



# Potassium Restricted Diet For Patients With Chronic Kidney Disease

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## Why do your food choices matter when you have kidney disease?

Your kidneys are like filters in your body. They help keep things balanced by removing stuff you don't need, like waste and extra nutrients, minerals, and water. Think of them as your body's clean-up crew!

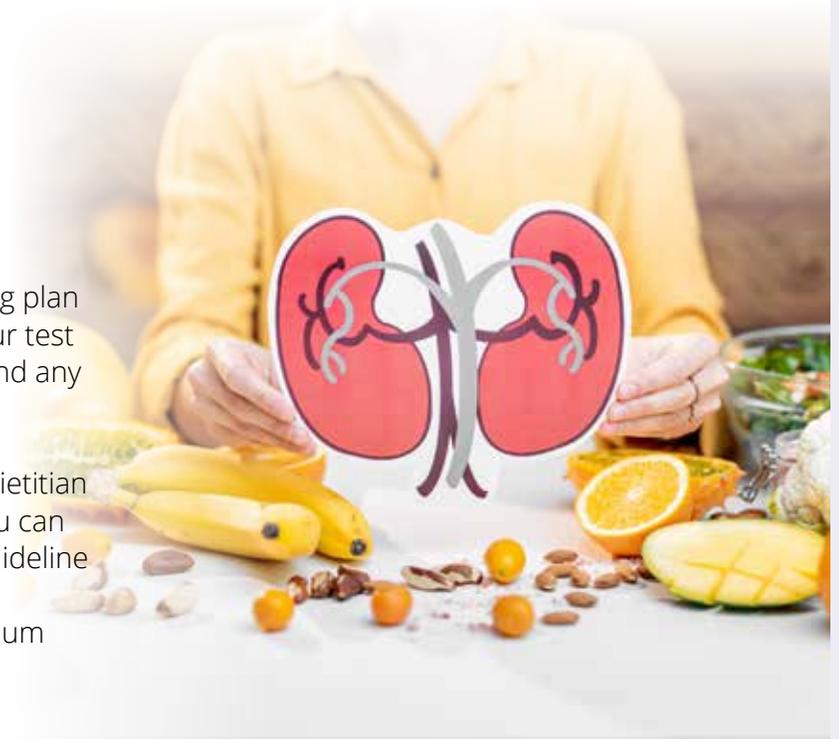
However, when your kidneys are damaged, they can't do their job very well. It's like having a broken filter. When this occurs, too much waste, nutrients, minerals, and water can stay in your body, causing your kidney function to decline even further.

Your doctor may tell you to modify your diet to help slow the progression of kidney disease. For example, they may tell you to consume less:

- ▶ Sodium
- ▶ Potassium
- ▶ Phosphorus
- ▶ Protein
- ▶ Fluids

There is not one eating plan that is right for everyone with kidney disease, and your eating plan will likely change over time depending on your test results, how well your kidneys are working, and any other health issues you have.

Make sure to ask your doctor or registered dietitian about any adjustments you should make. You can use the following information as a general guideline when planning your meals if you were recommended to limit the amount of potassium you consume.



## Limiting Your Potassium Intake

### Why?

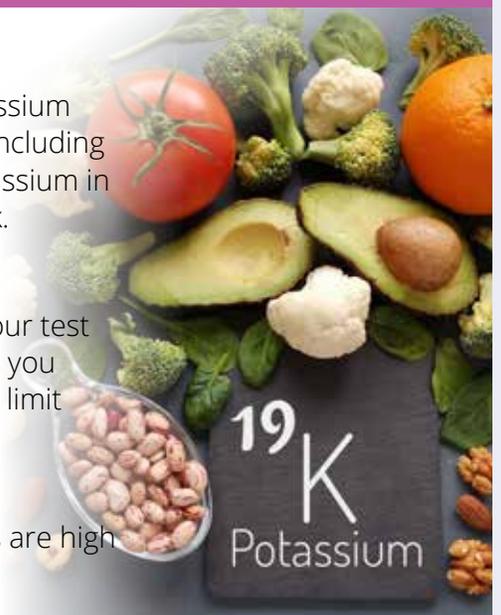
When your kidneys are damaged, they struggle to remove excess potassium from the body. Potassium helps keep your muscles working properly, including the muscles that control your heartbeat and breathing. Too much potassium in your blood can lead to serious heart problems, including a heart attack.

