Foods with High Potassium Content

- 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

Low Potassium Diet Guidelines
For patients with Chronic Kidney Disease

My Potassium Allowance is ____________ mg
What is Potassium? Lower Potassium Foods

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

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

Eat These Foods

Fruits
- Apples
- Apple juice
- Applesauce
- Berries
- Cranberry juice
- Grapefruit/grapefruit juice
- Grapes/grape juice
- Cranberry juice
- Berries
- Apples/apple juice
- Fruits

Vegetables
- Winter squash (cooked)
- Okra
- Mushrooms (fresh)
- Lettuce
- Kale
- Green beans
- Eggplant
- Cucumber
- Carrots
- Corn
- Broccoli (fresh)
- Bamboo shoots (canned)
- Bell peppers
- Vegetables

Protein and Other Foods
- Bread (not whole grain)
- Noodles
- Rice
- Eggs
- Chicken (white meat)
- Turkey (white meat)
- Canned tuna
- Mackerel
- Whole wheat bread
- Brown rice
- White bread
- White rice

One serving:
- 1/3 cup cooked
- 1/2 cup canned
- 1/2 cup fresh
- 1/4 cup juice
- 1 cup
- 3 oz

Lower Potassium Foods

- Fresh white meat
- Cow's milk
- Bran cereal
- Cooked rice & pasta
- Whole wheat bread & pasta
- Brown & wild rice
- White bread

Instead of these foods

Rice, noodles, and pasta is
- Substitute:
  - Eggs is 1/2 cup of eggs
  - Bread is one slice
  - Meat is 1-2 ounces cooked:
    - cup of juice
  - Vegetables is 1/2 cup of fresh
  - cooked vegetables is 1/2 cup fresh
  - canned vegetables is 1/2 cup of fresh
  - canned tuna
  - Turkey (white meat)
  - Mackerel
  - Whole wheat bread
  - Brown rice
  - White bread
  - White rice

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 and seasonings with potassium
- Pay close attention to serving size
- Read labels on packaged foods and avoid potassium chloride
- Keep a food journal

Keep a food journal

Steps right for you.

Low potassium diets limit the total consumption to 3.5 to 5.0.

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. To be able to remove excess potassium from the blood 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.