



POTASSIUM

Potassium is a mineral, which is found in all cells of the body and a certain level in the blood. Potassium helps to maintain fluid balance and normal muscle function. If your kidneys are unable to rid the body of excess potassium you must limit foods high in potassium. If too much potassium builds up in the blood it can interfere with the normal action of the heart muscle - you could have a heart attack (cardiac arrest)

Normal blood potassium is 3.5 – 5.1 mmol/L

Guidelines for Controlling Potassium

1. Choose foods from the “Low Potassium Foods”
2. Avoid foods from the “High Potassium Foods”
3. Cooked vegetables are lower in potassium than raw ones, remember to cook vegetables well in plenty of water and then drain and discard cooking liquid. Steaming or microwaving vegetables does not lower potassium levels.
4. Use pre cooked drained vegetables in soups and stews
5. Potatoes contain a great deal of potassium so make sure potatoes are cooked in lots of water and drained and then discard the cooking liquid. If making potato scallop the potatoes should be soaked in water for about 8 hours and then drained. Avoid potatoes that are not cooked in water such as baked potatoes, french fries or potato chips. **Potatoes should only be eaten once per day.**
6. Drain and discard liquid from canned fruit to help lower potassium content.
7. Try eating 3 to 4 low potassium fruit servings and 2 to 3 low potassium vegetable serving daily and only 1 potato serving daily. Serving sizes are about ½ cup or 1 small piece.
8. Do not use a salt substitute such as No Salt, NuSalt, Low Salt or Half Salt and salt-free cheese as these contain potassium. Mrs. Dash is okay to use as this is a spice mix and spices are okay to use.

High Potassium Foods

Avoid or limit these foods

Fruit



Oranges



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Kiwi

Nectarine



Dried Fruit

Prunes, Prune Juice, Raisins, Figs



Orange Juice



Papaya

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Banana

Vegetables



Sweet Potatoes



Potatoes (baked) Fries Fries Chips



Avocado



1/2 cup raw spinach is OK
Cooked not OK



Winter Squash Pumpkin



Asparagus



Others



Peanut Butter, Nuts, Seeds



Cocoa, Chocolate



Limit coffee to 1 - 2 cups (8 - 16 oz) a day



Beans, Peas, Lentils



Limit milk to 3/4 cup or 6 oz a day



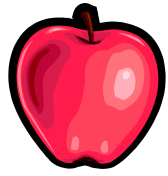
Do not use salt substitutes that contain potassium

Low Potassium Foods

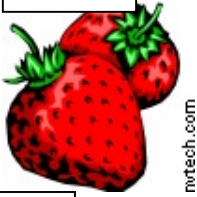
Consult your dietitian for other low potassium foods.

Fruits & Juices

Apples



Berries

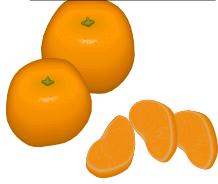


Fruit Cocktail



Grapes

Tangerines



Pears



Grapefruit (unless on certain medications)



Watermelon



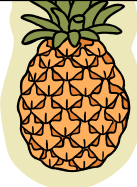
Plums



Cherries



Pineapple

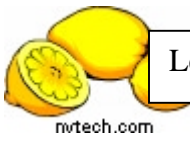


Vegetables

Onions
Radishes



Cauliflower



Lemons

Zucchini

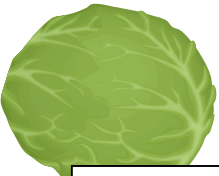
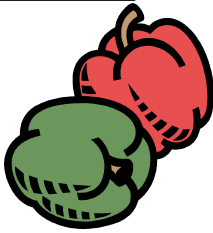


Green Beans



Carrots

Pepper

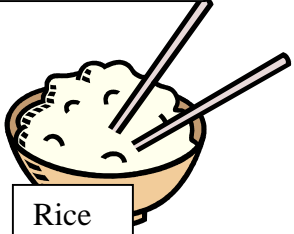


Cabbage



Lettuce

Other Foods



Rice

Noodles And Pasta



Cake



Cookies
No chocolate or nuts



Tea
Watch Fluid Allowance



Breads
Not Whole Grain

Potassium Food Guide

The following foods are considered low in potassium and can be eaten daily

Beverages

Coffee
Tea
Diet soda
Kool-aid
Crystal light
Apple Juice
Pineapple juice
Cranberry juice
Rich's Coffee Cream
Rice Dream Ice cream

Fruits

Apples
Applesauce
Blueberries
Cranberries
Fruit cocktail
Grapes
Lemon
Peaches canned in juice
Pears canned in juice
Pineapple
Plums
Raspberries
Watermelon
Rhubarb

Vegetables

Cabbage
Carrots
Corn
Cucumbers
Eggplant
Leeks
Lettuce, iceberg or romaine
Onions
Peppers
Turnips
Mixed vegetable

Breads and Cereals

Bread-white, sourdough, light rye, French, Italian, Cinnamon
Buns- white hamburger or hot dog
Dinner Rolls- white, onion, or poppy seed
English muffins
Pancakes
Tortilla- flour or corn
Waffles
Puffed Rice
Puffed Wheat
Oatmeal –hot or cold flake type cereal
Cream of Wheat
Grits
Special K
Corn Chex
Corn Flakes
Rice Krispies
Cheerios
Pasta (noodles, macaroni, spaghetti, lasagna etc...)

Rice- white or brown
Egg noodles
No salt crackers
Graham Crackers
Popcorn, plain
Angel food cake
Sugar free-cookies

Sugar Free Jell-O
Flour
White sugar
Brown sugar
Sugar Free Syrup
Sugar Substitutes

Meats (Protein)

Chicken breast
Chicken thigh
Pork loin
Ground round
Ground sirloin
Pork sirloin
Beef round
Beef sirloin
Beef tenderloin
Pork tenderloin
Eye of round, beef
Venison, any cut
Turkey breast
Ground turkey
White fish
Salmon
Roast beef
Pork Roast
Eggs
Peanut Butter
(max 1 tbsp)

***Any types of herbs and spices can be used daily; condiments like mayonnaise, mustard, barbeque sauce, and ketchup are low in potassium but can be higher in sodium.**

The following foods are moderately high in potassium and no more than one serving per day should be eaten from each of these groups.

Fruits (serving = ½ cup) Vegetables (serving size= ½ cup) Dairy (1/2 cup)

Apricots, canned	Asparagus	Milk (3/4cup)
Blackberries	Green beans	Buttermilk
Cherries, sweet or tart	Broccoli	Chocolate milk
Peach, raw	Cauliflower	Ice cream
Strawberry	Collards	Sour cream
Tangerine	Mushrooms	Yogurt
Clementine's	Peas	Sherbet
	Potato, peel and soaked 4 hours	Cheese
	Radish	
	Summer squash	
	Zucchini	
	½ Tomato	
	Raw spinach	

The following foods are VERY high in potassium = AVOID

Apricots	Artichoke
Avocado	Black-eye peas
Banana	Brussel Sprouts
Cantaloupe	Chickpeas
Dates & other dried fruit	Parsnips
Guava	Peanuts
Honeydew	Split peas
Kiwi	Potato, baked
Mango	Pumpkin
Nectarine	Winter squash
Papaya	Sweet potato
Persimmon	Tomato, raw
Pomegranate	Yam
Tangelo	
Oranges	

Some foods that you normally eat may not appear on this list. If you have questions contact your dietitian.

***Do not use Salt substitute as it contains Potassium Chloride instead of Sodium Chloride**

