

## Patient Education

### POTASSIUM

Potassium plays a role in keeping your heartbeat regular and your muscles working properly. It is the job of the kidneys to keep the right amount of potassium in your body. Since your kidneys no longer work well, it is your job to watch your potassium intake by avoiding high-potassium foods.



What is the desired potassium level?

Green Light = 3.5 – 5.5  
 Caution Light = 5.5 – 6.0  
 Red Light = > 6.0

#### High-Potassium Foods

Fruits	Vegetables	Other Foods
Apricot	Artichokes	Bran/bran products
Avocado	Beans, dried	Coffee (limit to 2 cups/day)
Banana	Broccoli	Chocolate
Cantaloupe	Brussel sprouts	Coconut
Casaba	Celery	Granola
Dates	Escarole	Ice cream (limit to 1 cup/day)
Dried fruits	Endive	Molasses
Figs	Greens (swiss chard, collard, dandelion, mustard, beet)	Milk (limit to 1 cup/day)
Honeydew	Kale	Nuts/seeds
Mango	Kohlrabi	Orange flavored pop
Nectarine	Lentils	Salt substitute/lite salt
Orange	Legumes	Snuff/chewing tobacco
Papaya	Lima beans	Tea (limit to 2 cups/day)
Plums	Mushrooms	
Prunes	Parsnips	
Raisins	Potatoes (french fries, baked, sweet)	
Rhubarb	Salt-free vegetable juice	
Juice of these fruits	Tomatoes	

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## FOODS HIGH IN POTASSIUM (continued)

beet greens	1/2 cup	332
winter squash	1/2 cup	328
sweet potatoes, baked	1 small	300
spinach	1/2 cup	291
watercress, raw	3-1/2 ounces	282
brussels sprouts	6-7	273
<b>*split peas</b>	<b>1/2 cup</b>	<b>268</b>
broccoli	2/3 cup	267
<b>*lima beans</b>	<b>1/2 cup</b>	<b>255</b>
<b>*lentils</b>	<b>2/3 cup</b>	<b>249</b>
artichoke hearts	3-1/2 ounces	248
collards	1/2 cup	234
<b>*cow peas</b>	<b>3-1/2 ounces</b>	<b>229</b>
kale	3/4 cup	221
mustard greens	1/2 cup	220
red beets, canned	1/2 cup	138
sweet potatoes, canned	1 small	120
carrots	2/3 cup	120

### Juice

prune	1/2 cup	294
tomato	1/2 cup	272
orange	1/2 cup	248
grapefruit	1/2 cup	221

### Other

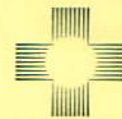
salt substitute	1 teaspoon	2378
molasses, light	1 tablespoon	300
chocolate, baking	1 ounce	221
<b>*nuts</b>		
<b>peanut butter</b>	<b>1 tablespoon</b>	<b>123</b>
<b>peanuts</b>	<b>1 tablespoon</b>	<b>111</b>
<b>almonds</b>	<b>12-15</b>	<b>106</b>
<b>cashews</b>	<b>6-8</b>	<b>70</b>
<b>walnuts</b>	<b>8-15 halves</b>	<b>68</b>
<b>pecans</b>	<b>12 halves</b>	<b>63</b>
coffee, freeze dried	1 cup	160
coffee, brewed (decaf. or reg.)	1 cup	103
wheat germ	1 tablespoon	83
tea, instant	1 cup	60

This information is intended to help you become better informed, but is not meant to take the place of advice from your doctor. The medical opinions, techniques, and procedures are general recommendations and should not be followed except with the consultation and under the direction of your doctor. For information about your individual condition and treatment, please talk to your doctor.

# FOODS HIGH IN POTASSIUM

	Serving Size	Potassium (mg)		
<b>Milk (1 cup)</b>				
evaporated milk	1 cup	606	<i>Total</i>	
chocolate milk	1 cup	417		
skim milk	1 cup	408		
buttermilk	1 cup	388		
whole milk	1 cup	342		
<b>Fruits</b>				
dried fruit	4 pieces	600-1000	<i>Potassium intake should be less than 2000 mg per 24 hours</i>	
dates	10 medium	648		
avocados	1/2	604		
bananas	1 small	370		
pumpkin	3-1/2 ounces	340		
prunes	4 medium	329		
plums, raw	2 medium	299		
nectarines	2 medium	294		
apricots	2-3 halves	289		
rhubarb	1/2 cup	275		
cantaloupe	1/4	251		
honeydew melon	1/4 small	251		
peaches, raw or dried	1 medium	202		
oranges	1 small	200		
watermelon	1/2 cup	100		
raisins	1 tablespoon	76		
<b>Vegetables</b>				
tomato sauce	1/2 cup	589		
<b>*soybeans</b>	<b>2/3 cup</b>	<b>540</b>		
baked potatoes	1 small	503		
<b>*red beans</b>	<b>1/2 cup</b>	<b>425</b>		
chicory, raw	30-40 leaves	4120		
<b>*white beans</b>	<b>1/2 cup</b>	<b>416</b>		
dandelion greens	1/2 cup	397		
mashed potatoes	1/2 cup	352		
celery	1 cup	341		

\* Foods also high in magnesium



**ST. LUKE'S**  
Episcopal Hospital

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