

Potassium and Your Kidney Diet - Chinese Foods

► What is potassium?

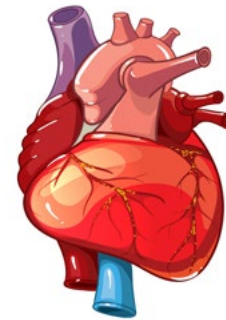
Potassium is a mineral in the body that helps the heart, nerves and muscles work properly.

Why do I need to pay attention to potassium in my diet?

- Healthy kidneys remove excess potassium from the body.
- Potassium can build up in the body in people with kidney disease.
- High blood potassium level may lead to tingling in toes and fingers, weak muscles, and irregular heartbeats. The heart may even stop.

What can I do to control my blood potassium level if it is high?

- Eat balanced meals.
- Read food labels and avoid foods that contain potassium additives.
 - Some examples of potassium additives: potassium chloride, potassium phosphate, potassium lactate, and potassium citrate.
 - Some examples of foods that contain potassium additives: processed meat, vegetarian meat substitutes, electrolyte beverages (e.g. Pocari Sweat, Lucozade, Gatorade), and some low-sodium products (e.g. low-sodium canned soups).



High blood potassium level may cause the heart to stop.



Limit processed meat in order to reduce intake of potassium additives.

Limit juices, sauces and dried fruits



- Limit juices, sauces and dried fruits.
- Use cooking methods that reduce potassium content:
 - Peel, cut up, and double boil root vegetables (e.g. potato, sweet potato, yam and winter squash), and discard the cooking water.
 - Drain and rinse canned legumes (e.g. chickpeas, kidney beans and lentils that are canned in water).
 - Soak dried legumes overnight. Soak root vegetables for 2-4 hours. Discard the water prior to cooking.



Drain and rinse canned legumes (e.g. chickpeas, kidney beans and lentils that are canned in water)

- Choose lower potassium foods more often.
- Pay attention to portion size. A large portion of lower potassium food can become high in potassium.
- Eat an adequate but not excessive amount of protein. Discuss with your dietitian about your daily protein requirement.
- Discuss with your health care providers if you have any of the following:
 - constipation.
 - high blood sugar.
 - on medications or supplements that may increase blood potassium level.

Peel, cut up, and double boil root vegetables (e.g. potato, sweet potato, yam and winter squash), and discard the cooking water.



Examples of High Potassium Foods

Limit these foods if your potassium level is high. Talk to your dietitian about your food choices.

Minimally processed or whole foods	Processed	Processed with potassium additives
 <p>Potato/ Yam/ Sweet potato/ Taro (unless double boiled)</p>	 <p>Chocolate bars</p>	 <p>Salt substitutes</p>
 <p>Dried fruits</p>	 <p>Electrolyte beverages</p>	 <p>Processed meats/ Ham / Hot dogs</p>
 <p>Coconut water/ Coconut milk</p>	 <p>Fruit/vegetable juices and smoothies</p>	 <p>Instant noodles</p>
 <p>Dairy products/ Soy milk (Limit to 1 cup/day)</p>	 <p>Chocolate milk</p>	 <p>Low sodium canned soups</p>
 <p>Coffee (Limit to 2 cups/day)</p>	 <p>Potato chips</p>	 <p>Low Sodium V8 Juice</p>
	 <p>French fries</p>	 <p>Breaded strips/ Nuggets</p>



***Note:** Natural health products may have added potassium (e.g. Glucosamine). Talk to your healthcare team to make sure they are safe for you to take.

This table contains some food items that are common in the Chinese diet:

<input checked="" type="checkbox"/> Choose lower potassium foods, such as:		<input checked="" type="checkbox"/> Limit higher potassium foods, such as:	
Vegetables		Vegetables	
Bean sprouts	Gai lan (Chinese broccoli)	Chinese yam, fresh	Potato
Cabbage	Green beans	Bamboo shoots	Pumpkin
Carrots, cooked	Okra	Bitter melon	Spinach, cooked
Cauliflower	Onion	Bok choy	Sweet potato / Yam
Chayote	Sweet peppers	Broccoli, cooked	Taro
Choy sum (yu choy)	Yardlong beans	Daikon radish, cooked	Tomato
Eggplant	Wax gourd (hairy melon)	Lotus root	Tong ho
Gai choy (mustard greens)	Winter melon	Pea tips (pea shoots)	Zucchini
Fruits		Fruits	
Apple	Peach	Apricot	Dried fig
Berries	Pear	Avocado	Guava
Cherries	Pineapple	Banana	Honeydew melon
Grapes	Plum	Cantaloupe	Kiwi
Mandarin orange	Watermelon	Coconut	Persimmon
Other Foods		Other Foods	
Apricot kernels	Chi suk (Gordon eurylae seeds)	Bran Buds	Goji berry
Candied date	Fungus, cloud ear/ wood ear/Jew's ear	Coffee (more than 2 cups a day)	Lily bulbs
		Dried fruits and juices	Lotus seeds
		Dried scallop	Processed meat
		Fungus, snow ear	Monkfruit

