

## Listeria infection update

Earlier this year, OSCAR Hospitality shared a story about the Listeria infection outbreak at a cantaloupe grower in the NSW Riverina area, with a reminder of the [importance of fruit and vegetable food safety](#).

We have since heard from contacts at the NSW Food Authority primary industry that some of the people that got sick or died were on medication that was not compatible with canteloupe.



## Foods with Potassium

The "Drug Information Handbook" explains that foods that contain potassium may cause hyperkalemia, which is a dangerously high potassium level. Foods that are high in potassium include bananas, cantaloupe, grapefruits, oranges, tomato juice, prunes, honeydew melons, molasses and potatoes.

Amiloride is a potassium sparing diuretic used to prevent a decrease in your potassium level by other diuretics, such as furosemide, in the treatment of hypertension.

Consume few or none of these potassium-rich foods while taking amiloride. Ask how much potassium you can ingest daily. If your potassium level is high, your physician may adjust the dose of your diuretics and blood pressure medication.



[Further information](#)

