



If you need to limit potassium

What is potassium?

Potassium is a mineral that helps keep your heart and muscles working properly.

Why limit potassium?

Having too much potassium in your blood can cause:

- heart attack
- muscle weakness
- irregular heartbeats

How much potassium is okay to eat?

Your healthcare professional recommends eating less than:

_____ mg per day

USE HEALTHY TIPS

to shop, plan, and prepare meals with less potassium

At home

- Don't drink or use liquid from canned fruits, vegetables, or cooked meat.
- Eat a variety of foods, but in moderation.
- Serving size is very important. Almost all foods have some potassium. A large amount of a low potassium food can turn into a high-potassium food.

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- To have more choices when eating out, avoid higher-potassium fruits and vegetables during the day beforehand.
- Choose starches and vegetables that are lower in potassium (such as rice, noodles and green beans).
- Reduce french fries and other fried potatoes.
- For deserts:
 - Choose desserts with simple preparations to avoid "hidden" phosphorus and potassium.
 - Limit desserts with chocolate, cream cheese, ice cream or nuts—they are high in potassium and phosphorus.

By cuisine

Chinese food

- Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts and bok choy.

Mexican food

- Beware of salsa. Salsa verde is a green sauce but is made of green tomatoes. Best choices: salsas made of chili peppers without tomatoes added.
- Limit beans and rice that are combined in one dish. Have rice separately. (Beans are high in potassium.)
- Limit guacamole. It is made from avocados, which are high in potassium.

Italian food

- Limit tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based. If you must select a dish with tomato sauce, ask that it be served on the side.

Soul food

- Limit black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. All are high in potassium.
- Best choices? Fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread or dinner rolls.

READ FOOD LABELS

to find the best choice for your diet

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

Servings Per Container lists how many portions per container.

Serving Size tells you what a single portion is.

% Daily Value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Potassium is listed per serving.

Ingredients are listed in order of weight, with the item of the most weight listed first.

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. **CONTAINS: WHEAT.**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

In general, the amount of potassium means:

Amount	% Daily Value	Level
Under 100 mg	less than 3%	Low
101-200 mg	3-6%	Medium
201-300 mg	6%-9%	High
Over 300 mg	over 9%	Very High

HIGH-POTASSIUM FOODS

Fruits

- Avocados, bananas, cantaloupe and honeydew melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate
- Dates, dried fruits, dried figs



Vegetables

- Broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash
- Tomato-based products
- Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes



Other

- Milk, yogurt
- Nuts and seeds
- Bran and bran products
- Salt substitutes



LOW-POTASSIUM FOODS

Fruits

- Apple, blueberries, cranberries, grapes, tangerines, canned peaches and pears, pineapple, raspberries



Vegetables

- Asparagus, cabbage, carrots, celery, corn, cucumber, eggplant, green or wax beans, green peas or beans, lettuce (iceberg), onions, radishes, turnips, water chestnuts, 1-2 slices raw tomato



Other

- Rice, noodles, pasta, bread and bread products
- Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate



COMMON SERVING SIZES

FOOD GROUP	SERVING SIZE
Meat, fish, and poultry	
Meats, fish, poultry	1 oz cooked
Dairy	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
Grains	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready-to-eat	1 cup
Bread	1 slice
Hamburger bun	1/2 bun
Vegetables	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup
Fruits	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1/2 cup
Grapes, cherries	12
Dried fruit	1/4 cup
Fats and oils	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
Sweets	
Cookies	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
Nuts, seeds, and legumes	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Cooked legumes, beans, peas	1/2 cup
Peanut butter	2 tablespoons

Dietitians who specialize in kidney disease can tell you how many servings from each food group you should have at each meal. Depending on your diet prescription and preferences, you may be able to eat more than one.