

## Low Potassium Choices - less than 200 mg potassium per serving

**Goal:** Eat 6 servings of these fruits and vegetables daily to get enough fibre.

Questions?  
Contact your Dietitian at  
705-325 -2201 ext: \_\_\_\_\_

Regional  
Kidney Care  
PROGRAM

### Lower potassium fruits:

#### Apple

1 medium



#### Canned fruit, ½ cup

#### Cherries

12



#### Grapes

15



#### Mango

½ medium



#### Plum

1 small



#### Applesauce

½ cup



#### Clementine

1



#### Peach

1 small



#### Strawberries

½ cup



#### Apricot

1 small



#### Cranberries

½ cup



#### Pear

1 small



#### Watermelon

½ cup



#### Blackberries

½ cup



#### Grapefruit

½, \*drug interaction



#### Pineapple

¾ cup



#### Blueberries

1 cup



### Lower potassium vegetables:

#### Arugula

1 cup



#### Cauliflower

½ cup



#### Lettuce

1 cup



#### Peppers

½ cup



#### Asparagus

6



#### Celery

½ cup



#### Mixed vegetables

½ cup



#### Radish

½ cup



#### Beans,

green/yellow, ½ cup



#### Cucumber

½ cup



#### Mushrooms raw, ½ cup

½ cup



#### Snow peas

½ cup



#### Cabbage

½ cup



#### Corn

½ cup



#### Onion/leeks

½ cup



#### Spinach/swiss chard, 1 cup

½ small raw  
5 cherry



#### Carrots

boiled, 1/2 cup



#### Eggplant

½ cup



#### Peas

1/4 cup



### Bathroom habits matter!

We lose potassium in our stool; **constipation can raise potassium levels.** Please reach out to your dietitian if you have any bowel concerns.

### Tip: Portion Size Counts!

**Some vegetables shrink** to a smaller size when cooked. **Avoid cooked mushrooms, spinach, swiss chard and zucchini.**

Try to **stick to the portion sizes** listed above – larger portions of low potassium foods can add up to too much potassium in a day.

**Juices and dried fruits are concentrated** sources of potassium. It is best to avoid drinking all juices.

Consider how long it takes to eat a whole piece of fruit vs. drinking a glass of juice.

## High Potassium Choices – more than 200 mg potassium per serving

**Avocado**



**Coconut**



**Kiwi**



**Papaya**



**Banana**



**Dried fruits**  
Apricot, raisins,  
prunes



**Nectarine**



**Pumpkin**



**Cantaloupe**



**Honeydew**



**Orange, or  
orange juice**



**Starfruit**



**Beets**



**Broccoli**



**Carrots, raw**



**Rutabaga**



**Bok Choy**



**Brussels  
sprouts**



**Parsnips**



**Squash**



Potatoes contain very high amounts of potassium – this includes baked potatoes, roasted potatoes, sweet potatoes, potato chips and French fries. **Potatoes and root vegetables should be double boiled during cooking** to reduce potassium.

1. Peel skin off.
2. Dice into small pieces.
3. Place in pot with twice the amount of water as potatoes and bring to a boil.
4. Drain.
5. Refill with fresh water and boil again until soft and tender.



**Concentrated tomato products** (tomato sauces, tomato soup, tomato juice, lasagna, chili and pizza) contain high amounts of potassium. Try to top your pasta with olive oil and herbs or a roasted red pepper sauce.



### Potassium can come from other food sources too!

**Milk/yogurt:** Limit to 1 cup per day (1 cup milk = 340-404 mg potassium)

**Coffee:** Limit to 2 cups per day (1 cup = 123 mg potassium)

**Meat/protein foods:** Avoid large servings with meals.

**Nuts, seeds, baked beans, beans, legumes, and lentils:**  
Talk to your dietitian about ways to lower the potassium in these choices.

**Bran foods:** Bran muffin, raisin bran, bran cereal

**Salt substitutes** (eg. 'Half salt' is potassium chloride)

### Did you know?

**Potassium additives** may be found in packaged or processed foods and are easily absorbed by your body. Try to avoid foods which have "potassium words" listed in the ingredient list:

- Potassium Chloride
- Potassium Lactate
- Potassium Phosphate
- Potassium Citrate