### How much should you consume in a day?

The amount of potassium you should consume in a day depends on your test results, how well your kidneys are working, and any other health issues you have. Ask your doctor for the specific amount of potassium you should limit yourself to.

### What foods have potassium?

Almost all foods have potassium. Use the list below to find which foods are high in potassium and which foods are low in potassium.



Foods That Are HIGHER In Potassium  
>200 mg per serving

Foods That Are LOWER In Potassium  
<200 mg per serving

FRUITS



- › **Plantain** (1 medium = 893 mg)
- › **Cantaloupe** (1 cup = 473 mg)
- › **Banana** (1 medium = 451 mg)
- › **Grapefruit** (1 fruit = 415 mg)
- › **Dried peaches** (¼ cup = 399 mg)
- › **Honeydew** (1 cup = 388 mg)
- › **Dried apricots** (¼ cup = 378 mg)
- › **Prune juice** (½ cup = 354 mg)
- › **Prunes or dried plums** (¼ cup = 319 mg)
- › **Raisins** (¼ cup = 307 mg)
- › **Nectarines** (1 medium = 285 mg)
- › **Mango** (½ mango = 282 mg)
- › **Pomegranate juice** (½ cup = 267 mg)
- › **Orange juice** (½ cup = 248 mg)
- › **Orange** (1 medium = 237 mg)
- › **Tangerine juice** (½ cup = 220 mg)
- › **Kiwi** (1 fruit = 215 mg)
- › **Papaya** (½ cup = 210 mg)

- › **Apple** (1 medium = 195 mg)
- › **Apple sauce, sweetened** (1 cup = 185 mg)
- › **Grapefruit juice** (½ cup = 181 mg)
- › **Pineapple** (1 cup = 180 mg)
- › **Grapes** (1 cup = 176 mg)
- › **Watermelon** (1 cup = 170 mg)
- › **Pineapple juice** (½ cup = 163 mg)
- › **Mandarin orange** (½ cup = 162 mg)
- › **Cherries** (½ cup = 153 mg)
- › **Peach** (½ cup = 147 mg)
- › **Tangerine** (1 medium = 146 mg)
- › **Grape juice** (½ cup = 132 mg)
- › **Apple juice** (½ cup = 125 mg)
- › **Blackberries** (½ cup = 117 mg)
- › **Strawberries** (½ cup = 117 mg)
- › **Plum** (1 plum = 104 mg)
- › **Raspberries** (½ cup = 93 mg)
- › **Apricot** (1 medium = 91 mg)
- › **Lemon** (1 lemon = 80 mg)
- › **Lime** (1 lime = 68 mg)
- › **Blueberries** (½ cup = 57 mg)

VEGETABLES



- › **Beet greens, cooked** (1 cup = 1306 mg)
- › **Swiss chard, cooked** (1 cup = 961 mg)
- › **Potato, baked, with skin** (1 medium = 926 mg)
- › **Yam, cooked** (1 cup = 911 mg)
- › **Spinach, cooked** (1 cup = 839 mg)
- › **Adzuki beans, cooked** (½ cup = 612 mg)
- › **Parsnips, cooked** (1 cup = 572 mg)
- › **Sweet potato, cooked** (1 cup = 572 mg)
- › **White beans, cooked** (½ cup = 502 mg)
- › **Lima beans, cooked** (½ cup = 485 mg)
- › **Dandelion greens, cooked** (1 cup = 455 mg)
- › **Acorn squash, cooked** (½ cup = 448 mg)
- › **Bok choy, cooked** (1 cup = 445 mg)

