

## WHAT IS POTASSIUM?

Potassium is a mineral. Healthy kidneys maintain a normal balance by eliminating any excess potassium in the urine. Diseased kidneys are unable to get rid of the potassium adequately. Consequently, the amount of potassium in the blood may increase to dangerously elevated levels. This may cause an irregular heartbeat and occur without any warning. High levels of potassium can even cause the heart to stop.

The dialysis patient needs to maintain a level of potassium in the blood, between 3.5 and 5.5 milliequivalents per liter. It is easier for the patient who still urinates to control potassium.

The following is a list of high potassium foods which should either be avoided or carefully included into your diet by working with the renal dietician. Remember these are **average** values. The size of the portion is the secret of the diet, as almost all foods have potassium. Please pay particular attention to your monthly blood levels of potassium. Your diet is usually limited to around 2000 milligrams per day.

## FOOD AND MILLIGRAMS OF POTASSIUM

Anon, ½ cup	279	Orange, Fresh, 1 medium	263
Apricots, Canned ½ cup	302	Orange Juice, ½ cup	241
Artichoke, 1 cooked	301	Peanut Butter, 3 ½ tbsp	410
Avocado, cubed ½ cup	453	Peanuts, ½ cup	485
Baked Beans, 1 cup	630	Potato, baked 1 medium	782
Black-eyed Peas, ½ cup canned	352	Potato, instant mashed ½ cup	300
Broccoli, 1 stalk	382	Potato, French fries 10	427
Brussel Sprouts, 6-8 cooked	273	Potato, Sweet, 1 sm. baked	300
Calabaza, winter squash ½ cup	337	Prune Juice, ½ cup	350
Cantaloupe, ½	684	Prunes, 10	745
Carrots, raw, 1 large	341	Red Kidney Beans, ½ cup	340
Coconut Milk, ½ cup	232	Salt, Light 1 tsp.	1500
Cream of Pea Soup, 1 cup	377	Salt-Substitute, 1 tsp.	2800
Cream of Tomato Soup, 1 can	450	Spinach, ½ cup cooked	291
Figs, dried 5	666	Tangelo, 1 medium	296
Filet Mignon Steak, 8 oz	1089	Tomato, canned 1 cup	523
Grapefruit Juice, ½ cup	200	Tomato, fresh 1 medium	300
Hershey's Kisses, 10	174	Tomato Juice, ½ cup	552
Honeydew Melon, 1 cup cubed	427	Tomato Paste, ½ cup	1110
Lentils, cooked 2/3 cup	250	V-8 Juice, ½ cup	264
Lima Beans, ½ cup	420	Watercress, ½ cup	335
Milk, evaporated, 1 cup	752	Yogurt, fruit flavored 1 cup	402
Milk, whole or skim, 1 cup	350	Yucca, ½ cup	260
Molasses, 2 tbsp.	600		
Nectarine, 1 medium	288		

## POTASSIUM MODIFIED DIET

In general, canned fruits and vegetables are lower in potassium than fresh or frozen. The following is a list of various foods that are **high** in potassium and should be **avoided**.

### HIGH POTASSIUM FRUIT

Apricot  
Avocado  
Banana  
Cantaloupe  
Date  
Fig  
Honeydew  
Mango  
Nectarine  
Orange  
Papaya  
Plum  
Prune  
Raisins  
Tomato Juice  
Vegetable Juice  
Watermelon  
Apricot Nectar  
Orange Juice

### HIGH POTASSIUM VEGETABLES

Artichoke  
Beans, any dried  
Broccoli  
Brussel Sprouts  
French Fries  
Parsnips  
Pumpkin  
Potato  
Lima Beans  
Spinach  
Tomato  
Winter Squash  
Rhubarb  
Grapefruit Juice  
Prune Juice

### Other High Potassium Foods

Bran Cereal	Chocolate Candy
Coconut	Molasses
Milk (4 oz. Daily is ok)	Nuts

In general, canned fruits and vegetables are lower in potassium than fresh or frozen. The following is a list compiled of various **low** potassium foods.

### LOW POTASSIUM FRUITS

Apple	Grape Juice
Apple Juice	Grapefruit
Applesauce	Lemon
Blueberries	Peach
Cherries	Pear
Cranberries	Pear Nectar
Cranberry Juice	Pineapple
Fruit Cocktail	Plum
Grapes	Strawberries
	Tangerine

### LOW POTASSIUM VEGETABLES

Asparagus	Green pepper
Beets	Lettuce
Cabbage	Okra
Carrots	Onion
Cauliflower	Peas
Celery	Potato-Mashed only
Corn	Radish
Cucumber	Wax beans
Eggplant	Zucchini
Green beans	