

POTASSIUM

What is Potassium?

Potassium is a mineral that helps your nerves and muscles work properly. It also plays a role in keeping your heart rhythm regular. Potassium is problematic when serum levels are either too high or too low.

Why Is Potassium Important for People with CKD?

Elevated potassium levels are more common in CKD. It is the job of healthy kidneys to maintain a proper serum potassium level. They do this by excreting excess potassium into the urine. When your kidney function declines, they are less efficient at this. This may require you to eat less potassium. Elevated serum potassium may manifest as generalized weakness, and numbness and tingling. Elevated potassium may also cause irregular heartbeat or a heart attack.

FOODS **LOWER** IN POTASSIUM:

- Apple juice
- Grapes
- Iceberg lettuce
- Carrots
- White rice
- White bread and pasta
- Cooked rice and wheat cereals
- Rice milk (not enriched)

FOODS **HIGHER** IN POTASSIUM:

- Orange juice
- Bananas
- Spinach
- Potatoes
- Brown and Wild Rice
- Whole wheat bread and pasta
- Bran cereals
- Cow's milk

How Do I Know If My Potassium Is High?

People may OR may not feel any effects of high potassium. Your healthcare 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 and 5.0**.

How Do I Lower Potassium in My Diet?

1. Read Nutrition Facts label, when able.
2. 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 half of an orange.
3. Eat smaller portions of foods high in protein at meals and for snacks: meat, poultry, fish, beans, dairy, and nuts.
4. Use spices and herbs in cooking and at the table. Salt substitutes often contain potassium and should be avoided.
5. Potassium chloride can be used in place of salt in some packaged foods like canned soups and tomato products. Limit foods with potassium chloride on the ingredient list.
6. Drain canned fruits and vegetables before eating.
7. If you have diabetes, choose apple, grape, or cranberry juice when your blood sugar goes down.

For more information, go to these websites:

www.kidney.org/nutrition/Kidney-Disease-Stages-1-4 • www.davita.com/diethelper
www.usda.gov • ChooseMyPlate.gov

Sources: NKDEP, Potassium: Tips for People with Chronic Kidney Disease, Sept. 2011; PhosLo, Potassium Finder, March 2007

