



Low Potassium Diet

Potassium is a mineral found in most foods. The average daily diet provides about 3000-6000 mg of potassium. High levels of potassium in the blood can affect your heart rate and muscles. Eating large amounts of lower potassium foods can also raise your blood potassium level. A low potassium diet may help lower blood levels and keep them in a safe range: 3.5 – 5.3 mg/dl.

Food Groups	Recommended Choices	High Potassium Foods to Limit (Very high potassium foods are in bold)
<p>Breads, cereals, rice & pasta</p> <p>6-9 servings daily</p>	<p>One serving is:</p> <ul style="list-style-type: none"> • ½ cup rice, noodles, pasta, cooked cereal, long rice • ¾ cup dry cereal (not whole grain) • 1 slice bread • 4-6 crackers 	<ul style="list-style-type: none"> • Whole grain breads and cereals • Bran, wheat germ
<p>Vegetables</p> <p>2-3 servings daily</p> <p>One serving is:</p> <ul style="list-style-type: none"> • ½ cup fresh, cooked, canned • 1 cup raw, leafy vegetables 	<ul style="list-style-type: none"> • Alfalfa sprouts, asparagus, broccoli (raw), carrots, cauliflower, celery, collards, cucumber, eggplant, green peas, green beans, green pepper, head cabbage, kale, leeks, lettuce, mushrooms, onion, radish, summer squash (white flesh), turnip, turnip greens, watercress, wax beans, zucchini • Canned bamboo shoots, beets, corn • Bittermelon leaves, chayote, daikon, won bok, marungay leaves, mung bean sprouts, mustard greens, nori, okra, seaweed (konbu, wakame), water chestnuts 	<ul style="list-style-type: none"> • Artichokes, beets & beet greens, broccoli (cooked), brussels sprouts, corn-on-the cob, lotus root, potato (white & sweet), potato chips, pumpkin, spinach (cooked), Swiss chard, tomatoes, tomato paste & sauce, winged beans, winter squash (orange flesh), yams • Bamboo shoots (fresh), bok choy, burdock (gobo), cassava, luau (taro leaves), marungay pods, seaweed (ogo, limu), taro, yardlong beans • Juices and soups made from these vegetables. • <u>Limit to 1/2 cup daily:</u> poi
<p>Fruits</p> <p>2-3 servings daily</p> <p>One serving is:</p> <ul style="list-style-type: none"> • ½ cup fresh, canned, frozen • 1 fruit (tennis ball-sized) • 2 tbsp dried fruit • ½ cup juice 	<ul style="list-style-type: none"> • Apple, applesauce, apricots, berries, cherries, cranberries, figs, fruit cocktail, grapefruit*, grapes, peach, pear, plum, watermelon • Asian pear, longan, loquat, lychee, mandarin oranges, mango, papaya, lilikoi, pineapple, tangerine <p>*Grapefruit and grapefruit juice may interact with certain medications. Check with your pharmacist or doctor</p>	<ul style="list-style-type: none"> • Avocado, banana, cantaloupe, honeydew, kiwi, melon balls, nectarine, orange, persimmon, pomegranate, prickly pear • Breadfruit, guava, jackfruit, plantain, pomelo (jabon), soursop, tamarind • Juices made from these fruits • Dried fruit: apricots, dates, figs, prunes, raisins



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People with diabetes should limit their intake of juices, regular sodas and other sweets/sugars. **NOTE:** You can reduce the potassium content of certain vegetables and fruits by peeling, cutting into small pieces, and soaking in a large amount of water for several hours or overnight. Discard the water before cooking. Drain and discard the liquid from canned vegetables and fruits.

Food Groups	Recommended Choices	High Potassium Foods to Limit (Very high potassium foods are in bold)
Meats & substitutes Limit to 5-6 oz. daily	<ul style="list-style-type: none"> Lean beef, pork, lamb, chicken, turkey, fish, shellfish, veal. 1 egg = 1 oz. meat 	<ul style="list-style-type: none"> Limit to ½ cup daily: tofu, soy milk, cooked beans: kidney, black, soy, pinto, navy, mung, azuki, natto Limit to 2 tbsp daily: nuts and seeds: peanuts, peanut butter, macadamia, walnuts, coconut, sunflower seeds
Soups	<ul style="list-style-type: none"> Soups made from meat stock, with rice or noodles and lower potassium vegetables 	<ul style="list-style-type: none"> Soups made from vegetable stock, tomato soup, milk, beans.
Milk, Yogurt & Cheese	<ul style="list-style-type: none"> Limit to ½ cup daily: whole, skim or low-fat milk, cottage cheese, yogurt, ice cream, ice milk, sherbet, or frozen yogurt Substitute: non-dairy creamer Limit to 1-2 oz per day: cheese 	
Desserts	<ul style="list-style-type: none"> 1 medium serving: cake, pie, cookies, plain manju/mochi (no an); senbei, popsicles, icees 	<ul style="list-style-type: none"> Desserts made with high potassium fruits, nuts, custard, an (sweet bean jam)
Beverages	<ul style="list-style-type: none"> Limit to 2 cups daily: coffee, tea Soft drinks, regular and diet sodas, juice drinks 	<ul style="list-style-type: none"> Tomato, carrot & vegetable juices. Fruit juices: grapefruit, orange, prune Cappuccino, chocolate milk/cocoa, soy milk
Fats/oils	<ul style="list-style-type: none"> Butter, margarine, mayonnaise, salad dressing, vegetable oils 	<ul style="list-style-type: none"> Coconut milk and cream, peanut butter
Miscellaneous	<ul style="list-style-type: none"> White sugar, jam, jelly, honey, preserves, syrup, vinegar Hard candy mints, jelly beans, gum drops, marshmallow, chewing gum Miso, soy sauce and catsup in moderation 	<ul style="list-style-type: none"> Molasses, salt substitutes (potassium chloride), Brewer's yeast, chocolate, Bragg's amino acids™