

The normal blood level of potassium is 3.5-5.1
Your level is _____ Date _____

WHAT IS POTASSIUM?

Potassium is a mineral. It is found in all foods. This mineral keeps your heartbeat regular and your muscles working properly.

Healthy kidneys remove extra potassium from your blood. If your kidneys do not work well, potassium can build up in your blood.

HOW WILL I KNOW IF MY POTASSIUM IS HIGH?

There are usually no symptoms when your potassium is high. However, cases of diarrhea, nausea, weakness, numbness, tingling and breathing problems have been reported. The best way to know is with a blood test. High levels of potassium in your blood can be very dangerous to your heart. It can cause your heart to stop.

HOW CAN I CONTROL MY BLOOD POTASSIUM LEVEL?

All foods contain potassium. Protein foods (meat, chicken, fish & eggs) contain potassium but are needed to keep the body healthy. The foods with the highest and lowest amounts of potassium are listed on the attached sheet. Avoid the high potassium choices. Remember: a large serving of low potassium food can turn into a high potassium food.

Dietitian's name: _____ Phone number: _____



TIPS FOR EATING A LOW POTASSIUM DIET

DID YOU KNOW?

- The process of leaching and double boiling will help pull potassium out of SOME high potassium vegetables.
- It is important to remember that these methods will not pull all of the potassium out of the vegetable.
- Ask your Dietitian about the amount of leached vegetables that you can include in your diet.

To Double-boil Potatoes:

1. Peel, cut into small pieces, cover with large amount of cold water
2. Bring slowly to boil; boil 10 minutes; throw out water
3. Cover with more cold water, bring slowly to boil, cook until done.
4. Throw our water.

To Leach Sweet Potatoes, Carrots, Beets, Rutabagas and Squash:

1. Peel and place the vegetables in cold water so they will not darken
2. Slice vegetable 1/8 inch thick
3. Rinse in warm water for a few seconds
4. Soak for a minimum of 2 hours in warm water. Use 10 times the amount of water to the amount of vegetables. If soaking longer, change the water every 4 hours
5. Rinse under warm water again for a few seconds
6. Cook vegetable with 5 times the amount of water to the amount of vegetable.

Adapted from www.davita.com

To be used in conjunction with advice from a Registered Dietitian.



POTASSIUM (K+) EXCHANGE LIST FOR VEGETABLES AND VEGETABLE JUICES

Drain vegetables before serving. The liquid of cooked and canned vegetables is high in potassium.

NOTE: The potassium content of some vegetables can vary. It depends on how the vegetable is prepared. For example; boiled carrots are in the MEDIUM category and raw carrots are in the HIGH category.

VEGETABLE SERVINGS		
You may have ____ servings per day from the vegetable low and medium lists 1 serving is ½ cup unless indicated. Use fresh, frozen or canned without added salt. “Boiled” vegetables are considered those cooked in water, not microwaved.		
Low potassium 100mg K+ or less	Medium potassium 101 – 200mg K+	High potassium 201mg K+ or more AVOID
Alfalfa sprouts- 1 cup Bamboo shoots- canned Beans, green/wax- frozen, boiled Bean sprouts Cabbage (red, green, Chinese)- raw Cauliflower- boiled Cucumber Endive Leeks Lettuce Peas- green, frozen Pepper (green / red) Radish – 8 small Water chestnut- canned Watercress	Asparagus Beans, green/wax- fresh, boiled Broccoli Cabbage – boiled Carrot – boiled Cauliflower – raw Celery, raw- 1 stalk Chives Corn Eggplant Kale Mixed vegetables Mushrooms – canned, raw Okra Onions Potato – boiled*/mashed Peas – green, fresh, canned Spinach – raw Turnips Turnip greens Zucchini	Artichoke Bamboo shoots – raw Beans (white) Beets Beet greens Black – eyed peas Bok choy Brussel sprouts Carrots – raw* Chard (Swiss) Collard Greens Kidney beans Kohlrabi Lentils Lima beans Mushrooms – cooked, dried Parsnips* Potato –baked, canned Pumpkin Rapini (Broccoli Raab) Rutabagas* Snow peas, Soybean sprouts Spinach – boiled Squash Sweet potato* Tomato Water chestnut – raw
JUICE	JUICE	JUICE
	Clamato juice (low sodium)	Carrot juice, Tomato juice V-8 cocktail (including low sodium)

* Double boil or pre soak (see sheet on tips for reducing potassium in vegetables)



POTASSIUM (K+) EXCHANGE LIST FOR FRUITS AND FRUIT JUICES

FRUIT SERVINGS		
You may have ____ servings per day from the fruit low and medium lists 1 choice is ½ cup unless indicated. People with diabetes should use fresh, frozen or canned (in fruit juice or water).		
Low potassium 100mg K+ or less	Medium potassium 101 – 200mg K+	High potassium 201mg K+ or more AVOID
Applesauce Blueberries Boysenberries Cranberries- 1 cup Lemon Lime Pears – canned Raspberries	Apple, Applepear (Chinese pear) Apricots- canned Blackberries Cherries- 10 Crabapples Fruit cocktail- canned Gooseberries Grapefruit- 1/2 small (check medication) Grapes- 15 small Logan berries Lychee (Leechee, Lichee, Lichi) Mandarin Orange – fresh, 1 medium Mandarin Orange – canned Mango- 1/2 medium Peaches- canned, fresh Pineapple- canned, fresh Plums- canned Raisins- 2 tbsp. Rhubarb Saskatoon berries Strawberries Tangerine Watermelon- 1 cup	Apricots – dried, fresh, frozen Avocado Banana Cantaloupe Coconut Dried fruit (dates, figs, peaches, pears, prunes) Durian Guava Honeydew melon Jackfruit Kiwi fruit Loquats Orange – navel, Valencia Nectarines Papaya Pear – fresh Plums (2) – fresh Pomegranate Pummelo Tangelos
JUICE	JUICE	JUICE
Cranapple Cranberry Lemonade Limeade Papaya nectar Peach or Pear nectar	Apple Apricot nectar Blended orange / grapefruit Grape Grapefruit Pineapple	Orange Passion fruit Prune Tangerine *DO NOT EAT STARFRUIT*

Other Foods High in Potassium: Chocolate, Lentils/Legumes, Molasses, Nuts/Seeds, Potato Chips, Fries, Pork n’ beans, Half Salt®, No Salt®, Bran, Granola, Milk/Yogurt- limit to ____ cup per day; Coffee- limit to 3 cups per day, Tea-limit to 5 cups per day, Peanut Butter- limit to 2 Tbsp per day.

Other Foods Low in Potassium: Rice, Noodles, Pasta, Bread & Bread products (not whole grain), Herbal Tea, Cakes, cookies and pies (without high potassium fruit, nuts or chocolate)

