

Low-Potassium Diet

Potassium is a mineral that helps your muscles work. Your heart is a muscle and needs the right amount of potassium to work well. Too much or too little potassium in your blood can cause an irregular heartbeat and other serious problems.

Talk with your dietitian about how much potassium you can have. Guidelines no longer give one set amount of potassium per day. In general, a low-potassium diet is about 2,000 mg per day.

Fruits and Vegetables

Some fruits and vegetables have more potassium than others. If you need to limit potassium, choose foods from the low-potassium group more often.

Limit high and medium potassium fruits and vegetables unless your dietitian tells you they are okay. You can eat fruits and vegetables that are low in potassium. Serving sizes are 1/2 cup cooked or 1 cup raw unless a different amount is listed.

Low-Potassium Fruits

These foods have 150 mg of potassium or less per serving.

- Apple juice
- Applesauce
- Apple, medium, without skin
- Apricots, canned
- Blackberries
- Blueberries
- Boysenberries
- Cranberries
- Cranberry sauce
- Cranberry juice
- Figs, canned
- Fruit cocktail, canned
- Gooseberries

- Grapes, canned or fresh
- Lemon, 1 medium
- Lime, 1 medium
- Nectars: peach, pear, or apricot
- Mandarin oranges
- Peaches and pears, canned
- Pear, fresh, 1 medium
- Pineapple, raw or canned
- Plums, canned
- Raspberries
- Rhubarb
- Strawberries
- Tangerine

Low-Potassium Vegetables

These foods have 150 mg of potassium or less per serving.

- Bamboo shoots, canned
- Bean sprouts
- Beans, green or wax
- Broccoli, fresh or boiled
- Cabbage
- Cauliflower
- Celery, 1 fresh stalk
- Cucumber
- Eggplant
- Greens: collard, dandelion, kale, mustard, or turnip
- Hominy
- Leeks
- Lettuce: cos, romaine, iceberg, leaf, endive, or watercress
- Mushrooms, raw
- Onions: green, red, yellow, or white
- Peppers, sweet or hot

Medium Potassium Foods

These foods have 150-250 mg of potassium per serving. Limit these foods to 1-2 servings per day if you need to limit potassium. Serving sizes are 1/2 cup cooked

or 1 cup raw unless a different amount is listed.

Medium Potassium Fruits

- Apple, 1 medium with skin
- Apricots, fresh, 2 medium
- Casaba, cubed
- Cherries, 15 fresh or canned
- Figs, fresh, 2 medium
- Grape juice, canned
- Grapefruit, 1/2 medium
- Orange, 1 medium
- Orange juice, frozen concentrate
- Peach, fresh, 1 medium
- Pineapple juice
- Plums, fresh, 2 medium
- Watermelon, 1 cup cubed

Medium Potassium Vegetables

- Asparagus, frozen and cooked
- Brussels sprouts
- Carrots
- Corn, canned or 1 small ear
- Garbanzo beans
- Greens, frozen and cooked: kale or turnip
- Mixed vegetables
- Okra, canned or boiled
- Green peas
- Potatoes, double cooked*
- Summer squash: yellow, crookneck, or white scallop

*See Double Cook Potatoes recipe on the 3rd page.

High Potassium Foods

These foods have more than 250 mg of potassium per serving. Limit these foods to less than 1 serving per day if you need to limit potassium. Serving sizes are 1/2 cup cooked or 1 cup raw unless a different amount is listed.

High Potassium Fruits

- Avocado, 1/2 fruit
- Banana, 1/2 medium
- Cantaloupe, 1/4 medium
- Dried fruit: apricots, dates, figs, prunes, or raisins
- Kiwi, 1 medium
- Mango, 1 medium
- Nectarine, 1 medium
- Prune juice
- Tangelo

High Potassium Vegetables

- Artichoke, 1 medium, raw, cooked, or frozen
- Asparagus, raw or cooked
- Beets and beet greens
- Dried beans and peas: kidney, lima, navy, pinto, black-eyed peas, or split peas
- Kohlrabi
- Okra, raw or cooked
- Potato, baked, boiled, or fried and not soaked
- Pumpkin
- Rutabaga, cooked
- Spinach
- Sweet potato or yams
- Tomato, fresh or canned
- Unsalted tomato juice
- Unsalted vegetable juice
- Winter squash: acorn, butternut, or Hubbard

Other Foods With Potassium

Milk and Milk Products

Milk and milk products are high in potassium. These include:

- Milk
- Yogurt
- Pudding made with milk
- Ice cream
- Custard

Avoid chocolate milk products. Chocolate is high in potassium.

Cereal

Many dry cereals are high in potassium. Choose cereals with less than 150 mg of potassium per serving.

Protein Foods

Meat, fish, poultry, and eggs have moderate to high amounts of potassium. These foods are also good sources of protein, which your body needs.

Follow your diet guidelines for how much protein you need.

Legumes, nuts, and peanut butter are also high in potassium. Ask your dietitian how much you can have.

Double Cooked Potatoes Recipes

Double cooking potatoes can lower the amount of potassium.

1. Wash and peel the potato
2. Cut the potato into thin slices
3. Place the slices in room-temperature water. Use twice as much water as potatoes
4. Bring the water to a boil
5. Drain the water
6. Add fresh room-temperature water. Use twice as much water as potatoes
7. Boil the potatoes again

Potassium Additives

Many packaged foods and drinks have potassium added to them. Read the ingredient list and look for these ingredients:

- Potassium chloride
- Potassium sorbate
- Potassium citrate
- Potassium phosphate

- Acesulfame potassium
- Potassium benzoate
- Potassium lactate
- Dipotassium phosphate
- Tripotassium phosphate
- Monopotassium phosphate
- Potassium bicarbonate
- Potassium iodide

Foods and drinks that may have potassium additives include:

- Processed meats, such as deli meat, ham, and hot dogs
- Processed cheese
- Shelf-stable baked goods
- Sports drinks
- Flavored water, such as Crystal Light

Always read the labels on prepared foods you buy. **Avoid** foods that list potassium in the ingredients.

Salt Substitutes

Many salt substitutes are made with potassium chloride, so you should not use them, such as Lite Salt, No Salt, and Nu Salt. Some seasonings that you can use freely include:

- Vegit®
- Pleasoning Mini Salt
- Mrs. Dash – all types
- Non-sodium spices and herbs, such as garlic, basil, oregano, pepper, etc

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.