Lower Potassium Vegetables

If portion size is not specified, one portion is 1/2 cup (125 ml).

A-choy (Taiwanese lettuce), raw	Dandelion greens, raw
Alfalfa sprouts, raw	Eggplant, cooked
Arugula, raw	Endive, raw
Asparagus, raw/cooked	Fennel bulb, raw
Bamboo shoots, canned, drained	Gai choy (mustard greens), cooked
Bean sprouts, raw/cooked	Gai lan (chinese broccoli), cooked
Bitter melon, raw	Garlic, raw/cooked
Broccoli, raw/cooked from frozen	Grape leaf, canned
Cabbage (green/napa (sui choy)/red/savoy), raw/cooked	Green beans, raw/canned/cooked
Carrots, cooked	Jicama, raw
Cauliflower, raw/cooked	Kale, raw/cooked from fresh
Celeriac, cooked	Leeks, raw/cooked
Celery, raw	Lettuce, raw
Celtuce, raw	Mushrooms, canned
Chayote, cooked	Mushrooms, shiitake, cooked
Chicory greens, raw	Mushrooms, white, raw
Chinese chives, raw	Nopales, cooked
Choy sum (yu choy), cooked	Okra, raw/cooked
Cilantro, raw	Onion, raw/cooked
Corn, canned	Parsley, raw
Corn, yellow, boiled from fresh	Peas, green, raw/canned/cooked from frozen
Cucumber, raw	Pea tips (pea shoots), raw
Daikon (oriental radish), raw	

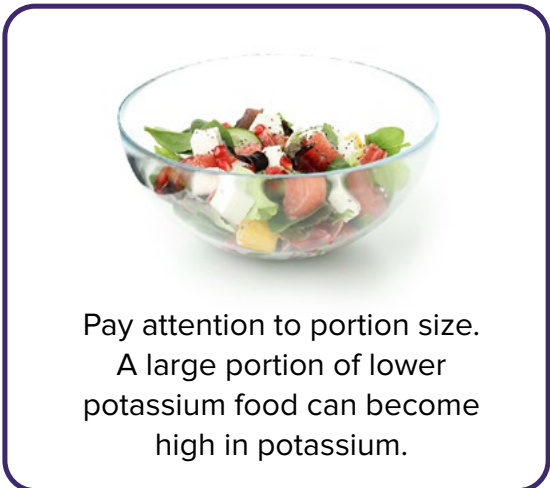
Lower Potassium Vegetables

If portion size is not specified, one portion is 1/2 cup (125 ml).	
Peppers, sweet, raw/cooked	Seaweed (kelp/nori/wakame), raw
Radicchio, raw	Snap peas, raw
Radish, raw	Snow peas, raw
Spinach, raw	Water chestnuts, canned
Squash, summer, cooked (e.g. spaghetti, pattypan, crookneck)	Watercress, raw
Tomato (grape/tomatillo), raw	Wax gourd (hairy melon/chi qua), raw/cooked
Tong choy (ong choy), raw	Winter melon, cooked
Turnip, raw/cooked	Yardlong beans, boiled
Turnip greens, cooked	Zucchini, raw
Others	
Apricot kernels	Fungus, cloud ear/wood ear/Jew's ear, dried
Candied date	Jujube (red date/Chinese date)
Chi suk (Gordon eurylae seeds)	

Please note:

The potassium content of cooked version of some common vegetables are not available at the time of this handout review:

- A-choy (Taiwanese lettuce)
- Chinese chives
- Cucumber
- Lettuce
- Mushroom, Enoki
- Tong choy (ong choy)
- Watercress



