

What can I eat on a Low Potassium Diet?

What is Potassium?

Potassium is a mineral found in a variety of foods. It helps your muscles function properly and keeps your heart beating normally. In some cases, such as end stage kidney disease, you might need to limit foods that are high in potassium in order to avoid high potassium blood levels and abnormal heart function.


How do I control my blood potassium level?



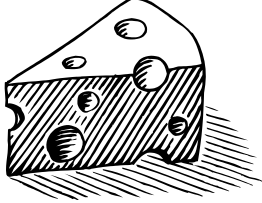
The best way to keep a healthy blood potassium level is to select foods carefully. It is important to choose most foods from the low potassium group, some from the medium potassium group and few, or none, from the high potassium group. Discuss with your doctor or registered dietitian the number of servings daily that you can have from each category.




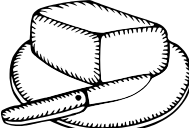
- Low in Potassium: _____ servings allowed per day
- Medium in Potassium: _____ servings allowed per day
- High in Potassium: _____ servings allowed per day



Potassium Content of Foods

(Numbers show milligrams of potassium per serving)

Food	Low Potassium Less than 100 mg per serving	Medium Potassium Between 101-200 mg per serving	High Potassium More than 201 mg per serving
<p>Fruits</p> <p>A serving is ½ cup, unless specified</p>	<p>Apples, peeled, <i>62</i> Applesauce, <i>78-92</i> Blueberries, <i>65</i> Cranberries, <i>39</i> Grapes, seedless, <i>93</i> Lemon, 1 medium, <i>80</i> Lime, 1 medium, <i>68</i> Pineapple, <i>88</i> Raspberries, raw, <i>94</i> Watermelon, <i>93</i></p> 	<p>Apricot, 1 medium, <i>105</i> Apricot, canned in heavy syrup, <i>181</i> Blackberries, <i>141</i> Cherries, ten, <i>152</i> Grapefruit, ½ medium, <i>167</i> Fig, 1 medium, <i>116</i> Fruit cocktail canned in syrup or juice, <i>112-118</i> Papaya, <i>180</i> Pears, canned in syrup, <i>118</i> Peaches, canned in syrup, <i>164</i> Pear, 1 medium, Asian or Bosc, <i>148-176</i> Pineapple, canned in heavy syrup, <i>133</i> Plums, canned in syrup, <i>194</i> Raspberries, frozen, <i>143</i> Rhubarb, cooked, <i>115</i> Strawberries, <i>125</i> Tangerine, 1 medium, <i>132</i></p>	<p>Apricot, canned in juice or dried, <i>611-895</i> Avocado, ¼ medium, <i>549</i> Banana, 1 medium, <i>451</i> Cantaloupe, ¼ medium, <i>413</i> Dates, <i>581</i> Honeydew melon, <i>875</i> Kiwi, 1 medium, <i>252</i> Mango, 1 medium, <i>323</i> Nectarine, 1 medium, <i>288</i> Orange, 1 medium, <i>237</i> Pear, 1 medium Bartlett, or D'Anjou, <i>208-250</i> Pomelo, ⅓ medium, <i>205</i> Plantain, boiled, <i>358</i> Pomegranate, 1 medium, <i>399</i> Raisins, <i>545</i> Sapodilla (Mexican Zapote), 1 medium, <i>328</i></p>

