

# Low Potassium Diet

## WHAT YOU NEED TO KNOW

Potassium is a mineral that is found in numerous food items you eat. This mineral is responsible for keeping your heart beating regularly, nerves and muscles functioning properly and also plays a role in maintaining proper fluid balance.

In normal functioning kidneys, excess Potassium is eliminated in your urine. In the presence of Chronic Kidney Disease (CKD), the kidneys may not be able to reduce the potassium taken in through the diet due to reduced ability to filter the blood.

Elevated potassium levels can cause an irregular heartbeat or rhythm, which can be life-threatening. This diet can be used by itself and in the case where potassium in your blood is still elevated, the diet is often used with medication to lower the potassium levels, too. This medication would be prescribed by your healthcare provider with additional information.

### What is a safe potassium level in the blood?

<b>3.5 - 5.0</b>	=	<b>Safe Zone</b>
<b>5.1 - 6.0</b>	=	<b>Caution Zone</b>
<b>Greater than 6.1</b>	=	<b>Danger Zone</b>

### What is considered to be a low potassium diet?

- A low potassium diet is typically about 2,000 milligrams (mg) per day

### Critical Points to Note:

- Avoid high-potassium foods. See attached lists.
- Eat a variety of foods, but in moderation.
- Limit meat to 3 ounces or less per meal.
- Do not drink the liquids from canned fruits or vegetables or the juices from cooked meat.

## FOOD CHOICES: WHAT I CAN AND CANNOT EAT

<u>Serving Size</u>	<u>Foods to limit and/or avoid</u>	<u>Acceptable Food Choices</u>
<b>Breads, Cereals, Rice, Soups and Pasta</b>		
<ul style="list-style-type: none"><li>▪ 6-11 servings each day</li><li>▪ Serving size= 1 slice bread, 1 cup ready-to-eat cereal, 1/2 cup cooked cereal, rice or pasta</li></ul>	<ul style="list-style-type: none"><li>▪ Bran/bran products</li><li>▪ Granola</li></ul>	<ul style="list-style-type: none"><li>▪ Bread (not whole grain or bran)</li><li>▪ Rice, noodles, pasta</li><li>▪ Cake (angel food)</li><li>▪ Cookies (without chocolate or nuts)</li></ul>

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## FOOD CHOICES: WHAT I CAN AND CANNOT EAT

Serving Size	Foods to limit and/or avoid	Acceptable Food Choices
<b>Fruit</b>		
<ul style="list-style-type: none"> <li>2-4 servings each day</li> <li>Serving size= 1 medium-size piece of fresh fruit,</li> <li>1/2 cup canned fruit, 3/4 cup fruit juice</li> </ul>	<ul style="list-style-type: none"> <li>Avocado</li> <li>Banana</li> <li>Citrus fruits (grapefruit, orange, tangerine, lemons, limes, etc.)</li> <li>Dried fruits</li> <li>Honeydew</li> </ul>	<ul style="list-style-type: none"> <li>Apples, apple juice, applesauce</li> <li>Berries</li> <li>Fruit cocktail</li> <li>Peaches</li> <li>Pears</li> <li>Pineapple or pineapple juice</li> <li>Plums</li> </ul>
<b>Milk and Dairy Products</b>		
<ul style="list-style-type: none"> <li>2 servings each day</li> <li>Serving size= 1/2 cup</li> <li>cottage cheese or 1 ounce cheese</li> </ul>	<ul style="list-style-type: none"> <li>All milks (whole, 2%, 1%, skim)</li> </ul>	<ul style="list-style-type: none"> <li>Cheddar or Swiss Cheese</li> <li>Low fat Cottage Cheese</li> </ul>
<b>Meats, Poultry, Fish, Dried Beans, Peas, Eggs</b>		
<ul style="list-style-type: none"> <li>Total of 6 ounces daily</li> <li>Serving size= 2-3 ounces cooked (1 egg, 1/2 cup cooked beans, 2 Tbsp. unsalted peanut butter, 1 ounce of cheese or meat).</li> </ul>		<ul style="list-style-type: none"> <li>Chicken</li> <li>Turkey</li> <li>Eggs</li> <li>Shrimp</li> </ul>
<b>Vegetables</b>		
<ul style="list-style-type: none"> <li>3 servings each day</li> <li>Serving size= 1 cup raw, 1/2 cup cooked or chopped</li> </ul>	<ul style="list-style-type: none"> <li>Baked beans</li> <li>Brussel sprouts</li> <li>Carrots</li> <li>Greens (except kale &amp; lettuce)</li> <li>Parsnips</li> <li>Spinach</li> <li>Squash (acorn, hubbard, butternut)</li> </ul>	<ul style="list-style-type: none"> <li>Asparagus</li> <li>Beans (green or yellow)</li> <li>Broccoli</li> <li>Cooked carrots</li> <li>Cauliflower</li> <li>Kale</li> <li>Lettuce</li> <li>Mushrooms</li> <li>Peas</li> <li>Peppers</li> </ul>

### References

- www.kidney.org/atoz/content/potassium. Potassium and Your CKD Diet. Accessed August 22, 2017
- www.niddk.nih.gov. Eating Right for Chronic Kidney Disease. Accessed August 22, 2017
- www.niddk.nih.gov. Potassium: Tips for People with Chronic Kidney Disease. Accessed on September 5, 2017

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