High Potassium Vegetables

If portion size is not specified, one portion is 1/2 cup (125 ml).	
Amaranth, cooked	Mushroom, oyster, raw
Artichoke, raw/canned/frozen/cooked	Mushroom, portabello, grilled
Asparagus, canned	Mushroom, shiitake, raw
Beet greens, cooked	Mushroom, white, cooked/dried
Bamboo shoots, raw/cooked	Parsnips, cooked
Bitter melon, cooked	Peas, green, cooked from fresh
Bok choy, cooked	Pea tips (pea shoots), cooked
Broccoli, cooked from fresh	Peppers, sundried
Brussel sprouts, cooked	Potatoes, cooked
Burdock root, cooked	Pumpkin, canned/cooked
Carrot, raw	Rutabaga, cooked
Cassava, raw	Shallot, cooked
Celeriac, raw	Snow peas, cooked
Celery, cooked	Spinach, canned/cooked
Chard, swiss, boiled	Squash, winter, cooked (e.g. acorn, butternut, hubbard, Kabocha)
Corn, white, boiled from fresh	Sweet potato, canned/cooked
Corn, yellow/white, boiled from frozen	Taro, cooked
Daikon radish, cooked	Tomato, raw/sauce/juice/crushed/paste
Dock (sorrel), raw	Tong ho (Garland chrysanthemum), cooked
Garden cress, boiled	Yam, cooked
Kale, cooked, from frozen	Yam, Chinese (fresh, raw/cooked)
Kohlrabi, raw/cooked	Water chestnuts, fresh
Lotus root, cooked	Zucchini, cooked
Mushroom, Enoki, raw	

Please note: The potassium content of cooked version of some common vegetables are not available at the time of this handout review: a-choy (Taiwanese lettuce), Chinese chives, cucumber, lettuce, mushroom (Enoki), tong choy (ong choy) and watercress.

Lower Potassium Fruits

If portion size is not specified, one portion is 1/2 cup (125 ml).

Apple	Lychee, 10
Applesauce	Mandarin orange
Blackberries, fresh/frozen	Mango
Blueberries, fresh/frozen	Nectarine
Boysenberries, fresh/frozen	Orange
Canned fruits	Papaya
Casaba melon	Peach
Cherries, 1/2 cup = 10 cherries	Pear
Crabapple	Pineapple
Cranberries, fresh/sauce	Plum
Currants (red/black)	Prickly pear
Figs, 2 small	Prune, canned, 5
Gooseberries, fresh/canned	Quince, 1 medium
Grapefruit, 1/2 cup = 1/2 9.5 cm fruit*	Rambutan
Grapes, 1/2 cup = 16 grapes	Raspberries
Kumquat, 5	Rhubarb, fresh/frozen
Lemon/lime	Strawberries, fresh/frozen/canned
Loganberries, frozen	Tangerine
Longans, 15	Watermelon
Juices	
Apple juice	Lemonade
Grape juice	Pineapple juice
Grapefruit 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.



High Potassium Fruits

If portion size is not specified, one portion is 1/2 cup (125 ml).

Apricot, fresh/canned	Jackfruit
Avocado	Kiwi
Banana, 1 medium (18-20 cm)	Lychee, dried, 10
Breadfruit, 1/2 cup = 1/4 small	Passion fruit, 1/2 cup = 7 passion fruits
Cantaloupe	Persimmon, Japanese, 1 medium
Cherimoya	Plantain, fresh/cooked
Coconut	Plum, canned
Currant, dried	Pomegranate*
Date, dried	Pomelo*
Durian, fresh/frozen	Prune, dried, pitted, 1/2 cup = 10 prunes
Elderberries	Raisin
Fig, dried, 1/2 cup = 9 dried figs	Soursop
Guava	Strawberry guava
Honeydew melon	Tamarind
Juices	
Orange juice	Prune juice
Passion fruit juice	Tangerine juice



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

Other High Potassium Foods

If portion size is not specified, one portion is 1/2 cup (125 ml).	
Bran Buds*	Hawthorn berries, fresh/dried
Bran muffins*	Lily bulbs
Carob	Lotus seeds
Chocolate milk	Milk and yogurt*
Coconut milk, canned	Molasses
Coconut water	Monkfruit
Coffee, more than two cups a day	Nutritional supplement drinks and meal replacements*
Dried legumes (e.g. black beans, red kidney beans, soybeans, edamame)*	Nuts and seeds*
Dried scallop	Ovaltine®, more than 2 teaspoons
Fungus, snow ear	Peanut butter*
Granola	Potato chips, more than ½ cup a day
Goji berry	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 diet.*