



Low Potassium Diet

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Potassium is a mineral found in most foods. It is regulated by the kidneys and helps to keep your heart functioning properly. If your potassium level is too high, you may experience muscle weakness or tremors. Elevated potassium may be caused by poor kidney function or uncontrolled diabetes.

Your doctor wants you to avoid eating foods high in potassium to keep you healthy. Most potassium in the diet can be found in fruits and vegetables.

For your best health, you should eat daily:

- Two to three half-cup servings of fruits and vegetables from the low potassium group
- One or two half-cup servings of fruits and vegetables from the medium potassium groups
- No more than one half-cup serving of fruit or vegetable from the high potassium group
- No more than one single cup serving from the “Additional High Potassium” foods list

Low Potassium Group (150mg or less per serving)

Fruits		
Apples and Apple Juice	Fruit Cocktail	Pineapple
Applesauce	Grapes	Plums
Blackberries	Lemons/Lemon Juice	Raspberries
Blueberries	Limes/Lime Juice	Strawberries
Cranberries	Peaches (canned)	Tangerines
Cranberry Juice Cocktail	Pears (canned)	Watermelon
Grapes/ Grape Juice	Strawberries	

Vegetables - Low Potassium	
Alfalfa Sprouts	Eggplant
Bean Sprouts	Green Beans
Beets (canned)	Lettuce (all types - 1 cup)
Cabbage	Mushrooms
Carrots	Onions
Cauliflower	Radishes
Corn	Water Chestnuts (canned)
Cucumber	Watercress

Medium Potassium Group (150 - 250 mg per serving)

Fruits	Vegetables
Cherries	Asparagus
Cantaloupe	Broccoli
Figs (2)	Celery
Grapefruit*	Kale
Grapefruit Juice*	Mixed Vegetables
Mango	Peas
Papaya	Peppers
Peach (fresh)	Summer Squash
Pear (fresh)	Turnips
Rhubarb	Zucchini

***Note:** Do not have grapefruit or grapefruit juice if you are taking heart medication or FK-506 (tacrolimus), as it can interfere with the action of the drug.

High Potassium Group (250 mg or more per serving)

Fruits	Vegetables
Apricots	Artichokes
Banana (1 small)	Avocado
Dates (¼ cup)	Beets (fresh)
Honeydew Melon	Brussels sprouts
Kiwifruit	Greens (beet, collard)
Nectarine	Okra
Oranges	Potatoes
Orange Juice	Pumpkin
Prunes (5)	Spinach
Prune Juice	Sweet Potatoes
Raisins	Tomatoes/ Tomato sauce
	Tomato juice
	V8 Juice
	Wax Beans
	Winter Squash
	Yams

Additional High Potassium Foods (350mg or more per 1 cup serving):

- Milk
- Yogurt
- Soup made with milk
- Beans (refried, baked, garbanzo, kidney, lima, navy, soy and vegetarian)
- Lentils

Questions?

Please call the Dietitians' Office at Roswell Park at **716-845-2398**.