






Eating a Safe Amount of Potassium

Potassium is a mineral found in many foods. The body needs some potassium to keep the heart working normally. But if your kidneys don't work well, potassium can build up in your blood. In rare cases this can be deadly. By controlling the amount of potassium you eat, you can keep a safe level in your blood. The tips on this sheet can help.

Using This Guide

Use this serving guide along with the food list below. Always follow your dietitian's instructions on the number and size of servings to eat. Also, talk with your dietitian before eating foods that aren't on this list.

- _____ daily servings of foods that have high potassium content (250 - 500 mg per serving)
- _____ daily servings of foods that have medium potassium content (150 - 250 mg per serving)
- _____ daily servings of foods that have low potassium content (5 - 150 mg per serving)
- You can substitute food choices in the following way: _____

Amount	Vegetables	Fruit	Starches
High	 Artichokes (1) Bok choy (1/2 cup) Spinach (1/2 cup) Tomatoes (1/2 cup)	 Bananas (1) Cantaloupe/Honeydew (1/2 melon) Oranges (1) Peaches, fresh (1)	 Beans, dried (1/2 cup) Lentils (1/2 cup) Potatoes (1/2 cup or 1 small) Winter squash, Yams (1/2 cup)
Medium	Broccoli (1/2 cup) Carrots (1/2 cup) Eggplant (1/2 cup) Peppers (1)	Apples (1) Cherries (1/2 cup) Peaches, canned (1/2 cup) Pears, fresh (1/2 cup)	Bread, pumpernickel (1 slice) Chickpeas, cooked (1/2 cup) Corn, fresh (1/2 cup) Tortillas, corn (4 small)
Low	Asparagus (4 spears) Green Beans (1/2 cup) Cauliflower (1/2 cup) Cucumbers (1/2 cup) Lettuce, Iceburg (1 cup)	Blueberries (1 cup) Grapefruit (1/2 cup) Grapes (1/2 cup) Strawberries (1/2 cup) Watermelon (1/2 cup)	Bagel, plain (1) Bread, white (2 slices) Oatmeal (3/4 cup) Pasta, plain (1 cup) Rice, white (1 cup)

BOIL VEGETABLES TO REDUCE POTASSIUM

Cooking helps remove potassium from starchy vegetables, such as potatoes. To reduce potassium, boil the vegetables in a large amount of unsalted water. Drain and discard the water before serving.

To Cook Potatoes

Follow the steps below to reduce the potassium content of white potatoes.

- Peel and cut the potatoes into 1/8 inch pieces
- Place the potatoes in a large amount of unsalted water. Allow to stand for at least 2 hours.
- Drain, rinse, and drain the potatoes again.
- Cook in a large amount of unsalted water.



WATCH OUT FOR HIDDEN SOURCES OF POTASSIUM

The potassium content of a food may change depending on how the food is preserved. Most food labels do not include potassium so keep these tips in mind:

- Dried fruits are high in potassium. Canned fruits are lower.
- Other foods with high levels of potassium include salt substitutes, lite salts, milk, coffee, and some vegetables juices and powdered drink mixes.



SPECIAL INSTRUCTIONS:
