

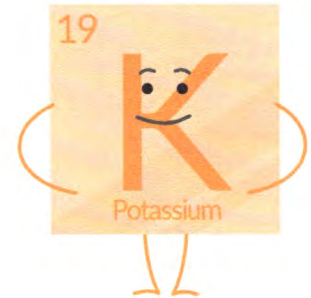
Managing Your Potassium

What is potassium and why is it important?

Potassium is a mineral found mostly in fruits, vegetables and dairy products.

Too much or too little potassium can cause irregular heartbeats and can even cause your heart to stop.

Normal blood potassium is 3.5–5.5 mEq/L.



What are the symptoms of high/low potassium levels?



Symptoms of both high and low potassium levels are the same:

- Muscle cramps
- Weakness
- Irregular heartbeat
- Tiredness

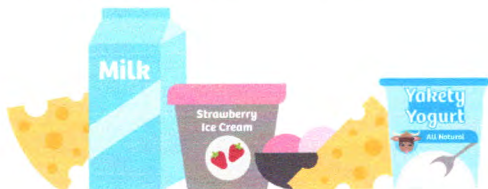
Managing potassium in your diet.

A low potassium food has **< 250mg** potassium per serving.

Limiting high potassium foods will help keep your blood potassium levels safe.

How much low potassium food can I eat?

Although many foods are low in potassium, they still need to be limited.



Limit dairy (milk, yogurt, ice cream, etc.) to:

1/2 cup per day



Limit low-potassium fruits and vegetables to:

5 servings per day

High Potassium Foods to Limit

SERVING SIZE: 1/2 CUP OR 4 OUNCES (UNLESS OTHERWISE SPECIFIED)

High potassium fruits.



Avocado



Banana
(1/2 medium)



Kiwi



Melon
(cantaloupe,
honeydew,
casaba)



Orange



Tomato

Not pictured:

- Dried fruit
- Guava
- Mango
- Nectarine
- Papaya
- Persimmon

High potassium vegetables.



Artichoke



Beets
(fresh)



Cabbage
(savoy,
chinese)



Parsnips



Peas



Peppers
(sun-dried)



Potato



Pumpkin



Spinach
(cooked,
canned)



Squash

Not pictured:

- Bamboo shoots (fresh)
- Beet greens
- Bok choy
- Kohlrabi
- Rutabaga
- Succotash
- Sweet potato (yams)
- Swiss chard
- Water chestnuts (fresh)

High potassium drinks.



Carrot juice



Milk



Soy milk



Tomato
juice



Vegetable
juice

Not pictured:

- Orange juice
- Prune juice
- Coconut milk
- Coconut water

High Potassium Foods to Limit

SERVING SIZE: 1/2 CUP OR 4 OUNCES (UNLESS OTHERWISE SPECIFIED)

Other high potassium foods.



Beans



Chocolate



Nuts



Potato chips



Refried beans



Seeds

Not pictured:

- Salt substitute
- Tomato paste (3 tablespoons)
- Tomato sauce (1/4 cup)

Low Potassium Foods

SERVING SIZE: 1/2 CUP OR 4 OUNCES (UNLESS OTHERWISE SPECIFIED)

Low Potassium Fruits



Apples
(sauce, juice)



Cherries



Coconut



Grapes/
grape juice



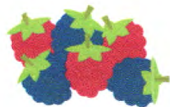
Lemons/
limes/
lemonade



Peaches



Pineapple



Raspberries
(black, red)



Watermelon

Not pictured

- Apricots
- Berries
- Boysenberries
- Cranberries (sauce, juice)
- Fig (canned or 2 small fresh)
- Fruit cocktail
- Grapefruit
- Kumquats
- Mandarin oranges
- Pears
- Plums
- Tangerines

Low Potassium Foods

SERVING SIZE: 1/2 CUP OR 4 OUNCES (UNLESS OTHERWISE SPECIFIED)

Low Potassium Vegetables



Asparagus



Broccoli



Cabbage



Carrots



Celery



Corn*



Eggplant



Onions



Peppers
(green/red)



Snow Peas



Spinach
(raw only)



Squash
(summer)

Not pictured

- Bamboo shoots (canned)
- Beets (canned)
- Brussel sprouts
- Cauliflower
- Collards
- Cucumber (1 cup)
- Endive
- Green beans
- Green peas*
- Kale
- Lettuce (all varieties)
- Leeks
- Mushrooms*
- Mustard greens
- Okra
- Radishes
- Rhubarb
- Sprouts (alfalfa, bean)
- Turnips/turnip greens
- Water chestnuts (canned)

* Higher in phosphorus. Check with your dietician before including these foods in your diet.



Limiting portion size and frequency of high potassium foods will help keep blood potassium at a safe level. Even low potassium foods need to be limited.

Your dietician will be happy to help answer any questions you may have about your diet.