

High Potassium Foods (more than 200 mg)



FRUITS: Apricots • Bananas • Cantaloupe • Dates • Nectarines • Kiwi • Prunes/Prune Juice • Oranges/Orange Juice • Raisins • Dried Fruit

VEGETABLES: Acorn & Butternut Squash • Avocado • Baked Beans • Broccoli (cooked) • Brussels Sprouts (cooked) • Chard • Chile peppers • Mushrooms (cooked) • Potatoes • Pumpkin • Spinach (cooked) • Split Peas, Lentils, Beans • Sweet Potatoes • Vegetable Juice • Tomatoes/Tomato Juice/Tomato Sauce



PROTEIN & OTHER FOODS: Milk • Yogurt • Nuts & Seeds • Ham • Bacon • Fish • Sardines • Bran • Chocolate • Granola • Molasses • Peanut Butter

Low Potassium Diet Guidelines



For patients dealing with Chronic Kidney Disease

Please visit www.nephcure.org to find more diet related resources.



Contact Us
150 S Warner Rd Suite 402
King of Prussia, PA 19406
1.866 NephCure
info@nephcure.org



NEPHCURE
Kidney International

Saving Kidneys • Saving Lives

Potassium is a nutrient that helps keep the body's heart, nerves and muscle working correctly.

Kidney disease may cause the kidneys to be unable to remove excess potassium from the blood creating the potential for muscle weakness, nausea, weak pulse and even heart attack.

Levels of potassium in the blood should be monitored by a healthcare provider. The normal level of potassium should range from 3.5 to 5.0.

Low potassium diets limit total consumption to 1,500 to 2,500 mg daily. Check with your physician to receive the daily limit right for you.

Hyperkalemia is the medical term that describes a potassium level in your blood that's higher than normal.

Steps you can take to keep potassium at safe levels:

- Talk with a renal dietitian about creating an eating plan.
- Limit foods that are high in potassium.
- Limit milk and dairy products.
- Choose fresh fruits and vegetables.
- Avoid salt substitutes & seasonings with potassium.
- Read labels on packaged foods & avoid potassium chloride.
- Pay close attention to serving size.
- Keep a food journal.

Eat These Foods	Instead of These Foods
White Rice	Brown & Wild Rice
White Bread & Pasta	Whole Wheat Bread & Pasta
Cooked Rice & Cereal	Bran Cereal
Unenriched Rice Milk	Cow's Milk
Fresh White Meat	Dark or Packaged Meat

Lower Potassium Foods (less than 200mg/serving)



FRUITS: Apples/apple juice/applesauce • Berries • Cranberry juice • Grapes/grape juice • Grapefruit/grapefruit juice • Honeydew • Lemons & limes • Mangoes • Papayas • Pears • Peaches • Plums • Pineapple • Tangerines • Watermelon

VEGETABLES: Bell Peppers • Bamboo Shoots (canned) • Broccoli (fresh) • Cabbage • Carrots • Cauliflower • Celery • Onions (raw) • Corn • Cucumber • Eggplant • Green Beans • Kale • Lettuce • Mushrooms (fresh) • Okra • Summer Squash (cooked)



PROTEIN AND OTHER FOODS: Chicken (white meat) • Turkey (white meat) • Canned Tuna • Eggs • Rice • Noodles • Pasta • Bread (not whole grain)

*One serving of fruit is one small piece; ½ cup fresh, canned, or cooked fruit; or ½ cup juice. One serving of vegetables is ½ cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or ½ cup juice. One serving of meat is 1-3 ounces cooked. One serving of bread is one slice. One serving of Eggs is 1 egg or ¼ cup egg substitute. One serving of rice, noodles, & pasta is 1/3 cup cooked.