

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

The following tables give the potassium content of foods commonly eaten by children living in North 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 North Indian states of Punjab, Haryana, Jharkhand, Uttar Pradesh, Jammu and Kashmir, Rajasthan, Himachal Pradesh, Bihar, Uttarakhand and Delhi.

North 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 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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
आलू परांठा	Alu (potato) paratha	Whole wheat flour, potato, oil	70g (1 small piece)	273	390
मूली परांठा	Mooli (radish) paratha	Whole wheat flour, radish, oil	70g (1 small piece)	266	380
मैथी परांठा	Methi (fenugreek) paratha	Whole wheat flour, fenugreek leaves, oil	65g (1 piece)	163	251
बेसन परांठा	Besan (gram flour) paratha	Whole wheat flour, besan (gram flour), oil	55g (1 piece)	221	402
गोबी परांठा	Gobi (cauliflower) paratha	Whole wheat flour, cauliflower, onion, oil	80g (1 small piece)	208	260
पनीर परांठा	Paneer (cottage cheese) paratha	Whole wheat flour, paneer, oil	70g (1 piece)	140	200
सादा परांठा	Plain paratha	Whole wheat flour, oil	53g (1 piece)	112	211
ऑमलेट / अंडा फ्राई	Omelette	Egg, onion, tomato, oil	85g (1 egg)	84	99
आलू सब्जी + पूरी	Potato curry and poori	Whole wheat flour, potato, tomato, oil	105g (2 poories + ½ bowl potato curry)	486	462
छोले भठूरे	Chole bhature	Refined flour, curd (yogurt), soaked bengal gram, onion, tomato, oil	100g (1 piece bhature 40g + 60g chole)	240	240
दूध दलिया	Milk daliya (porridge)	Milk, broken wheat, ghee, sugar	85g (1 bowl)	226	265
चना घुघनी	Chana ghugni	Black gram (whole), onion, mustard oil	100g (1 bowl)	270	270
दही चूड़ा	Dahi chura	Curd (yogurt), rice flakes, jaggery, almonds	150g (1 bowl)	227	163
सत्तू परांठा	Sattu paratha	Wheat flour, sattu, oil	70g (1 piece)	156	400
सादा दलिया	Plain daliya (porridge)	Broken wheat, onion, oil	100g (1 bowl)	117	117
सेवई उपमा	Vermicelli upma	Vermicelli, onion, peas, carrot, oil	100g (1 bowl)	101	101

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
राजमा	Rajmah curry	Soaked rajmah, onion, tomato, oil	126g (½ bowl)	299	237
कला चना तरीदार	Black chana curry	Soaked black channa, onion, tomato, oil	132g (½ bowl)	290	220
अंडा भुर्जी	Egg bhurji	Egg (1), onion, tomato, oil	84g (½ bowl)	181	215
दाल मखनी	Dal makhni (black gram whole)	Whole black dal, onion, tomato, cream, butter, oil	65g (½ bowl)	227	349
साबुत मूंग की दाल	Green gram (whole) dal	Whole green gram, onion, tomato, oil	129g (½ bowl)	243	188
मूंग दाल खिचड़ी	Moong dal khichri	Split moong dal, rice, onion, tomato, ghee, oil	85g (1 bowl)	478	562
सरसो पालक साग	Sarson palak saag	Mustard leaves, spinach, bathua leaves, maize flour, onion, butter, oil	72g (½ bowl)	275	382
बैंगन भरता	Brinjal (egg plant) bharta	Egg plant (brinjal), onion, tomato, fresh ginger, oil	128g (½ bowl)	362	283
पत्ता गोभी आलू सब्जी	Cabbage potato vegetable	Cabbage, potato, refined oil	95g (½ bowl)	401	422
आलू गोभी सब्जी	Potato cauliflower vegetable	Potato, cauliflower, tomato, oil	100g (½ bowl)	433	433
आलू मैथी सब्जी	Fenugreek potato vegetable	Fenugreek leaves, potato, oil	82g (½ bowl)	430	524
आलू मटर/ छोलिया सब्जी	Pea potato/potato green chickpea curry	Potato, green peas, onion, tomato, garlic, fresh ginger, oil	132g (½ bowl)	323	245
लौकी/ तोरी सब्जी	Bottle gourd/ridge gourd vegetable	Bottle gourd/ridge gourd, tomato, onion, fresh ginger, oil	125g (½ bowl)	289	231
भरवां बैंगन	Stuffed brinjal (egg plant)	Egg plant (brinjal), dry masala, oil	33g (1 piece)	104	315
पनीर भुर्जी	Paneer (cottage cheese) bhurji	Paneer (100g), peas, onion, tomato, oil	135g (½ bowl)	177	131
कढ़ाई पनीर	Kadhai paneer	Paneer (40g), capsicum, onion, tomato, tomato puree, fresh ginger, oil	144g (½ bowl)	143	99
पालक पनीर	Palak paneer	Paneer (50g), spinach, onion, oil	115g (½ bowl)	506	440
शाही पनीर	Shahi paneer	Paneer (50g), cream, onion, tomato, cashews, oil	105g (½ bowl)	141	134
तरीदार चिकन	Chicken curry	Chicken (125g), onion, tomato, curd (yogurt), fresh ginger, oil	145g (½ bowl)	291	201
बटर चिकन	Butter chicken	Chicken (125g), cream, onion, tomato, cashews, fresh green chillies, oil	130g (½ bowl)	264	203
तरीदार मटन	Mutton curry	Mutton (125g), curd (yogurt), onion, tomato, oil	167g (½ bowl)	370	222
कढ़ी पकौड़ा	Kadhi pakora	Besan (gram flour), curd (yogurt), oil, spinach, onion	52g (½ bowl)	195	375

