g (½ bowl)	235	313
காய்கறி பொரியல்	Vegetable poriyal	Cluster beans, carrot, coconut, green chillies	58g (½ bowl)	189	328
வெஜிடபிள் பிரியாணி	Vegetable biryani	Rice, carrot, potato, french beans, tomato, onion, peas, ginger, garlic, green chillies	100g (½ bowl)	245	245
எண்ணெய் கத்தரிக்காய் குழம்பு	Ennai kathirikai kulambu	Brinjal, tamarind pulp, onion, tomato, cumin, mustard, fenugreek seeds, coriander seeds, chillies, garlic, oil	60g (½ bowl)	293	488
ஆட்டுக்கால் பாயா	Mutton paya	Onion, tomato, curry leaves, red chillies, ginger, garlic, fenugreek seeds, cumin seeds, mutton chops (45g), oil	63g (½ bowl)	249	398
சிக்கன் பிரியாணி	Chicken biryani	Onion, tomato, rice, curd (yogurt), oil, garlic, ginger, red chillies, curry leaves, chicken (50g)	78g (½ bowl)	213	274
வெஜிடபிள் சாலட்	Vegetable salad	Carrot, green chillies, onion, tomato, curd (yogurt)	53g (½ bowl)	122	232
சாம்பார் சாதம்	Sambar rice	Rice, black gram, bengal gram, cumin seeds, red chillies, peanuts, red gram, carrot, cluster beans, onion, tomato, garlic, tamarind pulp	58g (½ bowl)	347	604
தேங்காய் சாதம்	Coconut rice	Rice, coconut, red chillies, mustard seeds	75g (½ bowl)	103	137
தக்காளி சாதம்	Tomato rice	Rice, onion, tomato, oil, red chillies	75g (½ bowl)	84	112
தயிர்சாதம்	Curd rice	Rice, curd (yogurt)	137g (½ bowl)	101	74
முட்டை குழம்பு	Egg curry	Egg (1), onion, tomato, curry leaves, red chillies, ginger, garlic	60g (½ bowl)	173	288

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - ANDHRA					
బియ్యం పిండి మురుకులు	Rice flour murukku	Rice flour, red chilli powder, cumin, oil	47g (2 peices)	261	555
చిల్కడ దుంప టీక్కి	Sweet potato cutlet	Sweet potato, onion, bread powder, green chillies, oil	100g (1 piece)	285	285
పాలకాయలు	Palakayalu	Rice flour, red chilli powder, asafoetida, sesame oil	65g (5 pieces)	240	369
కూరగాయలతో కుడుములు	Kudumulu with vegetables	Rice flour, rava, moong dal, vegetables, oil	120g (2 pieces)	282	235
బెల్లం కుడుములు	Undrallu or kudumulu	Rice rava, chana dal, oil	65g (2 pieces)	248	382
సగ్గుబియ్యం జావ	Saggubeeyam raita	Sago, curd (yogurt), urad dal, green chillies, oil	60g (½ cup)	101	168
మసాలా పూరిక	Masala puri	Green peas, potato, onion, carrot, tomato, mixed greens (coriander, mint), wheat flour, oil	100g (½ plate)	514	514
SOUTH - KERALA					
మిర్చివెల్లి ఉణ్ణియప్పం	Egg white unniyappam	Egg white (1), rice flour, grated vegetables, oil	20g (1 piece)	82	410
അവൽക്കൊഴുക്കട്ട	Rice flakes kozhukattai	Rice flakes, nuts, coconut, jeera	50g (1 piece)	230	460
SOUTH - KARNATAKA					
మసాలా పురి	Masala puri	Green peas, potato, onion, carrot, tomato, mixed greens (coriander, mint), wheat flour, oil	103g (½ plate)	529	514
బుమూరి	Dry bhel/churmuri	Puffed rice/murmura, peanuts, roasted chana dal, onions, tomato, carrot, sev, oil	60g (½ plate)	181	301
పానీ పురి	Pani puri	Green peas, onions, tomato, carrot, sev, tamarind extract, chat masala	50g (½ plate)	300	599
ఈరుళ్ళి పకోడ	Onion pakoda	Onion, green chillies, besan (gram flour), oil	103g (½ plate)	414	402
మసాలా వడా	Masala vada	Chana dal, onion, coriander leaves, oil	38g (1 piece)	283	745
అలూగడ్డ బొండా	Potato bonda	Besan (gram flour), potato, oil	35g (1 piece)	235	672
మంగళూరు బజ్జి/ గోలీ బజ్జి	Mangalore/ goli baje	Maida, buttermilk, oil	50g (2 pieces)	70	140
చక్లి	Chakli	Roasted gram dal, rice flour, oil	50g (2 pieces)	57	114
కోడెబుళి	Kodubale	Rice flour, rava, maida, dessicated coconut, oil	45g (2 pieces)	82	182

