



## The Renal Diet - Potassium

The kidneys are responsible for getting rid of extra potassium in the blood. When kidney function is reduced, potassium levels can get too high. This can be very dangerous. High potassium can cause your heart to beat irregularly or even stop without warning! Patients with Chronic Kidney Disease can prevent this from happening by eliminating potassium rich foods from their diet.

Foods **high** in potassium to limit include:

<b>Fruits</b>	<b>Vegetables</b>	<b>Other Foods</b>
Apricots	Asparagus	Bran and Bran products
Bananas	Avocado	Clams
Cantaloupe & Honeydew melons	Beans (except green)	Chocolate
Mango	Broccoli	Coffee (limit to 2 cups/day)
Oranges and other citrus fruits (and juice)	Brussels sprouts	Dried beans, peas, lentils
Canned or frozen peaches	Greens (collards, Swiss chard, mustard, dandelion and beet)	Milk & cheese
Papaya	Mushrooms	Salt Substitute
Prunes (and juice)	Potatoes (including sweet)	Yogurt
Raisins/Dried fruits	Spinach	
Grapefruits/juice	Squash	
Fresh pears	Tomatoes (and sauces)	
	Zucchini	

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**Potassium Foods to Limit**

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**Better Potassium Food Choices**

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*Serving size = ½ cup cooked, 1 cup raw or 1 medium sized piece*

Fruits: Bananas, cantaloupe and honeydew melon, grapefruits and grapefruit juice, kiwi, mango, oranges and orange juice, canned or frozen peaches, fresh pears, raisins

Greens: beet, collards, dandelion, mustard, Swiss chard  
Cooked spinach

Potatoes: white and sweet

Vegetables: Artichoke, acorn squash, avocado, butternut squash, brussel sprouts, okra, tomatoes, tomato sauce and juice, winter squash

Salt substitutes

Dried Fruits/Raisins

Apples, applesauce, apple juice, blackberries, blueberries, cherries, fruit cocktail, grape juice, mandarin oranges, fresh peaches, canned pears, pineapple, plums, raspberries, tangerines, cranberry juice, lemons/lemon juice, limes/lime juice

Cooked cabbage, turnip greens, kale

Corn

Carrots

Boiled cauliflower, celery, cucumbers, lettuce, onions, bean sprouts, bell pepper, green beans, lettuce, eggplant, summer squash

Herbs, onions, garlic, pepper

Grapes, Low-potassium fruits