

## What is potassium?

Potassium is a nutrient found in food. The body uses it to:

- Help keep the heartbeat normal.
- Build and contract muscles.
- Regulate blood pressure.
- Help control the water balance in body tissues and cells.

The best sources of potassium come from fruits, vegetables, milk and foods made with milk. Most people get enough potassium in their diet.

## Why is a high potassium diet needed?

Some drugs lower blood potassium levels. This includes drugs like lasix, amphotericin, ambisome, bumex and metolazone. This may increase the need for potassium. A high potassium diet may be ordered. A supplement may also be prescribed.

## What foods are high in potassium?

The foods in this table have high levels of potassium per serving. Include 1 to 2 items at meal and snack time.

|                | High in Potassium   | Highest in Potassium   |
|----------------|---|--|
| <b>Dairy:</b>  | <ul style="list-style-type: none"><li>• Ice cream</li><li>• Pudding</li><li>• Cheese</li></ul>  | <ul style="list-style-type: none"><li>• Milk</li><li>• Milkshakes</li><li>• Yogurt</li></ul>   |
| <b>Fruits:</b> | <ul style="list-style-type: none"><li>• Honeydew</li><li>• Kiwi</li><li>• Mangos</li><li>• Nectarines</li><li>• Papayas</li><li>• Peach</li><li>• Plums</li><li>• Raisins</li><li>• Rhubarb</li></ul> | <ul style="list-style-type: none"><li>• Apricots</li><li>• Apricot nectar</li><li>• Avocados</li><li>• Bananas</li><li>• Cantaloupe</li><li>• Dates</li><li>• Dried fruits</li><li>• Oranges</li><li>• Orange juice</li><li>• Prunes</li><li>• Prune juice</li></ul> |

## High Potassium Foods (continued)

|                           | High in Potassium  | Highest in Potassium   |
|---------------------------|--|--|
| <b>Vegetables:</b>        | <ul style="list-style-type: none"> <li>• Artichokes</li> <li>• Asparagus</li> <li>• Beets</li> <li>• Broccoli</li> <li>• Brussel sprouts</li> <li>• Carrots</li> <li>• Celery</li> <li>• Dark green lettuce</li> <li>• Legumes</li> <li>• Mushrooms</li> <li>• Okra</li> <li>• Parsnips</li> <li>• Peas</li> <li>• Potatoes (boiled, mashed, chips)</li> </ul> | <ul style="list-style-type: none"> <li>• Beans (Kidney, lima, pinto, refried, but <b>not</b> green or wax beans)</li> <li>• Greens</li> <li>• Lentils</li> <li>• Peas</li> <li>• Potatoes (baked, french fries, roasted)</li> <li>• Pumpkin</li> <li>• Spinach</li> <li>• Sweet potatoes</li> <li>• Tomatoes</li> <li>• Tomato juice</li> <li>• Vegetable juice</li> <li>• Carrot juice</li> <li>• Winter or Acorn squash</li> </ul> |
| <b>Combination foods:</b> | <ul style="list-style-type: none"> <li>• Casseroles made with high potassium foods.</li> <li>• Macaroni &amp; cheese</li> <li>• Sandwiches with tomato, cheese or peanut butter.</li> </ul>  | <ul style="list-style-type: none"> <li>• Pizza</li> <li>• Spaghetti sauce</li> <li>• Cream soups</li> <li>• Tomato products</li> </ul>   |
| <b>Other Foods:</b>       | <ul style="list-style-type: none"> <li>• Chocolate (candy, baked goods, milk, etc).</li> <li>• Coconut</li> <li>• Electrolyte drinks (Gatorade)</li> <li>• Granola</li> <li>• Molasses</li> <li>• Trail mix</li> <li>• Whole grain foods</li> </ul>  | <ul style="list-style-type: none"> <li>• Bran &amp; bran products</li> <li>• Nuts &amp; nut butters (peanut, almond, cashew)</li> <li>• Sunflower seeds and sunflower seed butter</li> <li>• Soy and coconut milk</li> <li>• Coconut water</li> </ul>  |

**Remember:** It is important for your child to eat a well-balanced, nutritious diet.

**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 sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.**