

# POTASSIUM

## CONTENT OF EXOTIC FRUITS & VEGETABLES

- **Potassium Guidelines**

Most people on hemodialysis may have:

1 serving of food a day from the high-potassium group,

**and**

2 servings of food a day from the medium-potassium group,

**and**

2-3 servings of food a day from the low-potassium group.

With the other foods you eat, this is about 2,000 – 3,000 milligrams (mg) of potassium per day.

Be sure to check the serving size for each food. It is listed next to the item.

- **Other High-Potassium Foods**

Milk is high in potassium. Limit milk to 1 cup per day unless you are told to do otherwise.

Supplements such as Ensure Plus™ and Boost Plus™ also contain a lot of potassium. Always speak to your nutritionist before using supplements.

Most salt substitutes and “lite” salt products are made with potassium. Do not use these products. If you are unsure, ask your nutritionist.

- **Soaking Vegetables and Beans**

Soaking works well for high-potassium foods such as potatoes, parsnips, sweet potatoes, winter squash and beans.

Here is how you do it:

Peel larger vegetables and slice thinly (1/8 inch). Rinse well. Place them in a bowl of warm water, using 4 times more water than vegetable. For example, soak 1 cup of sliced vegetables in 4 cups of water. Soak at least 1 hour. Drain and rinse again.

Vegetables that have been soaked this way can then be fried, mashed, scalloped, put in soups or stews or served fresh. If you are boiling the food, use 4 times more water than food and cook as usual.

Dried beans should be cooked, then chopped and soaked using the above directions. Canned beans can simply be chopped, rinsed and soaked.

- **Northwest Kidney Centers  
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- **For People  
on Hemodialysis**

Most foods have some potassium, but fruits and vegetables are the easiest foods to control in your diet. The list inside this brochure groups vegetables and fruits by the amount of potassium in one serving.

Remember, there are no foods you cannot eat on your diet. What is important is the amount of foods you eat and how often you eat them. Keep this brochure handy for shopping and eating out.



If there are fruits and vegetables you enjoy that are not on the lists, ask your nutritionist about them.

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- **Low-Potassium**
- **Foods (5-150 mg)**

Bamboo shoot, canned (1/2 cup)  
Bitter melon (1/2 cup)  
Cabbage (1/2 cup)  
Chinese chives (1/4 cup)  
Coriander (1/4 cup)  
Cucumber (1/2 cup)  
Dried mushroom (1/4 cup)  
Eggplant (1/2 cup)  
Fern (1/2 cup)  
Ginger (1/4 cup)  
Gobo (burdock root), fresh (1/4 cup)  
Juda's Ear, Woodea (1/2 cup)  
Kabu (1/2 cup)  
Kangkong (1/2 cup)  
Kelp, raw (1/2 cup)  
Kumquats (4)  
Kyr (1/2 cup)  
Lemongrass (1/2 cup)  
Longans (1/2 cup)  
Lychees, canned (1/2 cup)  
Mangosteen (1/2 cup)  
Mint leaves (1/4 cup)  
Nabuka (1/2 cup)  
Passion fruit (1 medium)  
Peas, sweet, raw (1/2 cup)  
Pepper, hot chili  
(1 or 1/4 cup chopped)  
Pineapple guava (1 medium)  
Rambutan (1/4 cup)  
Seahair (1/2 cup)  
Soybean curd, tofu (1/2 cup)  
Mung bean sprouts (1/2 cup)  
Water chestnuts, canned (1/2 cup)  
Waxgourd (1/2 cup)  
Winter melon (1/2 cup)

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- **Medium-Potassium**
- **Foods (150-250 mg)**

Amaranth leaves (1/2 cup)  
Avocado (1/4 medium)  
Bignay (1/2 cup)  
Bitter melon (1/2 cup)  
Bok choy (1/2 cup)  
Brinjals (1/2 cup)  
Broccoli (1/2 cup)  
Calabash, raw (1/2 cup)  
Carrots (1/2 cup)  
Celery (1/2 cup)  
Celery root, fresh (1/2 cup)  
Chinese broccoli (1/2 cup)  
Coconut, shredded (1/2 cup)  
Daikon (1/2 cup)  
Day Lilly (1/4 cup)  
Green peppers (1/2 cup)  
Jujube (Chinese dates) (5)  
Laver seaweed (1/2 cup)  
Lily flower, dried (1 ounce)  
Lobak (1/2 cup)  
Lychees, fresh (1/2 cup)  
Mallow (1/2 cup)  
Mango (1/2 medium)  
Marrows (1/2 cup)  
Mung beans, black (1/2 cup)  
Mushrooms, fresh (1/2 cup)  
Okra (6 pods)  
Papaya (1/2 cup)  
Plums (2 medium)  
Pomegranate (1/2)  
Red bean paste (1/2 cup)  
Soybeans, sprouted (1/2 cup)  
Soybean curd cake (3 small)  
Soybean milk (1/2 cup)  
Mandarin oranges (1 medium)

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- **High-Potassium**
- **Foods (250-500 mg)**

Asian pear (1 medium)  
Atemoya / cheremoya (1/2 cup)  
Babaco (1/2 cup)  
Balsam pear (1 medium)  
Bamboo shoots, fresh (1/2 cup)  
Breadfruit (1/2 cup)  
Cassava (1/2 cup)  
Coconut milk (1/2 cup)  
Durian (1/2 cup)  
Long beans (1/2 cup)  
Gai choy, Chinese greens (1/2 cup)  
Guava (1 medium)  
Han choy (1/2 cup)  
Hawthorne (1/2 cup)  
Horned melon (1/2 cup)  
Jackfruit (1/2 cup)  
Kabocha, Asian pumpkin (1/2 cup)  
Kiwi fruit (1 medium)  
Lotus root and seeds (1/2 cup)  
Matrimony vine (1/2 cup)  
Mung beans, vine (1/4 cup)  
Pepino / rockmelon (1/2 cup)  
Persimmon, raw or dried  
(1 medium)  
Plantain, sabo banana (1/2 cup)  
Pumpkin (1/2 cup)  
Red beans (1/2 cup)  
Sapote (1/2 cup)  
Sato imo, nga imo (1/2 cup)  
Sea grass (1/2 cup)  
Shengiku (1/2 cup)  
Soursop (1/2 cup)  
Tamarillo; tamarind (1/2 cup)  
Taro leaves and root (1/2 cup)  
Watermelon seed (1/2 cup)