

# Potassium

## Tips for people with Chronic Kidney Disease (CKD)

### What is Potassium?

- Potassium is a mineral that helps your nerves and muscles work the right way. It is particularly important for normal electrical activity in the heart and in maintaining normal heart rhythm.

### Why is Potassium Important for People with CKD?

- In people with CKD, the kidneys ability to remove extra potassium from the blood is impaired. Some medicines also can raise your potassium level. Your food choices can also affect your blood potassium level as some foods have higher potassium levels than others.

### How Do I Know My Potassium is High?

- People often do not feel any different when their potassium is high. Your health care provider will check the level of potassium in your blood and the medicines you take. The level of potassium in your blood should be between **3.5 to 5.0**.

### How do I lower Potassium in my diet?

- ✚ Use spices and herbs in cooking and at the table. Salt substitutes often contain potassium and should not be used.
- ✚ Drain canned fruits and vegetables before eating.
- ✚ **Potassium Chloride** can be used in place of salt in some packaged foods, like canned soups and tomato products. Limit food with potassium chloride on the ingredient list.
- ✚ If you have diabetes, choose apple, grape, or cranberry juice when your blood sugar goes down.

Eat These Foods	Instead of These Foods
White Rice	Brown and wild rice
White bread and pasta	Whole wheat bread and pasta
Cooked rice and wheat cereal	Bran cereals
Rice milk (not enriched)	Cow's milk

- ✚ Choose fruits and vegetables that are lower in potassium. Have very small portions of foods that are higher in potassium, like one slice of tomato on a sandwich, a few slices of banana on cereal, or a half of an orange.

### Fruits and Vegetables *lower* in Potassium (200mg or less)

Fruits: Apples/apple juice/applesauce \* Apricots (canned)/apricot nectar  
 \* Berries \* Cranberry juice \* Fruit cocktail \* Grapes/grape juice  
 \* Grapefruit/grapefruit juice \* honeydew melon \* Lemons and limes  
 \* Mangoes \* Papayas \* Pears \* Peaches \* Plums \* Pineapple \* Rhubarb  
 \* Tangerines \* Watermelon



Vegetables: Alfalfa sprouts \* Bell peppers \* Bamboo shoots (canned)  
 \* Broccoli (fresh) \* Cabbage \* Carrots \* Cauliflower \* Celery and onions  
 (raw) \* Corn \* Cucumber \* Eggplant \* Green Beans \* Kale \* Lettuce



\* Mushrooms (fresh) \* Okra \* Summer squash (cooked)

### Fruits and Vegetables *higher* in Potassium (more than 200mg)

Fruits: Apricots (fresh) \* Bananas \* Cantaloupe \* Dates \* Nectarines \* Kiwi  
 \* Prunes/prune juice \* Oranges/orange juice \* Raisins

Vegetables: Acorn and butternut squash \* Avocado \* Baked beans \* Beet  
 and other greens \* Broccoli (cooked) \* Brussels sprouts (cooked) \* Chard  
 \* Chile peppers \* Mushrooms (cooked) \* Potatoes \* Pumpkin \* Spinach  
 (cooked) \* Split peas, lentils, beans \* Sweet potatoes \* Yams \* Vegetable  
 juice \* Tomatoes/tomato juice/tomato sauce

- ✚ Potassium level is based on one serving. One serving of fruit is on small piece, ½ cup fresh, canned, or cooked fruit. ¼ cup dried fruit or ½ cup juice. One serving of vegetables is ½ cup fresh or cooked vegetables, 1 cup raw leafy vegetables, or ½ cup juice.