

For babies and toddlers

Why does my baby 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 health conditions, potassium levels build up in the blood. High levels may cause heart and muscle problems. A low potassium diet may help avoid these problems.

How do I choose foods with low potassium?

Many baby foods do have potassium information on the nutrition labels. For those that do, use these numbers as guidelines to help you choose lower potassium infant foods:

Less than 150 mg per 4 ounce serving = low potassium

More than 150 mg per 4 ounce serving = high potassium

Low Potassium Diet



This chart gives examples of low and high potassium baby foods. **Feed no more than one high potassium food every other day** unless you are told otherwise.

Food type	Low potassium	High potassium
Fruits	Apples, apple juice Pineapple Peaches Pears & pear juice Berries, all kinds Grape juice	Apricots Oranges, orange juice Raisins Bananas Pumpkin Plums Mangos Prunes
Vegetables	Corn Cauliflower Green beans Wax beans Green peas Zucchini	Beets Spinach or Kale Sweet Potatoes Broccoli Squash Tomatoes Carrots Sweet Potatoes Avocado Potatoes
Protein	Beef Pork Chicken Turkey Ham Meats in gravy Eggs	Dried beans, all varieties Lentils
Dinners & Pouches	Dinners or pouches with noodles or rice and low potassium fruits & vegetables	Dinners or pouches with potatoes, cheese or tomatoes and high potassium fruits, vegetables or grains
Grains	Rice cereal White rice Pasta (not whole grain) Toddler Puffs	Amaranth Brown rice Multigrain cereal Quinoa Oatmeal
Dairy	None	Milk Cheese Yogurt Custard
Formula & other liquids	Follow the direction of your baby's renal dietitian, nurse or doctor about formula and other liquids for your baby.	

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.