STAR FRUIT WARNING

*AVOID* STAR FRUIT AND STAR FRUIT JUICE AS THEY CAN BE POISONOUS TO RENAL PATIENTS. *DO NOT EAT OR DRINK!*

**Star Fruit or Carambola** is grown throughout Southeast Asia and is commonly found in grocery stores in North America.

Not only does Star fruit contain a very high level of potassium it also may contain a neurotoxin that can build up in the blood of renal patients. The toxin can travel to the brain, causing damage. Symptoms can include: fever, uncontrolled hiccups, muscle weakness, seizures, insomnia, agitation, confusion, heart attacks.

Symptoms can occur at any stage of renal failure and if any star fruit has been eaten. The toxin can be difficult to treat and death can occur. AVOID star fruit and any products containing star fruit. Be sure to read ingredient labels. Products that may contain star fruit include health drinks, teas, candy, and salads.

*Remember Star Fruit may also be called Carambola!*  
To be used in conjunction with advice from a Registered Dietitian.

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