Potassium Restricted Diet

If you have a medical condition that may cause high potassium levels, it is very important to limit potassium rich foods in your daily diet. When blood potassium levels become too high, it can lead to muscle weakness, irregular heart beat, and in severe cases, death. Limiting potassium in your diet can help keep your blood potassium levels normal.

About Potassium

- Potassium is found in most foods. Fruits, vegetables, beans, nuts, peanut butter and milk are very high in potassium.
- Read food labels for potassium and limit your intake of these foods. Eat small portions and pay attention to the amount of potassium per serving. For example, 1 cup of canned peaches is 2 servings. Each serving is ½ cup.

Fruits and Vegetables High in Potassium to Avoid

While it is difficult to list all the fruits and vegetables that should be limited or avoided here is a list to help you get started.

- Apricots (raw)
- Artichokes
- Avocado
- Banana
- Carrots (raw)
- Chickpeas
- Dates
- Dried figs
- Grapefruit juice
- Honeydew melon
- Kiwi
- Legumes
- Lentils
- Mango
- Mushrooms (boiled and canned)
- Nectarine
- Orange
- Orange juice

More on next page ➔
• Papaya
• Peaches, dried
• Plantain
• Potato (non-leached)
• Prune juice
• Prunes

• Pumpkin
• Spinach
• Split peas
• Sweet potato (non-leached)
• Swiss chard
• Tangelo

**Most beans are high in potassium. Read the food label for exceptions.**

### Fruits and Vegetables to Eat in Limited Amounts

Eating several low potassium foods can be the same as eating a food item with high potassium. **Limit your fruits and vegetables to 4 servings total a day. One serving equals ½ cup unless listed differently.**

- Apple (1 medium)
- Apricots (canned)
- Asparagus (6 spears)
- Blackberries
- Blueberries
- Boysenberries
- Cabbage
- Cauliflower
- Cherries (12 Cherries)
- Corn (frozen or ½ ear)
- Cranberries
- Cucumber

- Eggplant
- Fruit cocktail
- Grapefruit
- Grapes
- Grapefruit
- Grapes
- Green beans
- Kale
- Mandarin oranges (canned)
- Mushrooms (fresh)
- Onion
- Peaches (canned or 1 small fresh)

- Pears (canned or 1 small fresh)
- Peas
- Pineapple
- Plums (1 medium)
- Rhubarb
- Strawberries
- Sweet Peppers
- Tangerine (1 medium)
- Watermelon
- Yellow Squash
- Zucchini
Other Foods to Limit or Avoid

- Beef
- Chocolate (1.5 oz)
- Fish (freshwater)
- Ice Cream
- Liver
- Milk (all types, limit to 1 cup a day)
- Molasses
- Nuts and Seeds (1 oz)
- Peanut butter (2 Tbsp)
- Tempeh
- Veal
- Yogurt

Tips for Lower Potassium

- Avoid drinking or using the liquid from canned products and juices from cooked meats as they are a concentrated source of potassium.
- When buying canned fruits look for “lite syrup” on the label.
- Try and choose foods that contain less than 200 mg of potassium per serving.
- Never use salt substitutes that contain potassium. Use herbs and spices instead.

Leaching

Potatoes (white and sweet) can be leached before cooking to remove some of the potassium. Peel the potato and cut into small pieces, such as chopped, thin slices or grated. Cover completely with a large amount of water.

- Boiling method (best method): Boil for at least 10 minutes. The potassium will be reduced by at least half by cooking, but will still have 100 to 200 milligrams in a ½ cup serving.
- Soaking method: Soak potatoes in a large amount of water at room temperature for 4 hours or overnight. Drain the water off the potatoes and then cook.

A ½ cup serving of leached potatoes is the same as one serving of a high potassium vegetable.

For additional information visit the National Kidney Foundation at www.kidney.org.

---