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

Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - TAMIL NADU					
மிக்கர்	Mixture	Besan (gram flour), rice flour, turmeric, asafoetida, peanuts, roasted bengal gram, cashews, poha, kashmiri chilli powder, sugar	35g (¼ bowl)	75	214
ரைஸ் முறுக்கு	Rice murukku	Rice flour, roasted gram dal, red chilli powder, sesame seeds, butter	47g (1 piece)	176	122
வெண்ணெய் முறுக்கு	Butter/besan murukku	Rice flour, besan (gram flour), jeera, butter, oil	36g (1 piece)	265	734
கீரை வடை	Keerai vada	Bengal gram, raw rice, spinach, green chillies, ginger, coriander leaves, curry leaves, fennel seeds, asafoetida	38g (1 piece)	180	474
உளுந்து வடை	Ulunthu vada	Urad dal, green chillies, ginger, rice flour, curry leaves, coriander leaves	45g (1 piece)	185	412
முட்டை போண்டா	Egg bonda	Egg (1), besan (gram flour), rice flour, green chillies, black pepper, red chillies	102g (1 piece)	530	519
உருளைக்கிழங்கு போண்டா	Potato bonda	Potato, besan (gram flour), rice flour, onion, green chillies, red chilli powder	50g (1 piece)	336	672
பருப்பு வடை	Paruppu vadai	Raw rice, parboiled rice, bengal gram, red gram, black gram, onion, coriander leaves, curry leaves, red chillies	50g (1 piece)	261	521
காரா சட்னி	Kara chutney	Channadal, red chillies, tomato, onion, coriander leaves, oil	50g (¼ cup)	147	294
கொத்தமல்லி சேவை	Kothamali sevai	Vermicelli, onion, coriander leaves, green chillies, oil, mustard seeds, cumin seeds, ginger	100g (½ plate)	53	53
காய்கறி (கசிந்த) அரிசி மாவு மோமோஸ்	Vegetable rice flour momos	Riceflour, carrot, cabbage, beans, green chillies, garlic, ginger paste	110 (3 peice)	126	114
சீடை	Seedai	Riceflour, besan (gram flour), sesame seeds, uned butter, oil,	35g (1 pieces)	97	278
முட்டை மசாலா	Egg white stuffed with seasoned carrot and potato masala (bheja)	Egg white (4), potatoes, onion, garam masala, red chilli powder, amchur	200g (4 pieces)	509	255
தவா பன்னீர்	Tawa paneer	Paneer, cumin seeds, oil, ginger, garlic paste, red chillies, turmeric, garam masala, coriander, red chilli powder, lemon juice	60g (4 pieces)	73	121
மைதூர் போண்டா	Mysore bonda	Curd (yogurt), maida, rice flour, cumin seeds, chopped ginger, green chillies, coriander leaves	35g (1 pieces)	48	138

K⁺ content of sweets

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(1mmol) per portion)

Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - ANDHRA					
సగ్గుబియ్యం పాయసం	Saggubeeyam payasam	Sago, milk, ghee, sugar, cashews, raisins	130g (½ bowl)	93	72
బొరుగు ముద్దలు	Borugula	Puffed rice/murmura, jaggery	35g (2 pieces)	84	240
బెల్లం కుడుములు	Bellam kudumulu	Jaggery, rice flour, oil	70g (2 pieces)	203	290
SOUTH - KERALA					
അവൽബോൾ	Rice flakes balls	Rice flakes, parboiled rice, rajma red	40g (2 pieces)	176	439
മൾട്ടി ഗ്രൈൻ കേസരി	Multigrain kesari	Refined wheat flour, besan (gram flour), milk	65g (1 bowl)	185	285
ന്യൂട്രിബോൾ	Nutriball	Almond powder, moongdal powder, rice flour, ragi powder, rice flakes, sugar	50g (1 piece)	124	248
മൾട്ടി ഗ്രൈൻ കൊഴുക്കട്ടെ	Multigrain kozhukattai	Wheat flour, broken moong dal, rice flour, rice flakes, coconut, sugar	45g (1 piece)	106	236
ചെറുപയർ പരിപ്പ് കേസരി	Moong dal kesari	Broken moong dal, rice powder, milk, sugar	50g (¾ bowl)	49	97
അരവണപായസം	Aravanai payasam	Raw rice brown, jaggery, rasins dried black, cashews, cardamom green	45g (½ bowl)	183	406
അടപ്രഥമൻ	Adai payasam	Rice ada, coconut milk, jaggery, sago, raisins dried black, cashews, cardamom green	85g (½ bowl)	97	114
അരിപ്രഥമൻ	Arisakari payasam	Rice raw brown, coconut milk, jaggery, rasins dried black, cashews, cardamom	75g (½ bowl)	150	200
അവൽപായസം	Aval payasam	Rice flakes, sago, coconut milk, sugar, ghee, rasins dried black, cashews, cardamom	85 (½ bowl)	117	137
ഇന്ത്യക്കപ്പഴപായസം	Dates payasam	Dates dry, coconut milk, jaggery, sago, raisins dried black, cashews, cardamom green	85g (½ bowl)	88	103
ചക്കപായസം	Jack fruit payasam	Jack fruit ripe, coconut milk, jaggery, sago, raisins dried black, cashews, cardamom green	85g (½ bowl)	77	89
കടലപായസം	Kadalai payasam	Kadalai, coconut milk, jaggery, sago, raisins dried black, cashews, cardamom green	85g (½ bowl)	120	141
മാമ്പഴപായസം	Mango payasam	Mango ripe, coconut milk, jaggery, sago, raisins dried black, cashews, cardamom green	85g (½ bowl)	74	86
പാലാപ്രഥമൻ	Palada pradaman	Palada, milk, sugar, ghee, rasins dried black, cashews, cardamom	90g (½ bowl)	48	53
പാലാപായസം	Palada milk payasam	Double toned milk, sugar, ghee, rasins dried black, cashews, cardamom	65g (½ bowl)	23	35
പരിപ്പ്പായസം	Paruppu payasam	Paruppu, coconut milk, rice raw brown, jaggery, raisins dried black, cashews, cardamom green	100g (½ bowl)	113	113
ചൗവരിപായസം	Sago payasam	Sago, double toned milk, sugar, ghee, rasins dried black, cashews, cardamom	80g (½ bowl)	21	26
സേമിയപായസം	Vermicelli payasam	Wheat vermicelli roasted, sago, double tonned milk, sugar, ghee, rasins dried black, cashews, cardamom	90g (½bowl)	41	46
ഗോതച്ചായസം	Wheat payasam	Wheat semolina, sago, double tonned milk, sugar, ghee, rasins dried black, cashews, cardamom	85g (½ bowl)	99	116