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<p>Vegetables</p> <p>A serving is ½ cup, unless specified</p>	<p>Alfalfa sprouts, <i>13</i> Arugula, <i>37</i> Bamboo shoots, canned <i>53</i> Beans, green, <i>76</i> Bean sprouts, <i>63-78</i> Cabbage, raw, <i>72-86</i> Cauliflower, cooked, <i>88</i> Collard greens, <i>110</i> Cucumbers, <i>84</i> Endive, raw, <i>79</i> Ginger, ground, 1 tsp, <i>24</i> Horseradish, 1 Tbsp, <i>37</i> Jicama, <i>98</i> Leeks, cooked <i>46</i>, raw <i>94</i> Lettuce: iceberg, Bibb, Boston, <i>65</i> Peppers, sweet raw, <i>89</i> Radicchio, <i>60</i> Water chestnuts, <i>83</i></p> 	<p>Asparagus, raw, <i>135</i> Bitter Gourd, boiled, <i>175</i> Broccoli, raw, <i>139</i> Cabbage, cooked, <i>154</i> Calabash, boiled, <i>124</i> Carrots, cooked, <i>116</i> Cauliflower, raw <i>152</i> Celeriac, cooked, <i>134</i> Celery, <i>171</i> Corn, cooked from frozen, <i>125</i> Dangelion greens, <i>121</i> Eggplant, <i>119</i> Fennel bulb, <i>180</i> Kale, cooked from fresh, <i>148</i> Lettuce, romaine, <i>148</i> Mushrooms, raw, <i>130</i> Mustard greens, <i>141</i> Onion, cooked, <i>160</i> Peppers, sweet cooked, <i>113</i> Parsley, raw, <i>166</i> Peas, <i>134-192</i> Peppers, hot chili, 1 raw, <i>153</i> Radishes, <i>144</i> Scallions, <i>138</i> Spinach, raw, <i>154</i> Squash, summer, <i>173</i> Tomatillos, raw, <i>177</i> Turnip greens, <i>186</i></p>	<p>Artichoke, 1 medium, <i>425</i> Asparagus, cooked, <i>202</i> Beans, chickpeas, black, lima, black eyed peas, kidney, split peas, lentil, pinto, soy <i>239-486</i> Beets, <i>265</i> Bok choy, cooked, <i>316</i> Broccoli, boiled, <i>229</i> Brussel sprouts, <i>246</i> Carrots, raw, <i>205</i> Collards, cooked, <i>214</i> Corn, cooked from raw, <i>204</i> Kale, cooked from frozen, <i>209</i> Kohlrabi, cooked, <i>281</i> Lotus root, boiled, <i>218</i> Mushrooms, cooked, <i>214</i> Okra, <i>257</i> Parsnips, <i>287</i> Pumpkin, <i>253-256</i> Rutabagas, cooked, <i>277</i> Spinach, cooked, <i>283-420</i> Squash, winter, <i>448</i> Swiss chard, <i>483</i> Tomato, <i>251- 273</i> Zucchini, <i>220</i></p>
<p>Meat and Protein Foods</p> <p>3 ounce serving, unless specified</p>	<p>Cheese, low-fat, cheddar, mozzarella, American, Swiss, provolone, 1 ounce, <i>24-39</i> Egg, 1 large, <i>60</i> Frankfurter, beef or pork, <i>75</i> Ham, 1 slice <i>80</i></p> 	<p>Fish: tuna, canned, <i>200</i> Nuts: walnuts, pecans, macadamia, 1 oz, <i>125</i> Nuts: almonds, peanuts, Brazil nuts, hazelnuts, cashews, pistachios, 1 oz, <i>200</i> Shrimp, <i>155</i></p> 	<p>Beef: roast, ground, steak, <i>270-400</i> Poultry: chicken, turkey, duck, <i>212-250</i> Crab, <i>225</i> Fish: salmon, haddock, swordfish, perch, <i>300</i>, trout, <i>394</i>, cod, halibut, snapper, sole, <i>480</i> Lamb, <i>141-301</i> Peanut butter, 2 Tbsp, <i>210-240</i> Pork, <i>350</i> Tempeh, ½ cup, <i>305</i> Tofu, ½ cup, <i>285</i></p>

