

This handout is designed for people with kidney problems. Please check with your doctor or Registered Dietitian Nutritionist before changing your diet. Changing your potassium intake can be dangerous.

Potassium

What is potassium?

Potassium is an important nutrient needed by your muscles and heart.

How is potassium controlled in your body?

The kidneys are responsible for filtering the blood and maintaining healthy levels of potassium in the body.

What happens if I have chronic kidney disease (CKD)?

In CKD stages 1–3, your kidneys may be able to filter your blood and control potassium levels. However, it is important to talk to a Registered Dietitian Nutritionist (RDN) and find out which foods are okay to eat.

In CKD stages 4–5, your kidneys are no longer able to filter your blood and control potassium levels. It is very important to listen to your RDN and doctor.

What happens if I eat too much or too little potassium?

Eating too much or too little potassium increases your risk for **heart problems** (e.g., heart attack).

The following pages display low- to medium-potassium fruits and vegetables to choose from and high-potassium choices to limit or avoid.

Note: the food and drink photos may not portray actual survey sizes desired – ask your dietitian

Abbreviations

1 c **1 measuring cup**

½ c **One half cup**

Tbsp. **Tablespoon**

pc **piece**

Low- and Medium-Potassium Fruits

Less than 200 mg/serving



Apple (1 whole)



Applesauce (½ c)



Apricot, canned (3 halves)



Asian (Japanese or Korean) Pear (½ c)



Blueberries (½ c)



Cherries (10 pc)



Cranberries (1 c)



Fruit cocktail (½ c)



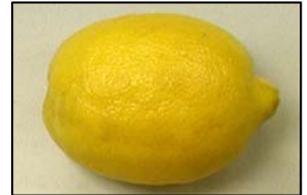
Grapefruit (½)



Grapes (10 pc)



Kumquat, raw (5 whole)



Lemon (1 whole)



Lychee (10 pc)



Mandarin orange (½ c)



Mountain apple (1 whole)



Peach (1 whole)



Pineapple (½ c)



Plum (1 whole)



Prunes, canned (5 pc)



Raspberries (½ c)



Strawberries (½ c)



Tamarind (1 fruit, 3"x1")



Tangerine (1 whole)



Watermelon (1 c)

Images From: hawaiifoods.hawaii.edu, asia.ru/rw/ProductInfo/447623.html, calcherry.com/download/download_center.cfm?ImagesCategoryID=1, vegetarian-nutrition.info/herbs/cranberry.php, rampages.us/nutritionblogsforlaurenembroski/2014/10/14/pomegranate-lauren-embroski/, stanleysstore.co.uk/fresh-fruit-and-vegetables/, baby-recipes.com/spinach-apple-blueberry-baby-food-recipe/

Low- and Medium-Potassium Vegetables

Less than 200 mg/serving



Asparagus (4)



Bamboo shoots, canned (½ can)



Bean sprouts (½ c)



Bell pepper, raw (½)



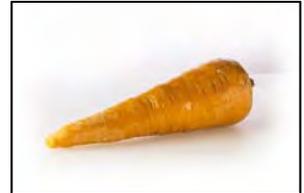
Broccoli, raw (½ c)



Burdock/Gobo, raw (½ c)



Cabbage (½ c)



Carrots (½ c)



Cauliflower (½ c)



Celery (½ c)



Chayote, cooked (½ c)



Chili pepper (½ c)



Chinese cabbage (½ c)



Corn, canned (½ c)



Cucumber (½ c)



Eggplant (½ c)



Fern (½ c, chopped)



Green beans (½ c)



Kale (½ c)



Marungay leaves (½ c)



Mushrooms (button or shiitake), raw (½ c)



Lotus root, boiled (5 slices)



Okra (½ c)



Onions (½ c)



Peas (½ c)



Radishes (5)



Watercress, cooked (½ c)



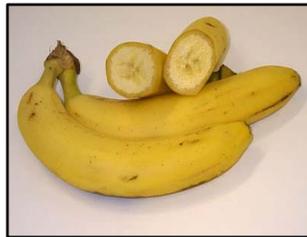
Zucchini (½ c)

High-Potassium Fruits – Limit or Avoid

More than 200 mg/serving



Apple Banana (1 whole)



Banana (½)



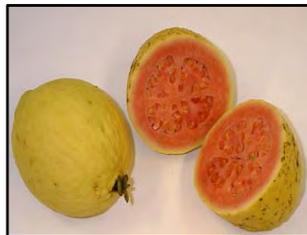
Breadfruit (¼)



