Foods with High Potassium Content

Fruits
- Apricots
- Bananas
- Cantaloupes
- 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

My Potassium Allowance is ____________ mg

Low Potassium Diet Guidelines

For patients with Chronic Kidney Disease

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Potassium is a nutrient that helps keep the body’s heart, nerves, muscles, and digestive system working correctly. It plays a crucial role in regulating blood pressure and maintaining healthy fluid balance. A diet rich in potassium is essential for overall health.

Potassium is found in a wide variety of foods, including fruits, vegetables, and some meats. Here are some examples:

**Fruits:**
- Apples
- Berries
- Cranberries
- Grapes
- Grapefruit
- Honeydew
- Lemons and limes
- Mangoes
- Papayas
- Pears
- Peaches
- Plums
- Pineapple
- Tangerines
- Watermelon

**Vegetables:**
- Bell peppers
- Broccoli
- Cabbage
- Carrots
- Cucumber
- Eggplant
- Green beans
- Mushrooms
- Okra
- Summer squash
- Spinach
- Zucchini

**Meat and Fish:**
- Chicken
- Turkey
- Canned Tuna
- Tuna (white meat)
- Turkey (white meat)
- Beef
- Pork

**Dairy:**
- Milk
- Yogurt

Steps you can take to keep potassium at safe levels:
1. Talk with a renal dietitian about creating an eating plan.
2. Limit foods that are high in potassium.
3. Limit milk and dairy products.
4. Choose fresh fruits and vegetables.
5. Avoid salt substitutes and seasonings with potassium.
6. Read labels on packaged foods and avoid potassium chloride.
7. Pay close attention to serving size.
8. Talk with a renal dietitian about creating an eating plan.
9. Take a food journal.
10. Keep a food journal.

A potassium level in your blood that’s higher than normal is called hyperkalemia. It’s the medical term that describes a level of potassium in the blood that’s higher than normal. Hyperkalemia increases your risk for heart attack. Potassium is a nutrient that helps keep the body’s heart, nerves, muscles, and digestive system working correctly. It plays a crucial role in regulating blood pressure and maintaining healthy fluid balance. A diet rich in potassium is essential for overall health.