- › **Snow peas, cooked** (½ cup = 192 mg)
- › **Corn, cooked** (½ cup = 192 mg)
- › **Carrots, cooked** (½ cup = 183 mg)
- › **Onions, cooked** (½ cup = 180 mg)
- › **Cauliflower, raw** (½ cup = 160 mg)
- › **Turnip, cooked** (½ cup = 159 mg)
- › **Red bell pepper, raw** (½ cup = 157 mg)
- › **Summer squash, cooked** (½ cup = 148 mg)
- › **Green peas, canned** (½ cup = 147 mg)
- › **Broccoli, raw** (½ cup = 139 mg)
- › **Celery, raw** (½ cup = 132 mg)
- › **Cabbage, raw** (1 cup = 119 mg)
- › **Orka, cooked** (½ cup = 108 mg)
- › **Green Beans, cooked** (½ cup = 91 mg)
- › **Cucumber, raw** (½ cup = 76 mg)
- › **Green bell pepper, raw** (½ cup = 75 mg)
- › **Kale, raw** (1 cup = 72 mg)

Foods That Are HIGHER In Potassium  
>200 mg per serving

Foods That Are LOWER In Potassium  
<200 mg per serving

VEGETABLES



- **Soybeans, cooked**  
(½ cup = 443 mg)
- **Pink beans, cooked**  
(½ cup = 430 mg)
- **Bamboo shoots, raw**  
(½ cup = 403 mg)
- **Black turtle beans, cooked**  
(½ cup = 401 mg)
- **Pinto beans, cooked**  
(½ cup = 373 mg)
- **Rutabaga, cooked**  
(1 cup = 367 mg)
- **Lentils, cooked**  
(½ cup = 366 mg)
- **Avocado**  
(½ cup = 364 mg)
- **Water chestnuts**  
(½ cup = 362 mg)
- **Kidney beans, cooked**  
(½ cup = 359 mg)
- **Split peas, cooked**  
(½ cup = 355 mg)
- **Navy beans, cooked**  
(½ cup = 354 mg)
- **Carrot juice** (½ cup = 345 mg)
- **Edamame, cooked**  
(½ cup = 338 mg)
- **Brussels sprouts, cooked**  
(½ cup = 313 mg)
- **Black beans, cooked**  
(½ cup = 306 mg)
- **Turnip greens, cooked**  
(1 cup = 292 mg)
- **Butternut squash, cooked**  
(½ cup = 291 mg)
- **Kohlrabi, cooked**  
(½ cup = 281 mg)
- **Broccoli, cooked**  
(½ cup = 275 mg)
- **Portabella mushrooms, cooked**  
(½ cup = 265 mg)
- **Stewed tomatoes, canned**  
(½ cup = 264 mg)
- **Tomato juice** (½ cup = 264 mg)
- **Pumpkin, canned**  
(½ cup = 253 mg)
- **Winter squash, cooked**  
(½ cup = 247 mg)
- **Artichokes, cooked**  
(½ cup = 240 mg)

- **Lettuce** (1 cup = 70 mg)
- **Eggplant, cooked** (½ cup = 61 mg)
- **Alfalfa sprouts** (1 cup = 26 mg)

Foods That Are HIGHER In Potassium  
>200 mg per serving

Foods That Are LOWER In Potassium  
<200 mg per serving

VEGETABLES



- **Zucchini, cooked**  
(½ cup = 238 mg)
- **Cassava (yuca), cooked**  
(½ cup = 226 mg)
- **Burdock root, cooked**  
(½ cup = 225 mg)
- **Fava beans, cooked**  
(½ cup = 228 mg)
- **Collard greens, cooked**  
(1 cup = 222 mg)
- **Carrots, raw** (½ cup = 205 mg)
- **Asparagus, cooked**  
(½ cup = 202 mg)

GRAINS



- **Quinoa, cooked** (1 cup = 318 mg)
- **Raisin Bran** (1 cup = 280 mg)  
And other bran cereals

