



Potassium Diet

Eating a Safe Amount

Potassium is a mineral found in many foods. The body needs some potassium to keep the heart working normally. But if your kidneys don't work well, potassium can build up in your blood. In rare cases this can be deadly. By controlling the amount of potassium you eat, you can keep a safe level in your blood.

Food List and Suggested Serving Size

Check with your dietitian's instructions on the number and size of servings to eat. Also, talk with your dietitian before eating foods that are not on this list. You can find potassium in vegetables, fruit and starches. The following is a list of food choices available.



FOODS LOW IN POTASSIUM

STARCHES

Bread, white (2 slices)
Oatmeal (3/4 cup)
Pasta, plain (1 cup)
Bagel, plain (1)
Rice, white (1 cup)

FRUITS

Blueberries
(1 cup)
Grapefruit (1/2 cup)
Strawberries (1/2 cup)
Watermelon (1/2 cup)
Grapes (1/2 cup)

VEGETABLES

Asparagus (4 spears)
Green Beans (1/2 cup)
Cauliflower (1/2 cup)
Lettuce, iceberg (1 cup)
Cucumbers (1/2)

❖ Daily servings of foods that have low potassium content (5—150mg per serving).

FOODS MEDIUM IN POTASSIUM

Bread, pumpernickel (1 slice)
Peas, cooked (1/2 cup)
Corn, fresh (1/2 cup)
Tortillas, corn (4 small)

Apples (1)
Cherries (1/2 cup)
Peaches (canned (1/2 cup)
Pears, fresh (1/2 cup)

Broccoli (1/2 cup)
Peppers (1)
Carrots (1/2 cup)
Eggplant (1/2 cup)

❖ Daily servings of foods that have medium potassium content (150—250mg per serving).

FOODS HIGH IN POTASSIUM

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| Beans, dried (1/2 cup) | Bananas (1) | Artichokes (1) |
| Lentils (1/2 cup) | Cantaloupe (1/2 melon) | Spinach (1/2 cup) |
| Potatoes (1/2 cup or 1 small) | Peaches, fresh (1) | Bok choy (1/2 cup) |
| Yams, Winter squash (1/2 cup) | Oranges (1) | Tomatoes (1/2 cup) |

- ❖ Daily servings of foods that have high potassium content (250—500mg per serving)

REDUCE POTASSIUM by Boiling Vegetables

Cooking helps remove potassium from starchy vegetables, such as potatoes. To reduce potassium, boil the vegetables in a large amount of unsalted water. Drain and discard the water before serving.

How To Cook Potatoes

Follow the steps below to reduce the potassium content of white potatoes.

- ❖ Peel and cut the potatoes into 1/8-inch pieces.
- ❖ Place the potatoes in a large amount of unsalted water, Allow to stand for at least 2 hours.
- ❖ Drain, rinse, and drain the potatoes again.
- ❖ Cook in a large amount of unsalted water.

Watch Out for Hidden Sources of Potassium

The potassium content of a food may change depending on how the food is preserved. Not all food labels include potassium; so keep these tips in mind:

- ❖ Dried fruits are high in potassium. Canned fruits are lower.
- ❖ Other foods with high levels of potassium include salt substitutes, lite salts, milk, coffee, and some vegetable juices and powdered drink mixes.

