

NF NATIONAL KIDNEY FOUNDATION

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Potassium and Your CKD Diet

What is potassium and why is it important to you?

Potassium is a mineral found in many of the foods you eat. It plays a role in keeping your heartbeat regular and your muscles working right. It is the job of healthy kidneys to keep the right amount of potassium in your body. However, when your kidneys are not healthy, you often need to limit certain foods that can increase the potassium in your blood to a dangerous level. You may feel some weakness, numbness and tingling if your potassium is at a high level. **If your potassium becomes too high, it can cause an irregular heartbeat or a heart attack.**

What is a safe level of potassium in my blood?

Ask your doctor or dietitian about your monthly blood potassium level and enter it here:

If it is 3.5-5.0 ----- You are in the **SAFE** zone.

If it is 5.1-6.0 ----- You are in the **CAUTION** zone.

If it is higher than 6.0 ----- You are in the **DANGER** zone.

How can I keep my potassium levels from getting too high?

- You should limit foods that are high in potassium. Your renal dietitian will help you plan your diet so are getting the right amount of potassium.
- Eat a variety of foods, but in moderation.
- If you want to include some high potassium vegetable in your diet, leach them before using. Leaching is a process by which some potassium can be pulled out of the vegetable. Instructions for leaching selected high potassium vegetables can be found at the end of this fact sheet. Check with your dietitian on the amount of leaching high potassium vegetables that can be safely included in your diet.
- Do not drink or use the liquid from canned fruits or vegetables, or the juices from cooked meat.
- Remember that almost all foods have some potassium. The size of the serving is very important. A large amount of a low potassium food can turn into a high-potassium food.
- If you are on dialysis, be sure to get all the treatment or exchanges prescribed to you.

What foods are high in potassium (greater than 200 milligrams per portion)?

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated. **Please be sure to check portion sizes.** While all the foods on this list are high in potassium, some are higher than others.

HIGH-POTASSIUM FOODS

FRUITS	VEGETABLES	OTHER FOODS
Apricots, raw (2 medium) Dried (5 halves)	Acorn Squash	Bran/ Bran Products
Avocado (1/4 whole)	Artichoke	Chocolate (1.5-2 ounces)
Banana (1/2 whole)	Bamboo Shoots	Granola
Cantaloupe	Baked Beans	Milk, all types (1 cup)
Dates (5 whole)	Butternut Squash	Molasses (1 Tablespoon)
Dried fruits	Refried Beans	Nutritional Supplements: Use only under the directions of your doctor or dietitian.
Figs, dried	Beets, fresh then boiled	Nuts and Seeds (1 ounce)
Grapefruit juice	Black Beans	Peanut Butter (2 tbs)
Honeydew	Broccoli, cooked	Salt Substitutes/Lite Salt
Kiwi (1 medium)	Brussel Sprouts	Salt Free Broth
Mango (1 medium)	Chinese Cabbage	Yogurt
Nectarine (1 medium)	Carrots, raw	Snuff/Chewing Tobacco
Orange (1 medium)	Dried Beans and Peas	
Orange Juice	Greens, except Kale	
Papaya (1/2 whole)	Hubbard Squash	
Pomegranate Juice	Kohlrabi	
Prunes	Lentils	
Prune Juice	Legumes	
Raisins	Mushrooms, canned	
	Parsnips	
	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes/Tomato products	
	Vegetable Juices	

What foods are low in potassium?

The following table lists foods that are low in potassium. The portion size is ½ cup unless otherwise noted. **Eating more than 1 portion can make a lower potassium food into a higher potassium food.**

LOW-POTASSIUM FOODS

FRUITS	VEGETABLES	OTHER FOODS
Apple (1 medium)	Alfalfa Sprouts	Rice
Apple Juice	Asparagus (6 spears)	Noodles
Applesauce	Beans, green or wax	Pasta
Apricots, canned in juice	Cabbage, green and red	Bread and bread products (Not whole grains)
Blackberries	Carrots, cooked	Cake: angel, yellow
Blueberries	Cauliflower	Coffee: limit to 8 ounces
Cherries	Corn, fresh (1/2 ear), Frozen (1/2 cup)	Pies without chocolate or high potassium fruit
Cranberries	Cucumber	Cookies without nuts or chocolate
Fruit Cocktail	Eggplant	Tea: limit to 16 ounces
Grapes	Kale	
Grape Juice	Lettuce	
Grapefruit (1/2 whole)	Mixed Vegetables	
Mandarin Oranges	Mushrooms, fresh	
Peaches, fresh (1 small) Canned (1/2 cup)	Okra	
Pears, fresh (1 small) Canned (1/2 cup)	Onions	
Pineapple	Parsley	
Pineapple Juice	Peas, green	
Plums (1 whole)	Peppers	
Raspberries	Radish	
Strawberries	Rhubarb	
Tangerine (1 whole)	Water Chestnuts, canned	
Watermelon (limit to 1 cup)	Watercress	
	Yellow Squash	
	Zucchini Squash	

How do I get some of the potassium out of my favorite high-potassium vegetables?

The process of leaching will help pull potassium out of some high-potassium vegetables. It is important to remember that leaching will not pull all of the potassium out of the vegetable. You must still limit the amount of leached high-potassium vegetables you eat. Ask your dietician about the amount of leached vegetables that you can safely have in your diet.

How to leach vegetables.

1. Peel and place the vegetable in cold water so they won't darken.
2. Slice vegetable 1/8 inch thick.
3. Rinse in warm water for a few seconds.
4. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
5. Rinse under warm water again for a few seconds.
6. Cook vegetable with five times the amount of water to the amount of vegetable.

For Squash, Mushrooms, Cauliflower, and Frozen Greens:

1. Allow frozen vegetable to thaw to room temperature and drain.
2. Rinse fresh or frozen vegetables in warm water for a few seconds.
3. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
4. Rinse under warm water again for a few seconds.
5. Cook the usual way, but with five times the amount of water to the amount of vegetable.

References:

Bowes & Church Food Values of Portions Commonly Used, 17th ed., Pennington, J.A. Lippincott, 1998.
Diet Guide for Patients with Kidney Disease, Renal Interest Group-Kansas City Dietetic Association, 1990.

More than 20 million Americans - one in nine adults - have chronic kidney disease, and most don't even know it. More than 20 million others are at increased risk. The National Kidney Foundation, a major voluntary health organization, seeks to prevent kidney and urinary tract diseases, improve the health and well-being of individuals and families affected by these diseases, and increase the availability of all organs for transplantation. Through its 50 affiliates nationwide, the foundation conducts programs in research, professional education, patient and community services, public education and organ donation. The work of the National Kidney Foundation is funded by public donations.

If you would like to become a volunteer and find out more about what is happening where you live, contact your local NKF Affiliate.

If you would like more information, please contact us.

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