

Dietary Guidelines for Decreasing Potassium

What is potassium?

Potassium is a mineral found in many foods. When your body's potassium level is normal, it helps:

- Nerves and muscles work.
- Keep a steady heartbeat.
- Keep blood pressure normal.

Why do I need to decrease my potassium intake?

If your blood potassium is too high you may have nausea, weakness, numbness and a slow heartbeat.

How to prevent high potassium levels:

- Limit potassium intake from foods to about 2000 milligrams per day.
- Limit foods high in potassium.
- Limit milk and milk products to 1 cup per day or replace with non-dairy substitutes.
- Drain liquids from canned fruits and vegetables.
- Avoid salt substitutes. They are high in potassium.

Foods lower in potassium:

Fruit	<ul style="list-style-type: none">• Apples, berries or grapes• Watermelon• Peaches, plums or pineapple• Dried cranberries or blueberries• Apple, cranberry or grape juice
Vegetables	<ul style="list-style-type: none">• Green beans, wax beans or snow peas• Summer squash or zucchini.• Remove potato skins. Dice into small pieces and soak in water for at least 10 minutes. Drain water. Then prepare potatoes as usual.• Onion, bell peppers, mushrooms or garlic
Desserts	<ul style="list-style-type: none">• Prepare pudding with non-dairy creamer• Sherbet, sorbet or a Popsicle®
Other Foods	<ul style="list-style-type: none">• Eat unsalted popcorn or pretzels

High potassium foods to limit. These foods have more than 200 milligrams per serving:

Fruits	<ul style="list-style-type: none"> • Avocados • Bananas • Cantaloupe and honeydew • Kiwi • Mangos and papaya • Dried fruits • Oranges and orange juice • Pomegranate and prune juice
Vegetables	<ul style="list-style-type: none"> • Artichoke • Dried beans, peas and lentils • Pumpkin and winter squash such as acorn and butternut • Potatoes (with skin) • Spinach (cooked) • Tomatoes and tomato products such as tomato sauce or paste (including unsalted and low sodium) • Vegetable juices (including unsalted and low sodium)
Dairy	<ul style="list-style-type: none"> • Ice cream • Milk (all types) • Yogurt
Other Foods	<ul style="list-style-type: none"> • Chocolate • Molasses • Salt substitutes and lite salt • Potato chips, nuts and seeds (including unsalted)

Good Choices

Apples, berries, grapes, peaches, plums, pineapple, watermelon

Cranberry juice, apple juice, grape juice

Carrots, green beans, cauliflower, eggplant, cucumbers, lettuce, mushrooms

Non-dairy whipped topping, non-dairy creamer, sherbet, sorbet

Unenriched rice milk, non-dairy creamer