



## Summer Fruits

Being on dialysis makes you aware of high potassium foods. Some favorite summer fruits can also be high potassium. **Limit high potassium fruits to one serving per day.**

Serving sizes are important too. For example, watermelon is a medium potassium fruit but notice the serving size of 1 cup. It's easy to eat a big chunk of melon which would amount to several servings. Even low and medium potassium fruits can add up to too much potassium if the servings are too large. To be safe, include 1 high potassium serving, 2 medium potassium servings and 3 low potassium servings per day of fruits and vegetables.

### High Potassium Fruits:

Apricots (3)  
Nectarine (1 medium)  
Peaches (1 medium)

### Medium Potassium Fruits

Cantalope (1/2 cup)  
Cherries (8-10)  
Honeydew melon (1/2 cup)  
Pear (1 medium)  
Plums (2)  
Watermelon (1 cup)

### Low Potassium Fruits

Blueberries (1 cup)  
Raspberries (1/2 cup)  
Rhubarb (1/2 cup)  
Strawberries (1/2 cup)





## Summer Salad

By Chef Ron

A winning recipe from the 2008 Food for the Soul Recipe Contest

Makes 4 servings

Ready in: 15 minutes

### Ingredients

#### Salad:

1 small head bibb or butterhead lettuce, torn

6-8 strawberries, sliced

1 (11 ounce) can Mandarin oranges, chilled and drained

1/2 small purple onion, sliced and separated into rings

1/4 c toasted slivered almonds

1/4 c parmesan cheese, shredded

Fresh basil, shredded

#### Dressing:

1/4 c olive oil

2 tablespoons balsamic vinegar

1 teaspoon sugar

1/8 teaspoon pepper

#### Directions

1. Combine salad ingredients in a large salad bowl.
2. Combine dressing ingredients in a jar, cover lightly and shake until mixed well. Pour mixture over salad, toss gently to coat. Serve immediately.

## Enjoy Summer Fruits

One way to enjoy summer fruits is to mix some low potassium fruits such as grapes, berries, or pineapple together with the medium and high potassium fruits to have a larger serving without getting too much potassium.

Some combinations:

- Cantaloupe with strawberries
- Pineapple with strawberries
- Blueberries with peaches
- Fruit salad: Grapes, nectarine, berries, watermelon

**Substitute any fresh summer fruit in the Summer Salad or the Tropical Fruit Salad with Basil Lime Syrup!**



## Tropical Fruit Salad with Basil Lime Syrup

By Erin Cox, RD

Makes 10 servings Prep Time: 25 minutes

### Ingredients

1/2 T Lime zest

1/4 cup Sugar

1/4 cup Water

1/4 cup Packed Basil Leaves

3/4 cup Banana, sliced

1 1/2 cup Strawberries, sliced

1 cup Mango, cubed

2 cup Pineapple, cubed

### Directions

1. In a small saucepan, bring water to a boil and add sugar. Boil until sugar dissolves. Remove from heat and add lime zest and basil.
2. While syrup cools, combine fruit in a large bowl.
3. 3. Strain syrup with cheesecloth and discard solids. Toss with fruit. Enjoy!