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## **Middle Tennessee Nephrology**

Potassium is a mineral that helps muscles and nerves work the right way. It is especially important for the heart muscle. Too much potassium affects heart rhythm or can cause cardiac arrest without warning. Some patients with kidney disease are not able to get rid of potassium well enough in their urine, and need to limit the potassium in their diet.

Your doctor may ask to to make some or more changes depending on your level of kidney function and your tendency to develop high potassium. In general we recommend potassium intake of 2-4 grams/day (51 to 102 meq/day).

<b>High Potassium Fruits:</b>	<b>Choose Instead:</b>
<ul style="list-style-type: none"><li>• Bananas</li><li>• Oranges and orange juice</li><li>• Nectarines</li><li>• Apricots</li><li>• Avocado (Guacamole)</li><li>• Cantaloupe</li><li>• Honeydew melon</li><li>• Papaya</li><li>• Mango</li><li>• Dates</li><li>• Dried fruits</li><li>• Kiwi</li></ul>	<ul style="list-style-type: none"><li>• Apples</li><li>• Applesauce</li><li>• Grapes</li><li>• Peaches</li><li>• Pears</li><li>• Plums</li><li>• Fruit cocktail</li><li>• Pineapple</li><li>• Strawberries</li><li>• Raspberries</li><li>• Blueberries</li><li>• Tangerines</li><li>• Grapefruit</li></ul>

<b>High Potassium Vegetables:</b>	<b>Choose Instead:</b>
<ul style="list-style-type: none"><li>• White and sweet potatoes</li><li>• Tomatoes and tomato juice</li><li>• Tomato sauce and paste</li><li>• Beet greens</li><li>• Spinach</li><li>• Dried peas</li><li>• Dried beans</li><li>• Nuts and peanut butter</li><li>• Winter squash</li><li>• Broccoli</li></ul>	<ul style="list-style-type: none"><li>• Green beans</li><li>• Green peas</li><li>• Cucumbers</li><li>• Onions</li><li>• Cauliflower</li><li>• Cabbage</li><li>• Summer squash</li><li>• Green peppers</li><li>• Eggplant</li><li>• Celery</li></ul>

**Other High Potassium Foods:**

- Milk
- Yogurt
- Ice cream
- Caramel and chocolate
- Sports drinks
- Salt substitute
- Bran breads
- Cereal

**Choose Instead:**

- Non-dairy creamer
- Sherbet
- Sorbet
- Clear sodas
- Apple
- Grape juice
- Mrs. Dash
- No-salt seasoning blends
- White breads
- Croissants
- Bagels

