

# POTASSIUM AND YOUR KIDNEY DIET

## BASIC

### What is potassium?

- Potassium is a mineral found in your body. It helps your nerves, muscles and heart work properly.

### Why do I need to limit potassium in my diet?

- Healthy kidneys remove potassium from your body.
- Potassium can build up in your body if your kidneys are not working properly. If this happens you may feel tingling in your toes and fingers. You may also have weak muscles, irregular heartbeats and your heart may even stop.
- The potassium level in your blood will be checked regularly. Your renal dietitian will review this with you.

### How can I control my potassium?

- Most foods contain some potassium but certain foods, especially some fruits and vegetables contain a lot of potassium.
- Limiting these foods will help control the amount of potassium in your blood.

### Preparation method can change potassium content of foods.

- Example: ½ cup cooked spinach is high in potassium. ½ cup raw spinach is medium in potassium. This is because ½ cup cooked spinach contains more spinach than ½ cup of raw spinach.
- Microwave-cooked food tends to be higher in potassium.

### Ask your dietitian about foods you enjoy that are not on this list.

To lower potassium, drain canned vegetables and fruits and throw away the liquid.



When buying canned vegetables be sure to choose “no salt added”.



# LOWER POTASSIUM VEGETABLES

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

## Choose \_\_\_\_\_ portions a day

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• alfalfa sprouts</li><li>• arugula</li><li>• asparagus, raw/cooked</li><li>• bamboo shoots, canned</li><li>• bean sprouts</li><li>• broccoli, raw/frozen</li><li>• cabbage, raw/cooked</li><li>• carrots, cooked</li><li>• cauliflower</li><li>• celeriac, cooked</li><li>• celery, raw</li><li>• celtuce</li><li>• chayote</li><li>• cherry tomato</li><li>• chicory greens</li><li>• choy sum (yao choy)</li><li>• cilantro</li><li>• corn, yellow, cooked</li><li>• cucumber</li><li>• daikon (oriental radish)</li><li>• dandelion greens</li><li>• eggplant, cooked</li><li>• endive</li><li>• fennel bulb</li><li>• gai choy (mustard greens)</li><li>• gai lan (chinese broccoli)</li><li>• garlic, raw/cooked</li><li>• grape leaf, canned</li></ul> | <ul style="list-style-type: none"><li>• green beans, cooked/canned/raw</li><li>• jicama</li><li>• kale, raw/cooked from fresh</li><li>• leeks, raw/cooked</li><li>• lettuce</li><li>• white mushrooms, raw/canned</li><li>• mushrooms, shitake, cooked</li><li>• mustard greens</li><li>• nopales, cooked</li><li>• okra, cooked</li><li>• onion, raw/cooked</li><li>• parsley</li><li>• peas, green, canned/frozen</li><li>• peppers, raw/cooked</li><li>• radicchio</li><li>• radish</li><li>• seaweed</li><li>• shallots, raw/cooked</li><li>• snow peas, raw/cooked</li><li>• spinach, raw</li><li>• squash, summer, cooked (e.g. spaghetti, pattypan, crookneck)</li><li>• tomatillo</li><li>• turnip, raw/cooked</li><li>• turnip greens, cooked</li><li>• water chestnuts, canned</li><li>• watercress</li><li>• yardlong beans, cooked</li><li>• zucchini, raw</li></ul> |
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# HIGH POTASSIUM VEGETABLES

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

## Choose \_\_\_\_\_ portions a day

- |   |   |
|---|---|
| <ul style="list-style-type: none"><li>• artichoke</li><li>• asparagus, canned</li><li>• beet greens</li><li>• bamboo shoots, raw/cooked</li><li>• bitter melon pods, cooked</li><li>• bok choy, cooked</li><li>• broccoli, cooked from fresh</li><li>• brussel sprouts</li><li>• burdock root, cooked</li><li>• carrot, raw</li><li>• cassava</li><li>• celeriac, raw</li><li>• chard, swiss</li><li>• coconut, unsweetened</li><li>• corn, white</li><li>• daikon radish, cooked</li><li>• dock (sorrel)</li><li>• garden cress, cooked</li><li>• kale, frozen, cooked</li><li>• kohlrabi</li><li>• lotus root</li></ul> | <ul style="list-style-type: none"><li>• mushrooms, white, cooked/ dried</li><li>• mushroom, shitake</li><li>• mushroom, portabello</li><li>• parsnips, cooked</li><li>• peas, green (cooked from fresh)</li><li>• peppers, sun dried</li><li>• potatoes</li><li>• pumpkin</li><li>• rutabaga</li><li>• spinach, cooked</li><li>• squash, winter, cooked (e.g. butternut, acorn, hubbard)</li><li>• sweet potato</li><li>• taro</li><li>• tomato (raw, sauce, juice, crushed, paste)</li><li>• yam</li><li>• water chestnuts, fresh</li><li>• zucchini, cooked</li></ul> |
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Double boil potatoes to lower potassium content by about half. Ask your dietitian for instructions if you want to include potatoes in your diet.



# LOWER POTASSIUM FRUITS

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

## Choose \_\_\_\_\_ portions a day

- apple
- applesauce
- Asian pear
- blackberries
- blueberries
- boysenberries
- casaba melon
- cherries (10)
- crabapple
- cranberries
- currants, fresh
- figs, fresh
- gooseberries
- grapefruit, 1/2 medium\*
- grapes, 16
- kumquat, 5
- lemon/lime
- loganberries
- longans, 15
- lychee
- mandarin orange
- mango
- nectarine
- orange, 1/2 small
- papaya
- peach
- pear
- pineapple
- plum
- prickly pear
- prune, canned (5)
- quince
- rambutan, canned
- raspberries
- rhubarb
- strawberries
- tangerine
- watermelon

### JUICES

- apple juice
- grapefruit juice\*
- lemonade
- pineapple juice
- cranberry juice

**\*Grapefruit and grapefruit juice affects the way some medications work. Ask your doctor or pharmacist if these are safe for you to eat.**



**Do not eat Starfruit (also known as carambola). It is toxic to people with kidney disease.**

# HIGH POTASSIUM FRUITS

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

## Choose \_\_\_\_\_ portions a day

- apricot
- avocado
- banana
- breadfruit
- cantaloupe
- cherimoya
- currant, dried
- date, dried
- durian
- elderberries
- fig, dried
- guava
- honeydew melon
- jackfruit
- kiwi
- lychee, dried (10)
- passion fruit
- persimmon
- plantain
- plum, canned
- pomegranate\*
- pomello\*
- prune, dried
- raisin
- soursop
- strawberry guava
- tamarind

### JUICE

- apricot nectar
- orange juice
- passion fruit juice
- prune juice
- tangerine juice

**\*Pomegranate and pomello affect the way some medications work. Ask your doctor or pharmacist if these are safe for you to eat.**



# OTHER HIGH POTASSIUM FOODS

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

## OTHER FOODS

- bran cereals\*
- bran muffins\*
- chocolate, carob
- coconut water, canned coconut milk
- coffee, more than two cups a day
- granola
- legumes (peas, beans, lima beans, lentils)\*
- milk & yogurt\*
- mincemeat pie
- molasses
- nutritional supplement drinks/meal replacements\*
- nuts and seeds\*
- Ovaltine™ (more than 2 tsp)
- peanut butter\*
- potato chips
- salt substitutes e.g. Half Salt™, No Salt™

**\* These foods are a source of potassium but are also good sources of important nutrients like protein, calcium, and fibre. Talk to your dietitian about how you can fit these into your low potassium diet.**