



Potassium: Tips for People with Chronic Kidney Disease

▶ What is potassium?

Potassium is a mineral that helps your nerves and muscles work the right way. Problems can occur when potassium levels are too high or too low.

▶ Why is potassium important?

In some people with Chronic Kidney Disease (CKD), the kidneys may not remove extra potassium from the blood. Some medicines can also raise your potassium level. Ask your health care team if you need a low potassium diet.

▶ How do I know if my potassium is high?

People often do not feel any different when their potassium is too high. Your health care provider will check your blood potassium level and review your medications. The potassium level should be between 3.5 to 5.0 mmol/L.

If your potassium is too high, you may be advised to reduce your intake of foods high in potassium.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 5g	
Includes 2g Added Sugars	4
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%

Potassium 240mg 6%

*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.

This food is a higher potassium choice because it is greater than 200 mg.

EAT THESE FOODS

- ◆ Rice or Corn Cereal
- ◆ Oat/Rice/Almond Milk
- ◆ White Rice
- ◆ Hummus and Soft Tofu



INSTEAD OF THESE FOODS

- ◆ Bran Cereal
- ◆ Milk or Yogurt
- ◆ Brown or Wild Rice
- ◆ Dried Beans: Pinto/Lentils



TIPS

- Salt substitutes can be high in potassium and generally should not be used.
- Eat smaller portions of these foods: meat, poultry, fish, beans, dairy, and nuts.
- Drain and rinse canned fruits and vegetables to remove some potassium.
- Foods labeled "low sodium" may contain salt substitutes high in potassium.
- Use spices and herbs to flavor food in cooking and at the table.



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► **Choose fruits and vegetables that are lower in potassium.**

Have very small portions of foods that are higher in potassium, like one slice of tomato on a sandwich.

Fruits *lower* in potassium (200mg or less)

- | | | | |
|--------------|-------------------|---------------------|----------------|
| ◆ Cherries | ◆ Cranberry juice | ◆ Rhubarb | ◆ Tangerines |
| ◆ Pears | ◆ Fruit cocktail | ◆ Apples/juice | ◆ Lemons/limes |
| ◆ Watermelon | ◆ Grapes/juice | ◆ Apricots (canned) | ◆ Pineapple |
| ◆ Berries | ◆ Plums | ◆ Mangoes | ◆ Peaches |

Fruits *higher* in potassium (more than 200mg)

- | | | | |
|--------------------|---------------------------------|--------------|---------------------|
| ◆ Kiwi | ◆ Oranges/juice | ◆ Nectarines | ◆ Honeydew |
| ◆ Dates | ◆ Raisins and other dried fruit | ◆ Bananas | ◆ Pomegranate/juice |
| ◆ Prunes/juice | | ◆ Cantaloupe | |
| ◆ Apricots - fresh | | | |

A serving of fruit is one small piece; ½ cup fresh or canned fruit; ¼ cup dried fruit; or ½ cup juice.

Vegetables *lower* in potassium (200mg or less)

- | | | | |
|----------------|----------------|-------------|-----------------|
| ◆ Broccoli | ◆ Okra | ◆ Radish | ◆ Cauliflower |
| ◆ Celery | ◆ Cabbage | ◆ Onions | ◆ Yellow squash |
| ◆ Kale/lettuce | ◆ Bell peppers | ◆ Mushrooms | ◆ Asparagus |
| ◆ Green beans | ◆ Carrots | ◆ Corn | ◆ Cucumber |

Vegetables *higher* in potassium (more than 200mg)

- | | | | |
|---------------------|----------------------------------|------------------------------|--------------------------------|
| ◆ Avocado | ◆ Beets and greens | ◆ Acorn and butternut squash | ◆ Tomatoes/juice, tomato sauce |
| ◆ Broccoli (cooked) | ◆ Sweet potatoes | ◆ Spinach (cooked) | ◆ Vegetable juice |
| ◆ Brussels sprouts | ◆ Split peas, lentils, and beans | ◆ Pumpkin | ◆ Chili pepper |
| ◆ Potatoes | | | |

A serving of vegetables is ½ cup fresh or cooked vegetables, 1 cup leafy vegetables, or ½ cup juice.

Note – Potassium levels vary depending on whether a food is fresh, frozen, cooked, or canned.

