

HIGH AND LOW POTASSIUM FOODS

Many renal patients require a low potassium diet to prevent hyperkalemia, or when the blood potassium level is higher than 5.0mg/dL. Potassium is widely distributed in foods. Milk, dairy products, fruits and vegetables are rich sources of potassium. Hypokalemia may result from the use of a potassium-losing diuretic or from dialysis. In these instances, potassium rich foods may be needed to be added to the diet.

IF YOUR POTASSIUM BECOMES TOO HIGH, IT CAN CAUSE AN IRREGULAR HEARTBEAT OR A HEART ATTACK.

WHAT IS A SAFE LEVEL OF POTASSIUM IN MY BLOOD?

If it is 3.5-5.0 You are in the **SAFE** zone

If it is 5.1-6.0 You are in the **CAUTION** zone

If it is higher than 6.0. You are in the **DANGER** zone

HOW CAN I KEEP MY POTASSIUM LEVEL FROM GETTING TOO HIGH?

- You should limit foods that are high in potassium
- Eat a variety of foods in moderation
- If you would like to eat some high potassium vegetables leach them before using. Leaching decreases the potassium in foods to about half the amount.
- Do not drink or use liquid from canned fruits and vegetables or the juices from cooked meat.
- Remember that almost all foods have some potassium. The size of the serving is very important. A large amount of a low potassium food can turn into a high-potassium food.
- Watch for hidden sources of potassium. Dried fruits are high in potassium. Canned fruits are lower.

SALT SUBSTITUTES HAVE HIGH LEVELS OF POTASSIUM.