

Guide to a Low Potassium Diet!

“Hyperkalemia” is when you have too much potassium in your blood. The kidneys filter blood and remove excess solutes, such as potassium, through urine. They help keep the level of potassium in the blood normal. When the kidneys are damaged, potassium tends to build up in the blood. Excess potassium can cause heart rhythm problems and muscle weakness. Many patients treated for kidney disease need to be on a low-potassium diet. I recommend working with your nephrologist and dietician to determine how much potassium is needed in your diet. Below is a list of foods and beverages both high and low in potassium.

Low Potassium Foods/Beverages

Foods

- Alfalfa Seeds
- Applesauce
- Apricot (fresh)
- Arugula
- Bagel, plain
- Bamboo Shoots
- Berries
- Bread
- Cabbage
- Cauliflower
- Corn
- Eggplants
- Grapes
- Grapefruit
- Green beans
- Kale
- Leeks
- Lemon/Lime
- Lettuce
- Peach
- Pears (CKD)
- Peppers
- Pineapples
- Plums
- Prunes (dried)
- Rhubarb (CKD)
- Rice, 1 cup
- Spaghetti
- Spinach (raw)

High Potassium Foods/Beverages

Foods

- Apricot (dried)
- Artichoke
- Asparagus
- Avocados
- Bananas
- Beans: Black, Lima, Kidney, Mung, Pinto, Soy
- Beets
- Bok Choy
- Broccoli
- Cantaloupe
- Cod
- Cucumbers
- Figs
- Greens: Collard, Spinach
- Honeydew
- Kiwi
- Lentils
- Mangos
- Mushrooms
- Nectarines
- Peas
- Papaya
- Peaches
- Pomegranate
- Potatoes
- Pumpkin
- Salmon
- Sardines
- Squash
- Sweet Potato
- Tomato



Beverages <ul style="list-style-type: none">• Apple Juice• Cranberry Juice• Coffee• Grape Juice• Ginger-ale• Tea	Beverages <ul style="list-style-type: none">• Milk, whole, low fat• Orange Juice• Soy Milk
--	--

