

 **Safe Zone** 3.5-5.1  **Action Zone** 5.2-5.9  **Danger Zone** over 6.0

Your level is \_\_\_\_\_ Date \_\_\_\_\_

**Potassium is a mineral found in all foods.** It helps your nerves, muscles and heart work properly. Healthy kidneys remove extra potassium from your blood. If your kidneys do not work well, potassium can build up in your blood.

**High levels of potassium in the blood can cause an irregular heart beat and can cause your heart to stop.**

How will I know if my potassium is high?

- 1) **Blood test:** is the best way to know
- 2) **Symptoms:**

**Usually:** no symptoms

**Sometimes:** diarrhea, nausea, weakness, numbness, tingling, breathing problems

How can I help control the potassium level in my blood?

**Avoid:** high potassium foods.

**Follow:** the recommended sizes & servings of the following foods (see attached sheets)

**Remember:** a **large** serving of **low** potassium food = **high potassium** intake

**NOTE:**

**\*Protein foods** (meat, chicken, fish & eggs): contain potassium but are needed to keep the body healthy and should be included daily.

Talk to your Dietitian about the right amount for you

To be used in conjunction with advice from a Registered Dietitian.

Dietitian's name: \_\_\_\_\_ Phone number: \_\_\_\_\_



## TIPS FOR REDUCING POTASSIUM IN VEGETABLES

- Boiled vegetables are considered those cooked in water, not microwaved
- The process of leaching and double boiling will help pull potassium out of SOME high potassium vegetables
- It is important to remember that these methods will not pull all of the potassium out of the vegetable
- Ask your Dietitian about the amount of leached vegetables that you can include in your diet

### To Double-boil Potatoes:

1. Peel, cut into small pieces, cover with large amount of cold water
2. Bring slowly to boil; boil 10 minutes; throw out water
3. Cover with more cold water, bring slowly to boil, cook until done
4. Throw out water

### To Leach Sweet Potatoes, Carrots, Beets, Rutabagas and Squash:

1. Peel and place the vegetables in cold water so they will not darken
2. Slice vegetable 1/8 inch thick
3. Rinse in warm water for a few seconds
4. Soak for a minimum of 2 hours in warm water
5. Use 10 times the amount of water to the amount of vegetables. If soaking longer, change the water every 4 hours
6. Rinse under warm water again for a few seconds
7. Cook vegetable with 5 times more water than the level of vegetables

Adapted from [www.davita.com](http://www.davita.com)



<p align="center"><b><u>Low Potassium Vegetables</u></b> (less than 100 mg per day)</p>	<p align="center"><b><u>Low Potassium Fruits</u></b> (less than 100 mg per day)</p>
<p>You may have ____ serving(s) per day.  <b>1 serving is ½ cup</b> or as marked                      The liquid of cooked and canned vegetables is high in potassium. Drain vegetables before serving.</p>	<p>You may have ____ serving(s) per day.  <b>1 serving is ½ cup</b> or as marked                      People with diabetes should use fresh, frozen or canned (in fruit juice or water).</p>
<p>Alfalfa sprouts - 1 cup                      Arugula                      Basil leaves, fresh, chopped                      Bok Choy (pak-choi) fresh                      Bamboo shoots, canned                      Beans, green/wax, frozen, boiled                      Bean sprouts                      Cabbage (red, green, Chinese) fresh                      Cauliflower, boiled                      Cilantro, fresh, 1 tbsp                      Cucumber                      Daikon radish (lo bok), fresh                      Eggplant, fresh                      Endive, fresh                      Garlic, fresh, 1 clove                      Ginger, fresh, 1 tsp or 5 slices                      Grape leaves, canned, 5 leaves                      Green beans, canned or frozen                      Jicama, fresh                      Leeks                      Lettuce                      Mint leaves, fresh, chopped                      Mushrooms – shitake, fresh                      Parsley, fresh, 1 tbsp                      Peas, green, frozen                      Peppers (green /red/sundried/jalapeno)                      Pimentos, canned, 1 tbsp                      Radicchio, fresh                      Radish, 8 small                      Seaweed, fresh                      Shallots, fresh, 1 tbsp                      Squash, spaghetti, cooked                      Tomatillos, fresh, 1 tbsp                      Water chestnut, canned                      Watercress, fresh                      Winter melon (don qua) cooked</p>	<p>Applesauce                      Apricot, fresh, 1                      Blueberries                      Boysenberries                      Cranberries- 1 cup                      Cranberry cocktail                      Gooseberries, canned                      Lemon                      Lemon juice                      Lime                      Lime juice                      Passion fruit, 1 medium                      Peach juice                      Pears – canned, drained                      Pear juice                      Persimmon, 1 medium                      Pineapple, fresh                      Rambutan, canned                      Raspberries                      Watermelon, ½ cup</p>

