

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

Low Potassium Diet Guidelines

For patients with rare kidney disease

Neph
ure for Rare
Kidney
Disease



What is Potassium?

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.

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:

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.
6. Pay close attention to serving size.
7. Keep a food journal.

Eat these foods:

- White rice
- White bread & pasta
- Cooked rice & cereal
- Unenriched rice milk
- Fresh white meat

Instead of these foods:

- Brown & wild rice
- Whole wheat bread & pasta
- Bran cereal
- Cow's milk
- Dark or packaged meat

Lower Potassium Foods

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
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms (fresh)
- Okra
- Summer squash (cooked)

Protein & Other Foods



- Chicken (white meat)
- Turkey (white meat)
- Canned tuna
- Eggs
- Rice
- Noodles
- Pasta
- Bread (not whole grain)

One serving:

- **Fruit** is one small piece, 1/2 cup fresh, canned or cooked fruit, or 1/2 cup juice.
- **Vegetables** is 1/2 cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or 1/2 cup juice.
- **Meat** is 1-3 ounces cooked.
- **Bread** is one slice.
- **Eggs** is 1 egg or 1/4 cup egg substitute.
- **Rice, noodles, and pasta** is 1/3 cup cooked.