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<p>Starchy Foods</p> <p>A serving is ½ cup unless specified</p> 	<p>Bagel, 4-inch plain, 5 Barley, cooked, 73 Bread, 1 slice, rye, whole wheat, white, 28-70 Cereal, honey bunches of oats, corn flakes, cocoa puffs, 1 cup, 33-94 English muffin, 65 Couscous, 46 Millet, 54 Oatmeal, 66 Rice, white, brown, wild, 50 Pita bread, 6-inch, white, 72 Popcorn, 1 cup, 20 Tortilla, 6-inch, 50 Waffle, 4-inch, 50</p>	<p>Amaranth, cooked, 166 Bread, pumpernickel, 1 slice, 141 Bulgar wheat, cooked 105 Cereal, bran flakes, raisin bran 120-172 Pasta, 1 cup, 103 Pita bread, 6-inch, whole wheat, 109 Cereal, cheerios, 1 cup, 171 Quinoa, 159</p>	<p>Cereal, 100% bran, 426 French fries, fast food 3 oz or small, 470 Potato, baked with skin, 844 Potato, boiled, no skin, 256 Potato chips, 1 ounce, 465 Sweet potato, boiled 301 baked 397 Wheat germ, 1 oz, 250</p> 
<p>Milk products and substitutes</p> <p>A serving is 1 cup unless specified</p>	<p>Cottage cheese, ½ cup, 97 Mocha mix, 1 Tbsp, 0 Oat milk, ½ cup, 100 Rice milk, 69</p>	<p>Almond milk, 190 Ice cream, ½ cup, 120-175 Frozen yogurt, ½ cup, 120-175 Pudding, ½ cup, 150</p>	<p>Milk, nonfat, low fat, whole, buttermilk, chocolate, 351-420 Soy milk, ½ cup, 338 Yogurt, 260-435</p>
<p>Beverages</p> <p>A serving is 1 cup unless specified</p>	<p>Carbonated drinks, less than 5 Cranberry juice, 40 Crystal Light, 15 Fruit Punch, 47 Hawaiian Punch, 29 Kool-Aid, 1 Lemonade, 38 Pear Nectar, 66 Tang, powder mix, 45 Tea, brewed, 27 Water, 0</p>	<p>Beer, 12 oz, 100 Coffee, 124 Wine, red, 5 oz, 180 Wine, white, 5 oz, 100</p> 	<p>Apple juice, 300 Orange juice, 496 Peach Nectar, 202 Pomegranate juice, 533 Tomato or vegetable juice, 550</p>
<p>Sugar, Fats</p> <p>A serving is 1 Tbsp unless specified</p>	<p>Butter, margarine, oil, all less than 5 Honey, 11 Syrup, 1 Sugar, brown, white, 15</p>		<p>Molasses, 1 Tbsp, 293</p>

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Other	Cake, without foods high in potassium or chocolate, 1 small slice, <i>less than 50</i> Fish sauce, 1 Tbsp, <i>52</i> Hoisin sauce, 1 Tbsp, <i>19</i> Hummus, 1 Tbsp, <i>32</i> Mrs. Dash, ¼ tsp, <i>10</i> Oyster sauce, 1 Tbsp, <i>10</i> Soy sauce, 1 Tbsp, <i>35</i> Sweet and Sour sauce, 1 Tbsp, <i>29</i> Tamarind paste, 1 Tbsp, <i>0</i> Teriyaki sauce, 1 Tbsp <i>40</i>		Salt substitutes: Morton Lite Salt, ¼ tsp, <i>1500</i> Morton Salt Sub, ¼ tsp, <i>2800</i> 

Tips to lower the amount of potassium in vegetables

To reduce the potassium level of carrots, beets, squash, and other vegetables, boil them in a large amount of water without salt. Once cooked, drain and discard the water.

To reduce the amount of potassium in potatoes, follow these steps:

1. Peel and cut potatoes into slices the width of your pinky.
2. Soak in water overnight, or at least 2 hours in a large amount of water without salt.
3. Drain the water, rinse the potatoes in new water and drain again.
4. Boil potatoes in a large amount of water without salt.
5. Drain and discard the water.

For information on the potassium content of a food item, go to the following online website:
www.nal.usda.gov/fnic/foodcomp/search/

If you want to eat a food that is not listed, and you do not know the potassium content of that food, then ask a registered dietitian or your doctor before including that item.