K⁺ content of sweets

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Food name	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
SOUTH - KARNATAKA					
ಕೆಸರಿಬಾತ್	Kesari bath/sajjige	Fine rava, ghee, sugar, cashews, raisins	70g (1 bowl)	110	157
ಬೆಳೆ ಒಬ್ಬತ	Bele obattu	Wheat flour refined, bengal gram dal, jaggery, ghee, sunflower oil, cardamom green, turmeric	75g (1 piece)	285	597
ಬೆಳಗಾವಿ ಕುಂದ	Belgavi kunda	Double toned milk, curd (yogurt), cashews, cardamom green, ghee, sugar	125g (½ bowl)	111	89
ಬಾದ್ ಷಾ	Bhadhusa	Wheat flour refined, curd (yogurt), cardamom green, sunflower oil, ghee, sugar	102g (1 piece)	77	75
ನಿಫಿ	Boondhi	Bengal gram dal, bengal gram whole, poha, peanuts, cashews, asafoetida	57g (½ bowl)	388	680
ಧಾರವಾಡ ಪೇಡ	Dharwad peda	Milk, sugar, ghee, lemon juice, cardamom green	115g (1 piece)	69	60
ಉತ್ತರ	Karijikkai	Wheat flour refined, coconut kernel dry, jaggery, sugar, sunflower oil, ghee, raisins dried black, cashews, cardamom green	97g (1 piece)	278	286
ಕಾಯಿ ಒಬ್ಬಟ್ಟು	Kayi obattu	Wheat flour refined, coconut kernal dry, jaggery cane, ghee, sunflower oil, cardamom green, turmeric	68g (1 piece)	215	316
ಮೈಸೂರು ಪಾಕ್	Mysore pauk	Besan (gram flour), sugar, ghee	75g (1 piece)	287	382
ಸೋಡಾ	Oma podi	Bengal gram dal, rice parboiled, asafoetida	42g (½ bowl)	225	535
ರವೇ ಹಾಲ್ಬಾ	Rava halbai	Wheat semolina, jaggery cane, coconut kernel dry, ghee, cardamom green	80g (½ bowl)	404	505
ಉದ್ದಿನ ವಡೆ	Uddin vada	Black gram dal, rice raw milled, onion, green chillies, coriander leaves, curry leaves, sunflower oil	52g (1 piece)	342	657
SOUTH - TAMIL NADU					
ಕಮರಕಟ್ಟು	Kamarkatt	Grated coconut, jaggery, cardamom, ghee	45g (2 pieces)	105	233
ತೆಂಗುಕಾಯಿಬರ್ರಿ	Coconut burfi	Grated coconut, sugar, milk, cardamom	51g (1 piece)	98	193
ಪೊರಿ ಒರುಂಡೆ	Pori urundai	Puffed rice, jaggery, ghee	40g (2 pieces)	131	328
ಪೊಲಿ	Poli	Bengal gram, turmeric, ghee, jaggery, cardamom, wheat flour, maida, turmeric, oil	70g (1 piece)	509	727
ತೆಂಗುಕಾಯಿ ಪೊಲಿ	Coconut poli	Wheat flour, maida, turmeric, oil, coconut, jaggery, cardamom, ghee	80g (1 piece)	583	729
ಮೈಸೂರು ಪಾಕ್	Mysore Pak	Sugar, ghee, besan (gram flour)	30g (1 piece)	68	227
ಅತಿರಸಂ (ವೆಲ್ಲಂ & ಸರ್ಕ್ಕರ)	Adhirasam both (sugar, jaggery)	Raw rice, grated jaggery, oil/ghee	50g (1 piece)	285	570
ವೆಲ್ಲಂ ಅಪ್ಪಂ	Vellam appam	Wheat flour, jaggery, banana, cardamom powder, ghee	100g (2 pieces)	218	218
ವೆಲ್ಲಂ ಅಶ್ವಿನಿ ಅಲ್ವಾ	Ash gourd halwa	Ash gourd grated, sugar, saffron, ghee, cashews, cardamom	100g (½ bowl)	404	404
ರವಾ ಕೆಸರಿ	Rava kesari	Semolina, sugar, ghee, cardamom	50g (1 piece)	45	90
ರವಾ ಲಡ್ಡು	Rava laddoo	Rava, sugar, desiccated coconut, ghee, cardamom, raisins, cashews	70g (2 pieces)	109	156
ಆಪಲ್ ರೈತಾ (ರೇತಾ)	Apple raita	Apple chopped, curd (yogurt)	150g (½ bowl)	230	153
ಜಾಂಗಿರಿ	Jangri	Urad dal whole, rice flour, sugar, water	50g (1 piece)	232	464
ಕಡಲೆ ಮಿಟ್ಟಾಯ್	Kadalai urundai	Peanuts, jaggery	60g (2 pieces)	127	211





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We would like to thank VitaFlo (International) Ltd who have provided support and funding for the artwork and production of this booklet.

We would like to thank the following dietitians and nephrologists for devising the content of this booklet:

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Manisha Sahay, Osmania Medical College, Hyderabad, Telangana
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