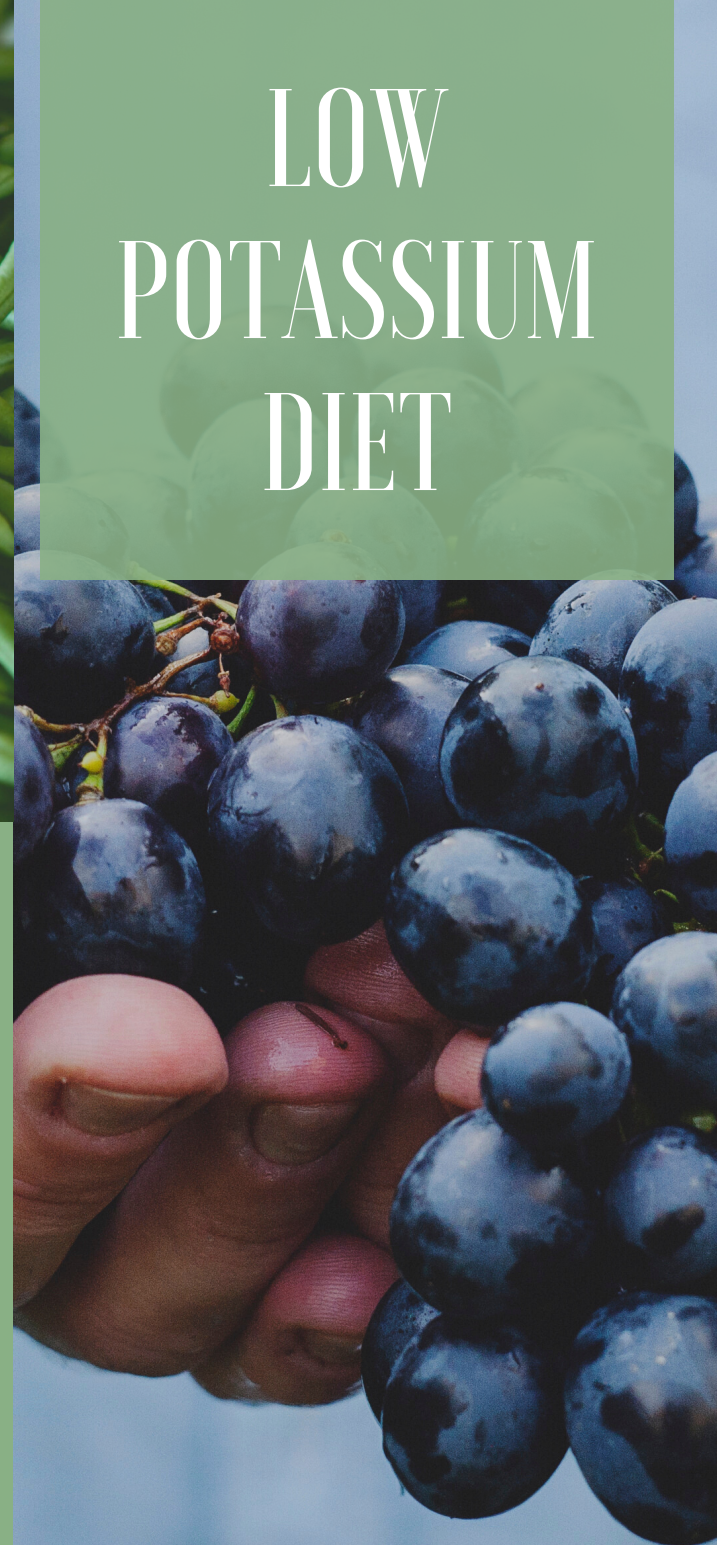


Potassium is an essential mineral for your body. If you have kidney disease, you may have to limit your potassium intake due to high levels.

Here you will find a list of high potassium foods to avoid and low potassium foods to eat.



LOW POTASSIUM DIET

Take your health
into your own hands
through nutrition!



Puja Goswami, M.D.
@kidneyfeasts

High Potassium

Dangers

If your potassium level is high it
can cause:

- Severe Muscle Weakness
- Paralysis
- Irregular Heart Rhythms



Low Potassium Foods

(1 Portion is 1/2 cup)

FRUITS

Apple
Apricots (canned)
Berries
Cherries
Grapes
Grapefruit (1/2)
Peach (small)
Pear (small)
Pineapple
Plum
Watermelon

VEGETABLES

Asparagus (6 spears)
Beans (green/wax)
Broccoli (raw, cooked from frozen)
Cabbage
Carrots (cooked)
Cauliflower
Celery
Corn
Cucumber
Eggplant
Kale
Lettuce
White Mushrooms (1/2 cup raw)
Onions
Peas
Peppers
Radish
Rhubarb
Water Chestnuts (canned)

OTHERS

Rice, Pasta, Bread (not whole grain)

High Potassium Foods

(>200mg in 1/2 cup)

FRUITS

Apricot (raw)
Avocado (1/4 whole)
Banana (1/2 whole)
Cantaloupe
Dried Fruit
Honeydew
Kiwi (1 medium)
Mango (1 medium)
Orange (1 medium)
Papaya (1/2 whole)
Pomegranate (1)
Prunes

VEGETABLES

Artichoke
Bamboo Shoots
Beets
Broccoli (cooked)
Carrots (raw)
Dried Peas
Greens (except Kale)
Okra
Parsnips
Potatoes
Pumpkin
Rutabagas
Spinach (cooked)
Tomatoes

OTHERS

Bran/Bran Products
Dairy Products
Beans (refried, black)
Lentils
Legumes
Nuts/Seeds
Salt Substitutes