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
टमाटर प्याज का रायता	Onion tomato raita	Curd (yogurt), onion, tomato	75g (½ bowl)	107	143
बूंदी रायता	Boondi raita	Curd (yogurt), boondi	57g (½ bowl)	80	140
सब्जी वाला पुलाव	Vegetable pulao	Rice, cauliflower, peas, carrot, onion, oil	115g (½ bowl)	241	210
कला चना पुलाव	Kale chana pulao	Rice, black chick pea, onion, tomato, oil	82g (1 bowl)	241	294
चिकन बिरयानी	Chicken biryani	Rice, chicken (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	177	174
मटन बिरयानी	Mutton biryani	Rice, mutton (50g), curd (yogurt), onion, tomato, garlic, oil	102g (½ bowl)	196	192
समक खिचड़ी	Samak khichri	Samai, bengal gram dal, onion, oil	100g (1 bowl)	113	113
दाल पीठा	Dal peetha	Rice flour, chana dal, oil	40g (1 piece)	117	293
लिट्टी चोखा	Lithi chokha	Brinjal (egg plant), potato, onion, tomato, sattu, wheat flour, fresh green chillies, oil, ghee	125g (1 piece)	407	326
मटन रिस्ता	Mutton rista	Mutton (90g), mutton fat, onion, whole spices, mustard oil	130g (½ bowl)	267	205
सूखी कदम की सब्जी	Sukhi kadam ki sabji	Kohlrabi, onion, tomato, whole spices, mustard oil	140g (½ bowl)	347	248
कश्मीर नादरु यखनी	Kashmir nadru yakhni	Lotus stem, curd (yogurt), whole spices, oil	85g (1 bowl)	354	417
नदरु वास्ता हक़	Nadru vasta hak	Lotus stem, red spinach, onion, whole spices, mustard oil	120g (1 bowl)	382	318
गेहूँ की रोटी	Wheat chapati without ghee	Whole wheat flour	25g (1 piece)	78	312
नान	Naan	Refined wheat flour, curd (yogurt), oil	45g (1 piece)	60	134
लच्छा परांठा	Laccha paratha	Whole wheat flour, oil/ghee	50g (1 piece)	124	248
मिस्सी रोटी	Missi roti	Whole wheat flour, besan (gram flour), oil	35g (1 piece)	223	637
मक्की की रोटी	Makki roti	Maize flour	40g (1 piece)	92	230
गेहूँ आटे की पूरी	Whole wheat flour poori	Whole wheat flour, oil/ghee	25g (1 piece)	50	200
"दाल भरवां पूरी "	Dal stuffed poori	Whole wheat flour, green gram dal, oil/ghee	28g (1 piece)	85	304
आलू अमृतसरी कुलचा	Amritsari kulcha with potato stuffing	Refined wheat flour, potato, curd (yogurt), oil	40g (½ piece)	115	287
भटूरा	Bhatura	Refined wheat flour, curd (yogurt), oil	40g (1 piece)	46	115
पोहा उत्तपम	Poha uttapam	Rice flakes, semolina (rava/sooji), curd (yogurt), onion, capsicum, oil	70g (1 piece)	83	119