- **Wild rice, cooked** (1 cup = 166 mg)
- **Bagel** (1 bagel = 162 mg)
- **Pearled barley, cooked**  
(1 cup = 146 mg)
- **Oatmeal, cooked** (1 cup = 142 mg)
- **Couscous, cooked** (1 cup = 91 mg)
- **Brown rice, cooked**  
(1 cup = 84 mg)
- **English muffin** (1 muffin = 75 mg)
- **Whole wheat bread**  
(1 slice = 69 mg)
- **White rice, cooked**  
(1 cup = 55 mg)
- **Corn tortilla** (1 tortilla = 45 mg)
- **White bread** (1 slice = 36 mg)
- **Rice cakes, Quaker Lightly Salted** (1 cake = 30 mg)
- **Pasta, cooked** (2 oz = 14 mg)

PROTEINS

(3 oz = about the size of a deck of cards or the size of your palm)



- **Clams** (3 oz = 534 mg)
- **Skipjack tuna** (3 oz = 444 mg)
- **Shad** (3 oz = 418 mg)
- **Mullet** (3 oz = 389 mg)
- **Pollock** (3 oz = 388 mg)
- **Rainbow trout** (3 oz = 383 mg)
- **Whiting** (3 oz = 368 mg)
- **Herring** (3 oz = 356 mg)
- **Goat** (3 oz = 344 mg)
- **Tempeh** (½ cup = 342 mg)
- **Atlantic mackerel** (3 oz = 341 mg)
- **Sardines, canned** (3 oz = 338 mg)

- **Chicken thigh, roasted, with skin**  
(3 oz = 180 mg)
- **Hummus** (¼ cup = 140 mg)
- **Tofu** (3 oz = 128 mg)
- **Almond butter** (1 tbsp = 120 mg)
- **Peanut butter** (1 tbsp = 104 mg)
- **Egg, boiled** (1 large egg = 63 mg)

	Foods That Are HIGHER In Potassium >200 mg per serving	Foods That Are LOWER In Potassium <200 mg per serving
<p><b>PROTEINS</b> (3 oz = about the size of a deck of cards or the size of your palm)</p> 	<ul style="list-style-type: none"> <li>➤ <b>Tilapia</b> (3 oz = 323 mg)</li> <li>➤ <b>Cod</b> (3 oz = 316 mg)</li> <li>➤ <b>Smelt</b> (3 oz = 316 mg)</li> <li>➤ <b>Catfish</b> (3 oz = 311 mg)</li> <li>➤ <b>Bison</b> (3 oz = 307 mg)</li> <li>➤ <b>Pork</b> (3 oz = 303 mg)</li> <li>➤ <b>Haddock</b> (3 oz = 298 mg)</li> <li>➤ <b>Beef</b> (3 oz = 288 mg)</li> <li>➤ <b>Pistachio nuts</b> (1 oz = 286 mg)</li> <li>➤ <b>Deer</b> (3 oz = 285 mg)</li> <li>➤ <b>Lamb</b> (3 oz = 285 mg)</li> <li>➤ <b>Salmon</b> (3 oz = 280-535 mg)</li> <li>➤ <b>Game meats</b> (3 oz = 285-345 mg)</li> <li>➤ <b>Chicken thighs, roasted, skinless</b> (3 oz = 221 mg)</li> <li>➤ <b>Chicken breast, boiled, skinless</b> (3 oz = 218 mg)</li> <li>➤ <b>Turkey breast, roasted, skinless</b> (3 oz = 212 mg)</li> </ul>	
<p><b>DAIRY &amp; DAIRY ALTERNATIVES</b></p> 	<ul style="list-style-type: none"> <li>➤ <b>Yogurt, plain, nonfat</b> (1 cup = 625 mg)</li> <li>➤ <b>Yogurt, plain, low fat</b> (1 cup = 573 mg)</li> <li>➤ <b>Kefir, plain, low fat</b> (1 cup = 399 mg)</li> <li>➤ <b>Skim milk</b> (1 cup = 382 mg)</li> <li>➤ <b>Buttermilk, low fat</b> (1 cup = 370 mg)</li> <li>➤ <b>1% milk</b> (1 cup = 366 mg)</li> <li>➤ <b>Greek yogurt, plain, nonfat</b> (1 cup = 320 mg)</li> <li>➤ <b>Greek yogurt, plain, low fat</b> (1 cup = 320 mg)</li> <li>➤ <b>Soy milk, unsweetened</b> (1 cup = 292 mg)</li> <li>➤ <b>Cottage cheese</b> (1 cup = 234 mg)</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Almond milk, unsweetened</b> (1 cup = 176 mg)</li> <li>➤ <b>Blue cheese</b> (1 oz = 73 mg)</li> <li>➤ <b>Rice milk</b> (1 cup = 65 mg)</li> <li>➤ <b>Camembert cheese</b> (1 oz = 53 mg)</li> <li>➤ <b>Brie cheese</b> (1 oz = 43 mg)</li> <li>➤ <b>Provolone cheese</b> (1 oz = 39 mg)</li> <li>➤ <b>Parmesan cheese</b> (1 oz = 35 mg)</li> <li>➤ <b>Cheddar cheese</b> (1 oz = 27 mg)</li> <li>➤ <b>Mozzarella cheese</b> (1 oz = 27 mg)</li> <li>➤ <b>Romano cheese</b> (1 oz = 24 mg)</li> <li>➤ <b>Swiss cheese</b> (1 oz = 22 mg)</li> <li>➤ <b>Cream cheese</b> (1 tbsp = 20 mg)</li> <li>➤ <b>Sour cream</b> (1 tbsp = 17 mg)</li> </ul>

