

Low Potassium Diet Guidelines

Why does my child need a low potassium diet?

Potassium is a nutrient found in food. It helps the body keep a regular heartbeat, contract muscles and control blood pressure. It also helps to control the body's water balance.

In kidney disease, and some other medical conditions, potassium levels build up in the blood. High potassium levels may cause heart and muscle problems. A low potassium diet may help avoid these problems.

High potassium food list

Choose no more than one serving of one high potassium food a day

Fruit:	<ul style="list-style-type: none"> • Apricots • Apricot juice • Avocados • Bananas • Cantaloupe 	<ul style="list-style-type: none"> • Mangos • Nectarines • Oranges • Orange juice • Papayas 	<ul style="list-style-type: none"> • Plums • Prunes • Raisins • Rhubarb
Vegetable:	<ul style="list-style-type: none"> • Artichokes • Beans, dried • Beets • Broccoli • Brussels sprouts • Carrots • Celery 	<ul style="list-style-type: none"> • Greens • Dark green lettuce • Lentils • Legumes • Mushrooms • Parsnips • Spinach 	<ul style="list-style-type: none"> • Potatoes (baked, boiled, chips, french fries, mashed) • Rutabaga • Tomatoes • Tomato & V8 juice
Other Food:	<ul style="list-style-type: none"> • Bran & bran products • Chocolate (candy, baked goods, milk, etc) 	<ul style="list-style-type: none"> • Coconut • Granola • Molasses 	<ul style="list-style-type: none"> • Nuts & nut butters • 100% Whole Grain • Brown rice
Combination food:	<ul style="list-style-type: none"> • Casseroles made with high potassium foods • Macaroni & cheese 	<ul style="list-style-type: none"> • Pizza • Spaghetti 	<ul style="list-style-type: none"> • Sandwiches with tomato, cheese or peanut butter
Dairy Products	<ul style="list-style-type: none"> • White milk, any type • Yogurt 	<ul style="list-style-type: none"> • String cheese • Shredded or sliced cheese 	<ul style="list-style-type: none"> • Pudding • Ice cream or frozen yogurt

You may have plain or vanilla rice milk (**do not use soy, almond or coconut milk.**) Non-dairy creamer can be used to replace milk on cereal.

Low potassium food list

These foods may be eaten as desired. If you have any questions about a food that is not listed please contact your dietitian.

Fruits	<ul style="list-style-type: none"> • Apples • Apple juice • Blueberries • Cherries • Cranberries • Cranberry juice 	<ul style="list-style-type: none"> • Grapes • Lemonade • Mandarin Oranges • Pears • Pear juice • Pineapple 	<ul style="list-style-type: none"> • Pineapple juice • Raspberries • Strawberries • Watermelon
Vegetables	<ul style="list-style-type: none"> • Asparagus • Bean, green or wax • Bean sprouts • Cabbage 	<ul style="list-style-type: none"> • Cauliflower • Corn • Cucumber • Eggplant, cooked • Iceburg lettuce • Okra, cooked 	<ul style="list-style-type: none"> • Onions • Peas, green • Radish • Summer squash • Zucchini
Other foods	<ul style="list-style-type: none"> • Bread & baked goods • Cake & cookies (no chocolate) • Cereal (no bran or 100% whole grain) 	<ul style="list-style-type: none"> • Eggs • Fish • Meat • Poultry • Non-chocolate candy 	<ul style="list-style-type: none"> • Pasta • Pie (no chocolate, pumpkin or cream) • White Rice
Combo foods	<ul style="list-style-type: none"> • Casseroles with low potassium ingredients 	<ul style="list-style-type: none"> • Meat sandwich on white bread 	<ul style="list-style-type: none"> • Tacos (no tomatoes)

Tips

- **Do not use salt substitutes** with potassium chloride. This includes NoSalt™, NuSalt™ or Lite Salt™. Use herbs and spices like Mrs. Dash®, garlic, or lemon juice as seasoning.
- **Do not use sports drinks** or Coconut Waters. They contain more added potassium and sodium than other beverages.
- Root vegetables, such as potatoes, that are high potassium can be “leached.” Peel the potatoes and cut in small pieces. Soak in a large pan of water for several hours. Pour off the water and then cook as normal.
- Nutrition labels on foods do not generally contain potassium information as it is not required by the FDA.
- Use trusted websites when looking for renal diet information. Kidney.org and Davita.com are two that we recommend.

ALERT: Call your child’s doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.