

Name:

Date:

Potassium Content of Food



What is potassium and why is it important to you?

Potassium is a mineral found in food. It plays a role in keeping regular heartbeats and muscles functioning.

It is the job of healthy kidneys to keep the right amount of potassium in the body. However, when the kidneys are not healthy, it is important to limit certain food that can increase potassium levels in the blood.

Safe blood level of potassium

Normal potassium level	3.5-5 mg/dL
Normal potassium levels for patients on dialysis	3-6 mg/dL

Signs & symptoms of high potassium levels in the blood

- Weakness
- Numbness or Tingling
- Irregular heartbeat

How can I keep my potassium level from getting too high?

- Limit food high in potassium. If you want to include some high potassium vegetable in your diet, leach them before.
- Follow up with a dietitian to plan a uremic diet to ensure getting the right amount of potassium.
- Eat a variety of foods but in moderation.
- Do not drink or use the liquid from canned fruits and vegetables, or the juices from cooked meat. Make sure to substitute tomato paste with red pepper paste.
- Remember that almost all foods have some potassium. The size of the serving is very important. A large amount of a low potassium food can turn into a high- potassium food. If you are on dialysis, be sure to get all the treatment or exchanges prescribed to you.

**Low Potassium Food
(5-150mg)****Exchange**

Fruits	Exchange
Apple	1 medium
Pear	1 small
Raspberries	½ cup
Blueberries	½ cup
Cranberries	½ cup
Vegetables	Exchange
Lettuce	½ cup
Lemon	1 medium
Mint	1 cup
Cabbage	1 cup
Cauliflower	½ cup
Vine leaves	1 cup
Eggplant	½ cup
Cucumbers	½ cup
Others	Exchange
Egg	1 large
Hummus	1 tbsp
Brown bread (70mg)	25g/ 1 slice
White bread (30mg)	25g/ 1 slice

**Moderate Potassium Food
(150-250mg)**

Fruits	Exchange
Cherries	10
Grape fruit	1 medium
Water melon	1 medium slice
Sharon	1 small
Black berries	6
Loquat	5
Quince	1 medium
Figs	2 medium
Strawberries	1 cup
Plums	2 medium
Jujube	½ cup
Grapes	10-15
Vegetables	Exchange
Zucchini	½ cup
Beet	1 medium
Carrot	1 medium
Green peas	½ cup
Asparagus	½ cup
Corn	½ cup

High Potassium Food to AVOID
(more than 250mg)

Fruits	Exchange
Apricot	3 medium
Banana	1 small
Dates	2-3
Kiwi	1 medium
Raisins	1Tbsp
Prickly pear	1½ medium
Avocado	¼
Guava	1 medium
Peach	1 medium
Cantaloupe	½ cup or 1 medium slice
Mango	1 medium
Papaya	1 small
Orange	1 medium
Pomegranate	1 medium
Vegetables	Exchange
Baked potato with skin white and sweet	1 medium
White beans canned	½ cup
Spinach	½ cup cooked
Artichoke	1 medium
Lima beans	½ cup
Tomato	½ cup
White mushrooms	½ cup
Chicory leaves	½ cup
Coriander	½ cup
Parsley	1 cup
Broccoli	½ cup
Palmetto	½ cup
Others	Exchange
Tuna	90g
Turkey	90g
Nuts: almonds, peanuts, hazelnuts, Brazil, cashew	30g
Sunflower seeds	
Soy milk	1 cup



