



Potassium and Your CKD Diet

Potassium is a mineral found in many of the foods you eat, and plays a role in keeping your heartbeat regular and your muscles working right. Your kidneys keep the right amount of potassium in your body. However, when your kidneys are not healthy, you need to limit certain foods that contain an excess of potassium.

How can I keep my potassium level from getting too high?

- Limit Foods that are high in potassium. For help doing this, consult a Renal Associates dietitian!
- Eat a variety of foods, but in moderation
- If you want to eat some high potassium vegetables, leach them first. Leaching is a process by which some potassium can be pulled out of vegetables! Instructions for leaching high potassium vegetables can be found below
- Do not drink or use the liquid from canned fruits and vegetables, or the juices from cooked meat
- Remember that almost all foods have some potassium and the size of the servings are very important! A large amount of low potassium food can turn into a high-potassium food
- If you are on dialysis be sure to get all the treatment or exchanges prescribed to you!

Leaching Vegetables

1. Peel and place the vegetables in cold water, or if frozen allow frozen vegetables to thaw to room temperature and drain
2. If applicable, slice vegetables 1/8 inch thick
3. Rinse in warm water for a few seconds
4. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
5. Rinse under warm water for a few seconds prior to cooking
6. Use five time the amount of water to the amount of vegetables when cooking

Symptoms of Low Potassium

Muscle weakness
Confusion
Irritability
Fatigue
Heart Disturbances
Diarrhea

Symptoms of High Potassium

Nausea
Fatigue
Muscle weakness
Tingling sensations
Low heart rate, weak pulse
Heart Disturbances

Low Potassium Foods

Fruits

Apple
Apple Juice
Apple Sauce
Apricots, Canned in Juice
Blackberries
Cherries
Cranberries
Fruit Cocktail
Grapes
Grapefruit
Mandarin Oranges
Fresh and Canned Peaches
Pineapple
Pineapple Juice
Plums
Raspberries
Strawberries
Tangerine
Watermelon



Vegetables

Alfalfa Sprouts
Asparagus
Green and Wax Beans
Green or Red Cabbage
Cooked Carrots
Cauliflower
Celery
Fresh and Frozen Corn
Cucumber
Eggplant
Kale
Lettuce
Mixed Vegetables
Fresh Mushrooms
Okra
Parsley
Green Peas
Peppers
Radish
Rhubarb
Canned Water Chestnuts
Watercress
Yellow and Zucchini Squash

Other Foods

Rice
Noodles
Pasta
Bread and Bread Products
(not whole grain)
Angel or Yellow Cake
Coffee
Pies (no chocolate or high
potassium fruits)
Cookies (No chocolate or
nuts)
Tea



High Potassium Foods

Fruits

Raw and Dried Apricots
Avocado
Banana
Cantaloupe
Dates
Dried fruits
Dried figs
Grapefruit Juice
Honeydew
Kiwi
Mango
Nectarine
Orange
Papaya
Prunes
Prune Juice
Raisins



Vegetables

Acorn Squash
Artichokes
Bamboo Shoots
Baked Beans
Butternut Squash
Refried Beans
Beets, fresh then boiled
Black Beans
Cooked Broccoli
Brussels Sprouts
Chinese Cabbage
Raw Carrots
Dried Beans and Peas
Greens, except Kale
Hubbard Squash
Kohlrabi
Lentils
Legumes
Canned Mushrooms
Parsnips
White and Sweet Potatoes
Pumpkin
Rutabagas
Cooked Spinach
Tomatoes, Tomato Juice
Vegetable Juices

Other Foods

Bran/ Bran Products
Chocolate
Granola
Milk
Molasses
Nutritional Supplements
Nuts and seeds
Peanut Butter
Salt Substitutes / Light Salt
Salt Free Broth
Yogurt
Snuff / Chewing Tobacco

