



## How To Control Your Potassium

### Why do you need to limit my potassium?

The correct amount of potassium is needed in body fluids for proper nerve conduction & muscle contraction.

### What happens if your potassium is too high?

Too much potassium causes a weak heart, fatigue, and poor respiration.

If you are on dialysis, do not skip your treatment. Dialysis helps get rid of excess potassium.

### FRUITS & VEGETABLES

Many fruits & vegetables are high in potassium and need to be avoided. The fruits & vegetables in the ALLOWED LIST are LOW in potassium-you should include **3 to 4** servings from this list every day. A serving size is “small” or ½ cup drained.

#### **FRUITS ALLOWED**

Apple  
Apple Juice  
Blackberries  
Blueberries  
Cherries  
Grapefruit – no juice  
Grapes  
Peaches  
Pineapple  
Plums  
Strawberries  
Tangerines  
Watermelon – 1 cup

#### **FRUITS TO AVOID**

Apricots  
Avocado  
Banana  
Cantaloupe  
Dried Fruits: Raisins, Dates  
Honeydew Melon  
Kiwi  
Mango  
Nectarines  
Oranges  
Papaya  
Prunes  
Rhubarb

## **VEGGIES ALLOWED**

Beans (snap, green, waxed)  
Bean sprouts  
Cabbage (not pak choi)  
Carrots  
Cauliflower  
Celery  
Corn  
Cress (water)  
Cucumber  
Garden Peas  
Lettuce  
Onion  
Pepper  
Radishes  
Zucchini  
Eggplant  
Okra  
Turnip, white

## **VEGGIES TO AVOID**

Artichoke  
Broccoli  
Dried Beans and Dried Peas  
Dark Green Leafy Vegetables  
(collards, spinach, turnip greens)  
Potatoes  
Pumpkin  
Squash (winter): acorn, butternut  
Sweet Potatoes  
Tomatoes – 2 thin slices is allowed  
Tomatoes Juice (V8 juice), Sauces  
Soybeans  
Parsnips

## **MILK & MILK PRODUCTS**

Milk (skim/whole), buttermilk, yogurt, or milk products are high in potassium. Limit milk & milk products to **1** cup a day.

## **Also avoid...**

Nuts (dried, fresh, or roasted)  
Peanut Butter  
Seeds  
Coconut  
Bran  
Most **processed meats** are high in potassium  
Salt Substitute (KCl)  
Lite Salt  
Special teas: green or black tea

### How To Leach Your Vegetables

You can leach *broccoli, greens, potatoes, and sweet potatoes*. Leaching will remove the potassium; therefore, you will be able to eat these vegetables without raising your potassium levels. Follow the simple steps below:

- 1). Peel fresh vegetables and cut into thin strips (1/8"). Thaw and drain vegetables if they are frozen.
- 2). Soak in hot tap water for 2 hours or in cold water overnight.
- 3). Drain, rinse, & drain again.
- 4). Cover with fresh water, boil for 5 minutes, simmer until done.
- 5). Drain water well and serve (boiled or mashed) or freeze for later.