Cantaloupe (½ c)



Coconut, raw (¼ c),
coconut milk (½ c),
coconut water (½ c)



Guava, raw (1 whole)



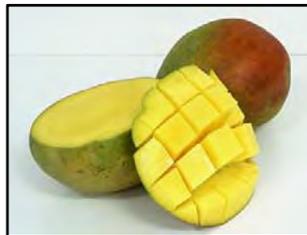
Honeydew melon (½ c)



Jackfruit (½ c, sliced)



Kiwi (1 whole)



Mango (½ medium)



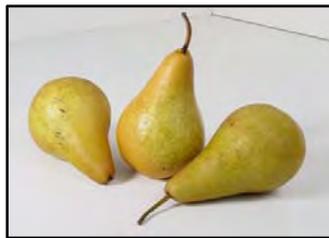
Nectarine (1 medium)



Orange (1 medium)



Papaya (½ small)



Pear (1 medium)



Pear, Asian (1 whole, 3-
3/8"x3")



Persimmon, raw (1 whole)



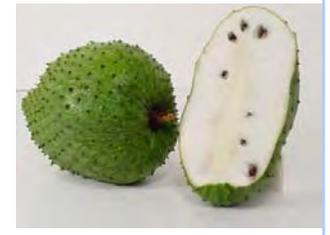
Pomegranate, raw (1 whole)



Pomelo, raw (½ c)



Raisins, snack box (1½
oz.)



Soursop (½ c)

High-Potassium Vegetables – Limit or Avoid

More than 200 mg/serving



Artichoke (1 medium)



Azuki beans (½ c)



Beet, raw (1 whole)



Bitter melon (½ c)



Brussels sprouts (½ c)



Corn on the cob (½ c)



Cassava (½)



Dasheen (½ c)



French fries (½ c)



Kidney beans (½ c)



Lima beans (½ c)



Marungay pods (½ c)



Mung beans (½ c)



Mustard cabbage (½ c)



Pak (Bok) choy (½ c)



Poi (½ c)



Potato, boiled (½)



Potato chips (15 chips)



Spinach, raw (1 c, chopped)



Sweet potato (½ c)



Tomato (1 medium)



Tomato paste (2 tbsp.)



Tomato sauce (½ c)



Taro (½ c)



Soybeans (¼ c)



Squash, Acorn (¼ c)



Squash, Butternut (½ c)



Yams (½ c)

Low- and Medium-Potassium Drinks

Less than 200 mg/serving

| | | |
|---|--|---|
|  |  |  |
| Apple juice (½ c) | Cranberry juice (½ c) | Grapefruit juice (½ c) |
|  |  |  |
| Grape juice (½ c) | Guava juice (½ c) | Lilikoi/passion juice drink |
|  |  |  |
| Peach juice (½ c) | Pear juice (½ c) | Pineapple juice (½ c) |
|  |  |  |
| Black tea (1 c) | Green tea (1 c) | Herbal tea (1 c) |

Know your fluid restriction and don't drink more than your limit per day.

My fluid restriction is : _____

(Tip: 1 cup = 240 ml of fluid)

Images From: info.abcr.com/Blog/bid/240526/Beverage-Safety-Angst-over-Arsenic, blog.lef.org/2012/03/cranberry-prevents-hardening-arteries.html, clickondetroit.com/lifestyle/health/grapefruit-juice-fends-off-weight-gain-in-mice-fed-highfat-diet/29125916, thoughtpursuits.com/10-reasons-skip-wine-drink-grape-juice/, 21food.com/products/guava-juice-440409.html, thejuicenut.com/peach_juice_the_juice_nut.aspx, pinterest.com/juicersbest/pear-juice-recipes/, hhealthwantcare.com/liver-disease-2/9448355-glass-with-fresh-pineapple/

Limit or Avoid

High in Potassium and/or Phosphorus



Avocado, local variety



Dried fruit



Granola



Ice cream



Milk



Prune juice



Saimin



Salt substitute



Seaweed



Star fruit
(very toxic to kidneys)



Yogurt



Latte or Cappuccino

Images From: hawaiifoods.hawaii.edu, totalhealth.co.uk/clinical-experts/dr-purushothaman-premchand/prune-juice-faqs, food-of-africa.com/cassava-recipes/, plehns.com/icecream.html, womenshealthmag.com/nutrition/chobani-yogurt, mortonsalt.com/for-your-home/culinary-salts/food-salts/5/morton-salt-substitu

Resources:

Hawai'i Foods Website
USDA Nutrient Database

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