

POTASSIUM

CONTENT OF FRUITS & VEGETABLES

- **Potassium Guidelines**

Most people on a low-potassium diet may have:

1 serving a day from the high-potassium group,

and

2 servings a day from the medium-potassium group,

and

2-3 servings 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 listed next to each food.

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 items unless you are on a high-potassium diet. If you are unsure, ask your nutritionist.

- **Soaking Vegetables and Beans**

Soaking works well to lower the potassium level in high-potassium foods.

Here is how you do it:

Peel 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
Nutrition and Fitness Services**

700 Broadway
Seattle, WA 98122
(206) 292-2771
www.nwkidney.org

©2007, Northwest Kidney Centers

- **For People with
Kidney Disease**

Most foods have some potassium, but fruits and vegetables are the easiest foods to control in your diet. 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 and how often you eat them. Use this brochure for shopping and eating out.

People with kidney disease may need a low-potassium or a high-potassium diet. Check with your doctor or nutritionist for what potassium level is best for you.

If you like eating some fruits and vegetables that are not on the list, ask your nutritionist about them.



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

- **Fruits**

- Applesauce (1/2 cup)
- Blackberries (1/2 cup)
- Blueberries (1 cup)
- Grapefruit (1/2 cup)
- Pears, canned (1/2 cup)
- Pineapple (1/2 cup)
- Plums, canned (1/2 cup)
- Raspberries (1/2 cup)
- Rhubarb, cooked (1/2 cup)
- Strawberries (1/2 cup)
- Tangerine (1)

- **Vegetables**

- Asparagus (4 spears)
- Bean sprouts (1/2 cup)
- Cabbage (1/2 cup)
- Cauliflower (1/2 cup)
- Corn (1/2 cup)
- Cucumber (1/2)
- Green and wax beans (1/2 cup)
- Lettuce (1 cup)
- Okra (3 pods)
- Onions (1/2 cup)
- Peas (1/2 cup)
- Radishes (5)
- Rutabagas (1/2 cup)
- Summer squash (1/2 cup)
- Turnips (1/2 cup)
- Water chestnuts (4)

- **Juices**

- Apple juice (1/2 cup)
- Cranberry juices (1 cup)
- Grape juice, frozen (1 cup)
- Tang™, Hi-C™ and other fruit drinks (1 cup)
- Kool-Aid™ (1 cup)
- Lemonade and limeade (1 cup)
- Peach or Pear nectar (1/2 cup)

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

- **Fruits**

- Apple (1 medium)
- Cherries (8-10)
- Fruit cocktail (1/2 cup)
- Grapes (10-15)
- Mango (1/2 medium)
- Melons: cantaloupe, honeydew (1/2 cup)
- Papaya (1/2 cup)
- Peaches, canned (1/2 cup)
- Pear, fresh (1 medium)
- Plums (2)
- Watermelon (1 cup)

- **Vegetables**

- Broccoli (1/2 cup)
- Brussels sprouts (4-6)
- Beets (1/2 cup)
- Carrots (1/2 cup)
- Celery (1/2 cup)
- Eggplant (1/2 cup)
- Mixed vegetables (1/2 cup)
- Mushrooms (1/2 cup)
- Peanut butter (2 Tbsp.)
- Green pepper (1)
- Potato chips (10)
- Soaked potatoes (1/2 cup)

- **Juices**

- Apricot nectar (1/2 cup)
- Grape juice, canned (1/2 cup)
- Grapefruit juice (1/2 cup)
- Pineapple juice (1/2 cup)

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

- **Fruits**

- Apricots (3)
- Avocados (1/4)
- Banana (1 medium)
- Dates (5)
- Figs (3)
- Kiwi (1)
- Nectarine (1 medium)
- Orange (1 medium)
- Peach, fresh (1 medium)
- Prunes (5)
- Raisins & dried fruit (1/4 cup)

- **Vegetables**

- Artichoke (1 medium)
- Beans: lima, kidney, navy, pinto (1/2 cup)
- Greens: beet, collard, mustard, spinach, turnip (1/2 cup)
- Lentils, split peas, chickpeas, black-eyed peas (1/2 cup)
- Nuts: all kinds (1/2 cup)
- Parsnips (1/2 cup)
- Potatoes (1/2 cup or 1 small)
- Pumpkin (1/2 cup)
- Spinach (1/2 cup)
- Tomato (1 medium)
- Tomato sauce, tomato salsa (1/4 cup)
- Winter squash (1/2 cup)
- Yams, sweet potatoes (1/2 cup)

- **Juices**

- Orange juice (1/2 cup)
- Pomegranate juice (1/2 cup)
- Prune juice (1/2 cup)
- Tomato juice (1/2 cup)
- V-8™ juice (1/2 cup)