<b><u>MEDIUM Potassium Vegetables</u></b> (101-200 K+mg) You may have ____ servings per day. <b>1 serving is ½ cup</b> or as marked. <b>*Double boil or pre soak (see sheet on tips for reducing potassium in vegetables)</b>		<b><u>MEDIUM Potassium Fruits</u></b> (101 – 200mg K+ mg) You may have ____ servings per day <b>1 serving is ½ cup</b> or as marked. People with diabetes should use fresh, frozen or canned (in fruit juice or water).	
Artichoke, marinated in oil, 1 heart	Nopales (cactus leaves), cooked	Apple	Mandarin Orange – fresh, 1 medium
Asparagus, boiled	Okra, fresh, cooked	Apple juice	Mango- ½ medium
Beans, green & wax, fresh or boiled	Onions	Applepear (Chinese pear)	Mince meat, ¼ cup
Bean sprouts. stir-fried	Pennywort leaves	Apricots, canned without skins	Orange & grapefruit juice blends
Beets, pickled or canned	Potato, boiled*,mashed	Apricot nectar,	Peaches- canned, fresh
Bitter melon, cooked	Peas, green, fresh or canned	Blackberries	Pear, fresh, ½ large
Broccoli	Peppers (hot chili, raw), 1 large	Cherries- 10	Pineapple- canned,
Cabbage, boiled	Pumpkin, pie filling - canned	Clementine, 1 serving	Pineapple juice
Carrot, boiled	Radish, fresh, 10	Crabapples	Plums, canned, 3 medium
Cauliflower, fresh	Snow peas, boiled	Currants	Plums, fresh, 1 medium
Celery, fresh, 1 stalk	Spinach, fresh,	Fruit cocktail- canned	Prunes, dried, 3
Chayote, cooked	Swamp cabbage (skunk cabbage), cooked	Gooseberries	Raisins, 2 tsp.
Chives	Tomato, fresh, ½ medium	Grapefruit-, ½ small (check medication)	Rhubarb
Clamato juice (low sodium)	Turnip, cooked	Grapefruit juice	Saskatoon berries
Corn	Turnip greens, cooked	Grapes- 15 small	Strawberries, 7
Eggplant, cooked	Yardlong Beans (Chinese Long Bean), fresh or cooked	Grape juice	Strawberries, frozen
Fennel Bulb, fresh	Zucchini, fresh	Logan berries	Tangerine
Gailon, cooked		Lychee (Leechee, Lichee, Lichi), 10	Watermelon, 1 cup
Garden cress, fresh		Mandarin Orange – canned	
Kale			
Mixed vegetables			
Mushrooms, fresh or canned			
Mustard greens, frozen or cooked			

