

# Foods with High Potassium Content

## Fruits

- Apricots
- Bananas
- Cantaloupes
- Dates
- Necatarines
- 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?

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

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

## Fruits



- Apples/apple juice/ Applesauce
- Berries
- Cranberry juice
- Grapes/grape juice
- Grapefruit/grapefruit juice
- Honeydew
- Lemons and limes
- Mangoes
- Papayas
- Pears
- Peaches
- Plums
- Pineapple
- Tangerines
- Watermelon



- ## Protein and Other Foods
- Chicken (white meat)
  - Turkey (White meat)
  - Canned Tuna
  - Eggs
  - Rice
  - Noodles
  - Pasta
  - Bread (not whole grain)

## Vegetables



- Bell Peppers
- Bamboo Shoots (canned)
- Broccoli (fresh)
- Cabbage
- Carrots
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce
- Mushrooms (fresh)
- Okra
- Summer squash (cooked)



## One serving:

- **Fruit** is one small piece, ½ cup fresh, canned or cooked fruit, or ½ cup juice.
- **Vegetables** is ½ cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or ½ cup juice.
- **Meat** is 1-3 ounces cooked.
- **Bread** is one slice.
- **Eggs** is 1 egg or ¼ cup egg substitute.
- **Rice, noodles, and pasta** is ½ cup cooked.