



Nutrition

Renal Potassium Diet

Potassium is a mineral found in almost all foods. Dairy, meat, whole grain products and certain fruits and vegetables are the highest sources. Healthy kidneys clear out the extra potassium out of the body. But, when your kidneys do not work well, potassium can build up in your body to a dangerous level. High potassium can cause muscle cramps, weakness and irregular heart beat or even heart failure. Because you may not feel any different with high body level of potassium, it is very important to limit it in your diet. Below you will find a list of low and high potassium foods.

Things for You to Remember:

- A low potassium food can become high in potassium if you eat a large portion.
- You should limit dairy products (milk, yogurt) to ½ cup or 4 oz per day, or 1 oz low sodium cheese.
- Speak with your nutritionist about how much you can eat each day.

| Lower Potassium Foods (1 serving is ½ cup or 4 oz) | | |
|--|-----------------------|-------------|
| • Apple & juice | • Cranberries & juice | • Onions |
| • Beans (wax or string) | • Cucumbers | • Peach |
| • Berries | • Eggplant | • Pineapple |
| • Bell peppers | • Fruit cocktail | • Plums |
| • Cherries | • Grapes & juice | • Radish |
| • Cabbage | • Lettuce, 1 cup | • Zucchini |
| • Cauliflower | • | • |

| Limit these foods to 3 times per week or less (1 serving is ½ cup or 4 oz) | | |
|--|------------------|----------------------------------|
| • Asparagus | • Collard greens | • Snow pea |
| • Beets | • Corn | • Tomato, ½ small or ¼ cup sauce |
| • Broccoli | • Green peas | • Turnip |
| • Carrots | • Kale | • Potato** |

****Note on Potatoes:**

- Limit ½ cup of peeled, “double-cooked” potatoes 3 times a week
- Speak with your dietitian about cooking methods



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| ! Avoid these High Potassium Foods ! | | |
|---|---------------------------|--------------------------|
| • Apricots | • Grapefruit | • Salt substitute |
| • Artichoke | • Guava | • Spinach |
| • Avocado | • Kiwi | • Split peas |
| • Baked potato | • Lentils | • Star fruit |
| • Banana | • Mango | • Sweet potato |
| • Beet greens | • Nectarines | • Tomato juice |
| • Bran | • Nuts, pistachios | • Vegetable juice |
| • Brussel sprouts | • Orange and juice | • Whole grains |
| • Cantaloupe | • Papaya | • Winter squash |
| • Chinese cabbage | • Pomegranate | • Yucca |
| • Dates/figs & dried fruit | • Plantains | |
| • Dried beans/peas | • Prunes and juice | |

This information is brief and general. It should not be the only source of your information on this health care topic. It is not to be used or relied on for diagnosis or treatment. It does not take the place of instructions from your doctor. Talk to your health care providers before making a health care decision.

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