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
पनीर टिक्का	Paneer tikka	Paneer (70g), onion, besan (gram flour), capsicum, hung curd (yogurt), mustard oil	83g (½ plate)	135	161
चिकन टिक्का	Chicken tikka	Chicken (80g), hung curd (yogurt), besan (gram flour), capsicum, onion, mustard oil	83g (½ plate)	205	231
तंदूरी चिकन	Tandoori chicken	Chicken (80g), curd (yogurt), mustard oil, corn flour	52g (½ plate)	107	204
मटन कबाब	Mutton kebabs	Mutton (50g), besan (gram flour), onion, fresh ginger, garlic, oil	60g (1 piece)	282	470
अमृतसरी मछली	Amritsari fish	Fish fillets (125g), besan (gram flour), egg, curd (yogurt), oil	95g (½ plate)	374	394
मशरूम टिक्का	Mushroom tikka	Mushrooms (40g), besan (gram flour), onion, capsicum, curd (yogurt), oil	60g (½ plate)	163	272
समोसा	Samosa	Refined wheat flour, potato, green peas, oil	85g (1 piece)	313	368
आलू टिक्की	Potato patty (alu tikki)	Potatoes, green peas/chedar dal, arrow root flour, oil	60g (½ piece)	277	461
पापड़ी चाट	Papdi chaat	Fried flour cracker (papdi), curd (yogurt), sugar, mint chutney, sweet tamarind chutney, pomegranate	55g (½ plate)	100	180
दही भल्ले	Dahi bhalle	Moong dal, urad dal, oil, coriander leaves, mint leaves, tamarind, sugar, curd (yogurt)	72g (½ plate)	371	512
पानी वाले गोलगप्पे	Golgappe with water	Semolina (rava/sooji)/wheat flour, oil, mint leaves, coriander leaves, bengal gram whole, potato, sweet tamarind chutney, fresh ginger	60g (2 pieces)	274	457
सब्जी पकौड़ा	Vegetable pakora	Cauliflower, potato, onion, besan (gram flour), oil	42g (2 pieces)	208	489
पनीर पकौड़ा	Paneer pakora	Paneer (30g), besan (gram flour), oil	53g (1 piece)	163	307
चावल फर्रे	Rice farre	Rice flour, bengal gram dal, lentils, oil	35g (1 piece)	109	311
वेज मोमोस	Vegetable momos	Refined flour, cabbage, carrot, onion, oil	35g (1 piece)	67	191
वेज नूडल्स	Vegetable noodles	Noodles, capsicum, carrot, onion, oil	75g (1 bowl)	113	151

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	Food	Food description	Portion size	Potassium (mg per portion)	Potassium (mg per 100g)
बर्फी	Barfi	Khoya, sugar, milk, ghee, pistachios	50g (1 piece)	167	334
बेसन लड्डू	Besan ladoo	Besan (gram flour), semolina (rava/sooji), ghee, powdered sugar	38g (1 piece)	150	394
पंजीरी	Panjeeri	Whole wheat flour, sugar, cashews, raisins, ghee	70g (½ bowl)	134	191
चावल खीर	Rice kheer	Rice, milk, sugar, green cardamom, almonds, raisins	115g (½ bowl)	130	113
सूजी खीर	Suji/vermicelli kheer	Semolina (rava/sooji)/vermicelli, milk, almonds, sugar, ghee	115g (½ bowl)	146	127
शाही टुकड़ा	Shahi tukda	Bread, milk, sugar, ghee, pistachios, almonds	72g (1 serving)	81	112
फलों का कस्टर्ड	Fruit custard	Full cream milk, custard powder, banana, mango, pomegranate, sugar	145g (½ bowl)	91	62
फ्रूट क्रीम	Fruit cream	Whipping cream, sugar, banana, apple/pear, pomegranate, almonds	87g (½ bowl)	70	80
गाजर का हलवा	Carrot halwa	Carrot, milk, ghee, sugar, cashews, almonds, raisins	195g (½ bowl)	452	232
मूंग दाल हलवा	Moong dal halwa	Split moong dal, semolina (rava/sooji), ghee, sugar, almonds, pistachio, raisin	75g (1 bowl)	401	534
आटे का हलवा (कड़ा प्रसाद)	Wheat flour halwa (Kada Prashad)	Whole wheat flour, sugar, ghee	60g (1 bowl)	78	130
गुलाब जामुन	Gulab jamun	Khoya/mawa, refined flour, oil, sugar	40g (1 piece)	81	202
मालपुआ	Malpua	Semolina (rava/sooji), refined flour, milk, sugar, ghee	38g (½ piece)	76	200
मीठी सेवईयां	Sweet vermicelli	Vermicelli, sugar, ghee, almonds, raisins	50g (½ bowl)	89	178
समक खीर	Samai kheer	Cows milk, samai, sugar, ghee	100g (½ bowl)	194	194
ठेकुआ	Thekua	Wheat flour, sugar, oil, ghee	45g (1 piece)	109	242
मखाना खीर	Makhana kheer	Milk, makhana (fox nuts), sugar, ghee	100g (½ bowl)	223	223
आलू दूध पीठा	Aloo doodh peetha	Milk, wheat flour, sugar, ghee	100g (½ bowl)	235	235



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