

POTASSIUM

CONTENT OF FRUITS & VEGETABLES

Fruit Smoothies

A smoothie is a delicious cold drink made by blending fruits and juices together in the blender.

Smoothies are quick and easy to make and a good source of potassium.

Adding two scoops of unflavored protein powder to your smoothie will add extra protein to your diet.

Here are some ideas to try. Each makes 2 servings.

Classic Strawberry Banana

1 cup apple juice
¼ cup plain yogurt
8 frozen strawberries
1 ripe banana, frozen

Tropical Dream

½ cup orange juice
½ cup pineapple juice
1 cup frozen pineapple pieces
½ banana, frozen

Mango Mix-Up

1 cup pineapple juice
½ cup orange juice
1 cup frozen mango chunks
1 cup frozen blueberries

Other High-Potassium Foods

- Milk: Whole, 2%, 1% or non-fat.
- Carnation Instant Breakfast™ powder mixed with milk (or water).
- Ensure Plus™, Boost Plus™ and even Slim Fast™.
- Salt substitutes

Most salt substitutes and “lite” salt products are made with potassium. They can also help you add potassium to your diet.

Measure 1/4-teaspoon into a saltshaker to use just for yourself. Be sure to use no more than this 1/4-teaspoon in one day. Use this by sprinkling it on your food. This equals about 2 high-potassium servings a day.

Your dietitian is:

(206) 292-2771, ext 2000

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• For People on Frequent Dialysis

If you are on peritoneal dialysis or frequent hemodialysis, this brochure is for you!

Because you are on frequent dialysis you may need to add high potassium foods to your diet to keep your blood levels from getting too low.

Fruits and vegetables are good sources of potassium.

Most people need to eat at least 2 servings from the high-potassium list each day in addition to 5 other fruit and vegetable servings. You need to aim for 3000-to-4000 mg of potassium each day.

This brochure groups fruits and vegetables by the amount of potassium in one serving. Please note the amount of one serving next to each food.



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

- **Fruits**

Applesauce (1/2 cup)
Berries: blackberries, blueberries,
raspberries, strawberries (1/2 cup)
Grapefruit (1/2 cup)
Pears, canned (1/2 cup)
Pineapple (1/2 cup)
Plums, canned (1/2 cup)
Rhubarb, cooked (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 cup)
Green and wax beans (1/2 cup)
Lettuce (1 cup)
Okra (3 pods)
Onions (1/2 cup)
Peas (1/2 cup)
Radishes (1/2 cup)
Rutabagas (1/2 cup)
Summer squash (1/2 cup)
Turnips (1/2 cup)
Water chestnuts (4)

- **Juices**

Apple juice (1/2 cup)
Cranberry juice (1 cup)
Grape juice, made from concentrate (1 cup)
Hi-C™, Kool Aid™ and Tang™ (1 cup)
Lemonade and limeade (1 cup)
Peach or pear nectar (1/2 cup)

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

- **Fruits**

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

- **Vegetables**

Bok Choy (1/2 cup)
Broccoli (1/2 cup)
Brussels sprouts (1/2 cup)
Beets (1/2 cup)
Carrots (1/2 cup)
Celery and celery root (1/2 cup)
Daikon (1/2 cup)
Eggplant (1/2 cup)
Lychees, fresh (1/2 cup)
Mixed vegetables (1/2 cup)
Mung beans, black (1/2 cup)
Mushrooms (1/2 cup)
Peanut butter (2 Tbsp)
Green pepper (1)
Potato chips (10)

- **Juices**

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

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

- **Fruits**

Apricots (3)
Avocados (1/4)
Banana (1 medium)
Dates (5), figs (3), prunes (5)
Durian (1/2 cup)
Guava (1 medium)
Kiwi (1)
Nectarine (1 medium)
Orange (1 medium)
Peach, fresh (1 medium)
Persimmon (1 medium)
Raisins, dried fruits (1/4 cup)

- **Vegetables**

Artichoke (1 medium)
Beans: lima, kidney, navy, pinto beans
(1/2 cup)
Greens: beet, collard, mustard, spinach,
turnip greens (1/2 cup)
Lentils, split peas, chickpeas, black-eyed
peas, red beans (1/2 cup)
Long beans (1/2 cup)
Nuts and seeds: all kinds (1/2 cup)
Parsnips (1/2 cup)
Plantain (1/2 cup)
Potatoes (1/2 cup)
Pumpkin (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)