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### **Low Potassium Diet** - Adapted from the National Kidney Foundation.

Potassium (Atomic Symbol =  $K^+$ ) is a mineral found in many of the foods you eat. It plays a role in keeping your heartbeat regular and your muscles working right. It is the job of healthy kidneys to keep the right amount of potassium in your body. However, when your kidneys are not healthy, you often need to limit certain foods that can increase the potassium in your blood to a dangerous level. You may feel some weakness, numbness and tingling if your potassium is at a high level. If your potassium becomes too high, it can cause an irregular heartbeat or a heart attack.

What is a safe level of potassium ( $K^+$ ) in my blood?

If  $K^+$  = 3.5-5.0.....You are in the SAFE zone

If  $K^+$  = 5.1-6.0.....You are in the CAUTION zone

If  $K^+$  = higher than 6.0.....You are in the DANGER zone

To avoid a high potassium level: You should **limit foods that are high in potassium**. Eat a variety of foods **but in moderation**. If you want to include some high potassium vegetable in your diet, leach them before using. Leaching is a process by which some potassium can be pulled out of the vegetable (See below for Leaching Instructions).

Do not drink or use the liquid from canned fruits and vegetables, or the juices from cooked meat. 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.

### **What foods are high in potassium (greater than 200 milligrams per portion)?**

The following table lists foods that are high in potassium. The **portion size is ½ cup** unless otherwise stated. Please be sure to **check portion sizes**. While all the foods on this list are high in potassium, some are higher than others.

### **How to leach vegetables.**

**For Potatoes, Sweet Potatoes, Carrots, Beets, Rutabagas, Squash, Mushrooms, Cauliflower, and Frozen Greens:**

Allow frozen vegetable to thaw to room temperature and drain.

Peel (if needed) and place the vegetable in cold water so they won't darken and

Slice vegetable 1/8 inch thick.

Rinse in warm water.

Soak for a minimum of two hours in a large volume of warm water (10 fold the vegetable volume).

If soaking longer, change the water every four hours.

Rinse under warm water again for a few seconds.

Cook vegetable with 5 times the amount of water to the amount of vegetable.

## High-Potassium Foods

### Fruits

Apricot , raw (2 medium)  
dried (5 halves)

**Avocado (1/4 whole)**

**Banana (1/2 whole)**

**Cantaloupe**

Dates (5 whole)

Dried fruits

Figs, dried

Grapefruit Juice

Honeydew

Kiwi (1 medium)

**Mango(1 medium)**

**Nectarine(1 medium)**

**Orange(1 medium)**

**Orange Juice**

Papaya (1/2 whole)

Pomegranate (1 whole)

Pomegranate Juice

**Prunes**

**Prune Juice**

**Raisins**

### Vegetables

Acorn Squash

Artichoke

Bamboo Shoots

**Baked Beans**

Butternut Squash

**Refried Beans**

Beets, fresh then boiled

Black Beans

Broccoli, cooked

Brussels Sprouts

Chinese Cabbage

**Carrots, raw**

**Dried Beans and Peas**

**Greens, except Kale**

Hubbard Squash

Kohlrabi

**Lentils**

**Legumes**

Mushrooms, canned

Parsnips

**Potatoes, white and sweet**

**Pumpkin**

Rutabagas

**Spinach, cooked**

**Tomatoes/Tomato products**

**Vegetable Juices**

### Other Foods

**Bran/Bran products**

**Chocolate (1.5-2 ounces)**

**Granola**

**Milk, all types (1 cup)**

Molasses (1 Tablespoon)

Nutritional Supplements:

Use only under the  
direction of your doctor  
or dietitian. Nuts/seeds

**Nuts and Seeds (1 ounce)**

**Peanut Butter (2 tbs.)**

**Salt Substitutes/Lite Salt**

**Salt Free Broth**

Snuff/Chewing Tobacco

Yogurt

## Low-Potassium Foods

A portion is  $\frac{1}{2}$  cup unless otherwise noted. Eating more than 1 portion can make a lower potassium food into a higher potassium food.

### Fruits

Apple (1 medium)  
 Apple Juice  
 Applesauce  
 Apricots, canned in juice  
 Blackberries  
 Blueberries  
 Cherries  
 Cranberries  
 Fruit Cocktail  
 Grapes  
 Grape Juice  
 Grapefruit ( $\frac{1}{2}$  whole)  
 Mandarin Oranges  
 Peaches, fresh (1 small) canned ( $\frac{1}{2}$  cup)  
 Pears, fresh (1 small) canned ( $\frac{1}{2}$  cup)  
 Pineapple  
 Pineapple Juice  
 Plums (1 whole)  
 Raspberries  
 Strawberries  
 Tangerine (1 whole)  
 Watermelon(limit to 1 cup)

### Vegetables

Alfalfa sprouts  
**Asparagus (6 spears)**  
**Beans, green or wax**  
 Cabbage, green and red Carrots, cooked  
 Cauliflower  
 Celery (1 stalk)  
 Corn, fresh ( $\frac{1}{2}$  ear) frozen ( $\frac{1}{2}$  cup)  
 Cucumber  
 Eggplant  
 Cucumber  
 Eggplant  
 Kale  
 Lettuce  
 Mixed Vegetables  
 Mushrooms, fresh  
 Okra  
**Onions**  
 Parsley  
 Peas, green Peppers  
 Radish  
 Rhubarb  
 Water Chestnuts, canned  
 Watercress  
 Yellow Squash  
 Zucchini Squash

### Other Foods

Rice  
 Noodles  
 Pasta  
 Bread and bread products: (Not Whole Grains)  
 Cake: angel, yellow  
 Coffee: **limit to 8 ounces**  
**Pies without chocolate or high potassium fruit**  
 Cookies without nuts or chocolate  
 Tea: limit to 16 ounces