

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.

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

May only choose up to 2 servings of a high potassium food per day

Fruit:	Apricots Apricot juice Avocados Bananas Cantaloupe	Mangos Nectarines Oranges Orange juice Papayas	Plums Prunes Raisins Rhubarb
Vegetable:	Artichokes Beans, dried Beets Broccoli Brussels sprouts Carrots Celery	Greens Dark green lettuce Lentils Legumes Mushrooms Parsnips Spinach	Potatoes (baked, boiled, chips, french fries, mashed) Rutabaga Tomatoes Tomato & V8 juice
Other Food:	Bran & bran products Chocolate (candy, baked goods, milk, etc.)	Coconut Granola Molasses	Nuts & nut butters 100% Whole Grain Brown rice
Combination food:	Casseroles made with high potassium foods Macaroni & cheese	Pizza Spaghetti	Sandwiches with tomato, cheese or peanut butter
Dairy Products	Milk, any type Yogurt	String cheese Shredded or sliced cheese	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	Apples Apple juice Blueberries Cherries Cranberries Cranberry juice	Grapes Lemonade Mandarin Oranges Pears Pear juice Pineapple	Pineapple juice Raspberries Strawberries Watermelon
Vegetables	Asparagus Bean, green or wax Bean sprouts Cabbage	Cauliflower Corn Cucumber Eggplant, cooked Iceberg lettuce Okra, cooked	Onions Peas, green Radish Summer squash Zucchini
Other foods	Bread & baked goods Cake & cookies (no chocolate) Cereal (no bran or 100% whole grain)	Eggs Fish Meat Poultry Non-chocolate candy	Pasta Pie (no chocolate, pumpkin or cream) White Rice
Combo foods	Casseroles with low potassium ingredients	Meat sandwich on white bread	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. <http://www.Kidney.org> and <http://www.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 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.