## Tips

Opt for lower-potassium alternatives

See chart above

# Tips

## Be mindful of portion sizes!

- › Lower-potassium foods can still contribute to a high intake if consumed in large amounts
- › You don't have to avoid all high-potassium foods completely. You may still be able to fit some high-potassium foods into your daily diet as long as you only consume a small amount
  - e.g. a few slices of bananas on cereal or one slice of tomato on a sandwich
- › Use measuring cups and spoons or a food scale to monitor your portion sizes



## Eat smaller portions of foods high in protein

- › Meat
- › Poultry
- › Fish
- › Beans
- › Dairy
- › Nuts



## Read Nutrition Facts Labels

It's important to read the nutrition facts label on packaged food items to find out how much potassium is in one serving of the foods you're eating.

Make sure you pay attention to the serving sizes

- › If you eat more than the serving size listed, you will consume more potassium too



### Nutrition Facts

8 servings per container

**Serving size 2/3 cup (55g)**

Amount per serving

**Calories 230**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol 0mg 0%**

**Sodium 160mg 7%**

**Total Carbohydrate 37g 13%**

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

**Protein 3g**

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg

**Potassium 240mg**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Read the ingredients list on packaged food items for sources of potassium

- The ingredients list is located under the nutrition facts label
- Avoid foods with potassium additives such as:
  - Potassium chloride
  - Potassium nitrate
  - Potassium sorbate
  - Tetrapotassium phosphate
  - Dipotassium phosphate
  - Potassium triphosphate

*Note: sodium-free seasoning blends or salt substitutes and products labeled as "low salt" or "low sodium" may have more potassium*



## Look up nutrient data to find the potassium content in the foods your eating

Use sources such as:

- United States Department of Agriculture National Nutrient Database
- Davita Kidney Care Food Analyzer

## Use cooking/preparation methods to reduce potassium content of foods

- Drain canned fruits and vegetables before eating
- Peel and soak potatoes and other vegetables in large amounts of unsalted water for at least 2 hours.
  - Use 10 times the amount of water to the amount of vegetables. For example, 1 cup of vegetables requires 10 cups of water
  - Rinse under warm water for a few seconds after soaking
  - Discard the water used for soaking
- Boil your meats and vegetables in water to cook them



**Disclaimer:** Please note that the information provided herein is intended to serve as a general guideline and may not meet the unique nutritional needs of individual patients. The distribution of these materials is at the discretion of the physician. The creator is not responsible for their application or outcomes on individual health conditions. All patients are advised to consult with their physician for personalized advice tailored to their unique needs and circumstances.