POTASSIUM

	Low Potassium	Higher Potassium	High Potassium
	All values are in milligrams (mg)	All values are in milligrams (mg)	All values are in milligrams (mg)
Beverages	<p>Apple juice, ½ cup, 148 Coffee, 8 oz., brewed, 128 Cranberry juice, cocktail, ½ cup, 23 Ginger ale, 12 oz., 4 Tea, brewed, black, 8 oz., 88</p>	<p>Grape juice, cnd. or bottled, ½ cup, 167 Grapefruit juice, cnd., unsweetened, ½ cup, 189 Pineapple juice, cnd., unsweetened, ½ cup, 168</p>	<p>Milk, whole, 1 cup, 371; skim, 407 Milk, 1% lowfat, 1 cup, 381 Orange juice, fresh, ½ cup, 248 Soy milk, 1 cup, 345</p>
Fruit Portions= ½ cup raw, unless otherwise stated	<p>Applesauce, cnd., sweetened, 78; unsweetened, 92 Apricot, halves, 1 medium 104 Blueberries, 65 Cherries, sour, cnd., heavy syrup, 119 Cranberries, 34 Cranberry sauce, cnd., jelled, 1/2" thick, 15 Dates, dried, 1 date, 54 Fig, raw, 1 medium, 116 Grapes, American, 88 Grapes, Tokay, Emperor, seeded, ten, 105 Lemon, 1 medium, 80 Lime, 1 medium, 68 Peaches, cnd., heavy syrup, 121 Pears, ckd., heavy syrup, 87 Pears, juice pack, 119 Pineapple, pieces, 88 Plums, 1 medium, 114 Prunes, dried, 1 prune, 63 Raspberries, 94 Rhubarb, ckd., with sugar, 115 Watermelon, pieces, 88</p>	<p>Apples, w/o skin, 1 medium, 145 Apricots, cnd., heavy syrup, whole, 173; juice pack, 201 Apricots, cnd., heavy syrup, 173 Blackberries, 141 Cherries, sweet, 131 Elderberries, 203 Grapefruit, white, ½ medium, 175 Honeydew melon, pieces, 240 Orange, 1 medium, 237 Peach, 1 medium, 193 Peaches, cnd., juice pack, 160 Pear, 1 medium, 208 Pineapple, cnd. pieces, heavy syrup, 132 Prickly pear, 1 medium, 227 Prunes, cnd., heavy syrup, 5 prunes, 194 Raspberries, frozen, sweetened, 142 Strawberries, whole, 120 Strawberries, frozen, sweetened, 125 Tangerine, 1 medium, 132</p>	<p>Apricots, dried, sulfured, 756 Avocado, ½ medium, California, 549; Florida, 742 Banana, 1 medium, 467 Cantaloupe, pieces, 274 Kiwifruit, 1 medium, 252 Mango, 1 medium, 323 Nectarine, 1 medium, 288 Papaya, ½ medium, 391 Peaches, dried, sulfured, 797 Plantain, sliced, ckd., 358 Pomegranate, 1 medium, 399 Raisins, seedless, 1.5 oz. box (snack size), 323 Sapodilla, 1 medium, 328</p>
Vegetables & Starches Portions= ½ cup, unless otherwise stated	<p>Alfalfa seeds, sprouted, raw, 13 Bagel, plain, 4" diameter, 106 Beans, greens, ckd., from frozen, 85 Bread, pumpernickel, 1 slice, 54 Bread, one slice, white, 30 Cabbage, common, shredded, boiled, 73 Carrots, baby raw, 1 medium 28 Cauliflower, boiled from raw, 88 Celery, raw, 1 medium stalk, 115 Corn, ckd., from frozen, 121 Eggplant, boiled, 123 Leeks, 1 boiled, 108 Lettuce, iceberg, 1 cup, 87 Mustard greens, ckd., from frozen, 105 Onions, raw, diced, 126 Parsley, raw, 10 sprigs, 55 Peppers, sweet, boiled, 112 Popcorn, buttered, popped, 1 cup, 10 Radicchio, raw, shredded, 60 Rice, enr., ckd., 1 cup, 17 Spaghetti, enr., ckd., 38 Spinach, raw, chopped, 83 Turnips, white, cubes, ckd., from raw, 106 Water chestnuts, cnd., sliced, 83</p>	<p>Asparagus, ckd., from frozen, 196 Asparagus, boiled, 6 spears, 144 Beans, green, boiled, 187 Broccoli, boiled, from frozen, 165 Broccoli, boiled, from raw, 143 Brussel sprouts, boiled, from raw, 143 Carrots, sliced, boiled, 177 Cauliflower, raw, pieces, 152 Chickpeas, boiled, 238 Collards, chopped, frozen, boiled, 214 Collards, leaves, ckd., from raw, 247 Corn, yellow, boiled, 204 Leeks, 1 raw, 160 Lettuce, butterhead, raw, chopped, 1 cup, 141 Mustard greens, chopped, boiled, 141 Oatmeal, regular, ckd., 131 Okra, sliced, ckd. From frozen, 215 Onions, chopped, boiled, 175 Peas, green, raw, 177 Peas, green, frozen, boiled, 134 Peppers, hot chili, 1 raw, 153 Peppers, sweet, 1 raw, 211 Radishes, red, raw, sliced, 135</p>	<p>Artichoke, 1 medium, boiled, 425 Beans, black, mature, boiled, 306 Beans, lima, mature, large, boiled, 478 Beans, kidney, all types boiled, 357 Beans, pinto, mature, boiled, 400 Beet greens, boiled, 1309 Beets, sliced, boiled, 259 Black-eyed peas, boiled from frozen, 319 Cabbage, Chinese bok-choy, shredded, boiled, 316 Cucumbers, raw, w/o peel, 1 medium, 297 Mushrooms, common white, boiled, 278 Okra, boiled, 8 pods, 274 Parsnips, boiled, 1 parsnip, 9", 587 Peanuts, oil roasted, 491 Peas, split, mature, boiled, 355 Potato, baked, w/o skin, 2 1/3"x 4 3/4", 610 Potatoes, boiled, w/o skin, ½ medium, 274 Soybeans, mature, boiled, 443 Spinach, boiled from frozen, 283 Spinach, boiled from raw, 420 Squash, winter, cubed, baked, 448</p>