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



Contact Us

150 S. Warner Road Suite 402 King of Prussia, PA 19406 1.866 NephCure (637-4287) info@nephcure.org

Lower Potassium Foods

Signal States Mhat is Potassium?

Vegetables

- **Bell Peppers**
- Bamboo Shoots (canned)
- Broccoli (fresh)
- Carrots Cabbage
- Cucumber
- Eggplant
- Green Beans
- Kale
- Lettuce

One serving:

Mushrooms (fresh)

½ cnb cooked.

substitute.

cup juice.

Rice, noodles, and pasta is

• **Edds** is J edd or ¼ cnb edd

Meat is 1-3 ounces cooked.

raw leafy vegetables, or ½

Vegetables is ½ cup fresh

% cup fresh, canned or

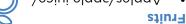
Fruit is one small piece,

or cooked vegetables, I cup

cooked fruit, or ½ cup juice.

Bread is one slice.

Summer squash (cooked) Okra



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

Protein and Other Foods

- Chicken (white meat)
- Turkey (White meat)
- Canned Tuna
- Edda
- Rice
- Noodles
- Pasta
- Bread (not whole grain)

heart attack. the potential for muscle weakness, nausea, weak pulse and even to be unable to remove excess potassium from the blood creating and muscle working correctly. Kidney disease may cause the kidneys Potassium is a nutrient that helps keep the body's heart, nerves

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

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

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

Steps you can take to keep potassium at safe levels:

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

| Eat these foods | sboof esent to beetsnl |
|----------------------|---------------------------|
| 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 |
| | |