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## Potassium

Normal blood level for potassium is around 3.5-5 meq/L.

Your kidneys control the amount of potassium in your blood. Patients with chronic kidney diseases are unable to eliminate potassium in their urine.

A potassium restricted diet is typically <2000 mg/day.

Tips to cut down potassium in your diet.

1. Avoid foods high in potassium.
2. Read labels and pay attention to serving size.
3. Avoid canned fruits and vegetables if possible. If unavoidable drain before serving.

### Foods that are high in potassium

| Fruits   | Vegetables                           | Others                                   |
|--|--------------------------------------|--|
| Avocado  | Artichoke                            | Bran/Bran products                       |
| Apricot  | Beans and Beets                      | Chocolate<br>Coffee/Tea (limit to 16 oz) |
| Bananas  | Broccoli                             | Granola                                  |
| Cantaloupe   | Brussel sprouts                      | Milk                                     |
| Citrus fruits (Oranges, nectarine, grapefruit etc) | Cabbage                              | Nuts                                     |
| Dates  | Carrots                              | Peanut butter                            |
| Dried fruits                                       | Greens except Kale                   | Salt substitutes                         |
| Honeydew   | Lentils                              | Sports drinks                            |
| Kiwi   | Legumes                              | Tofu                                     |
| Mango  | White mushroom, cooked               | Yogurt                                   |
| Papaya   | Okra<br>Olives                       |  |
| Pomegranate  | Parsnips                             |  |
| Prunes   | Potato                               |  |
| Raisins  | Pumpkin                              |  |
|  | Squash<br>(Acorn, Butternut Hubbard) |  |
|  | Tomato                               |  |

How to reduce potassium in vegetables?

“Leaching” is a process of pulling some of the potassium on vegetables with high potassium content.

1. Peel vegetables.
2. Sliced thinly.
3. Soak in water for at least 2hrs or overnight. If soaking longer, change water every few hours.
4. Rinse with warm water then cook as desired.