<p align="center"><b><u>HIGH Potassium Vegetables</u></b> (OVER 200 mg K+) <b>AVOID</b> 1 serving is ½ cup or as marked</p>		<p align="center"><b><u>HIGH Potassium Fruits</u></b> (OVER 200 mg K+ ) <b>AVOID</b> 1 serving is ½ cup or as marked</p>	
<p>Amaranth leaves (Chinese spinach-Yin choy), cooked Artichoke Asparagus, canned Bamboo shoots, fresh Beans, white Beets Beet greens (cooked) Black, eyed peas Bok choy (pak-choi), cooked Brussel sprouts Carrots, fresh* Carrot Juice Chard, Swiss, cooked Collard Greens Chikoo Jute leaves, cooked Kidney beans Kohlrabi Lentils Lima beans Mushrooms – cooked, dried Parsnips* Potato –baked, canned, fries, scalloped Pumpkin</p>	<p>Rapini (Broccoli Raab) Rutabagas* Soybean sprouts Spinach – boiled, canned Squash, acorn, boiled, mashed Sponge gourd, cooked Squash, butternut, boiled, mashed Squash, hubbard, boiled, mashed Sweet potato*, cooked or canned Tomato Juice Tomato, fresh, 1 medium Tomato paste &amp; sauce Tomato, canned Water chestnut, fresh Yam, cooked Yin choy (Amaranth leaves), cooked V-8 cocktail Zucchini, boiled, mashed</p>	<p>Apricots – dried or dehydrated, frozen Atis (sugar apple) Avocado Banana Cantaloupe Coconut Dragon Fruit Dried fruit (date, fig, peach, pear, prune) Durian Guava Honeydew melon Jackfruit (breadfruit) Kiwi Lanzones Loquats Lychee (Leechee, Lichee, Lichi), over 10 Orange (Navel, Valencia) Orange juice Nectarine Passion fruit &amp; juice Papaya Papaya nectar juice Pear, fresh Plums, fresh, 2 Pomegranate Pummelo Prunes, dried or cooked Prune juice</p>	<p>Tamarind Tangerine juice Tangelos</p>
<p><b>* Double boil or pre soak (see sheet on tips for reducing potassium in vegetables).</b></p>		<p align="center"><b>Do not eat <u>Star fruit</u></b> (also known as carambola). <b>It is toxic for people with kidney disease</b></p>	

<p><b>OTHER</b> <b>Low/Medium Potassium Food</b></p>	<p><b>OTHER</b> <b>High Potassium Food</b> <b>AVOID</b></p>
<p>Milk &amp; dairy products less than ½ cup per day</p> <p>Bread &amp; Bread products, white and rye</p> <p>Cakes, cookies and pies (made without high potassium fruit, nuts or chocolate)</p> <p>Cracker, soda</p> <p>Jams (e.g. strawberry, raspberry, marmalade)</p> <p>Hot Beverages: Coffee, 2 cup per day Tea, herbal Tea, black, less than 3 cups per day</p> <p>Meat/chicken/fish/eggs: *see comment on bottom of first page</p> <p>Noodles/ Pasta</p> <p>Nutritional Supplements -Boost® Diabetic; Nepro Carb Steady®; Novasource Renal®;</p> <p>Rice, white</p>	<p>Black licorice, (Twizzlers®, Nibs®)</p> <p>Bran cereals</p> <p>Bran muffins</p> <p>Bread &amp; Bread products, whole grains</p> <p>Carob candy bar</p> <p>Chocolate candy bar</p> <p>Chocolate milk</p> <p>Coconut milk</p> <p>Coconut water</p> <p>Coffee-more than 2 cups per day</p> <p>Cream of tartar</p> <p>Fig bars</p> <p>Fruit cake</p> <p>French Fries</p> <p>Granola</p> <p>High fiber Cereals (eg Fibre 1®)</p> <p>Whole grain breads, 2 slices</p> <p>Legumes, Lentils, dried peas, dried beans</p> <p>Milk &amp; dairy products, over ½ cup per day</p> <p>Molasses</p> <p>Nuts &amp; Seeds</p> <p>Nutritional Supplements -Boost®; Ensure®</p> <p>Peanut Butter- limit to 2 Tbsp per day.</p> <p>Pork n' beans</p> <p>Potato Chips</p> <p>Rice, brown or wild</p> <p>Salt substitutes containing potassium (Half Salt®, No Salt®, Nu Salt®)</p> <p>Tea-limit to 3 cups per day</p>

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