

## Potassium Level And Chronic **Kidney Disease:**

Potassium is an important mineral that is needed to maintain muscle function, especially your heart muscle. Your kidneys regulate your body's potassium level and work to keep the level within a normal range. As patients develop advanced kidney disease, the ability of kidneys to remove waste products and regulate electrolytes, such as potassium, is decreased. In addition, patients with kidney disease are often on medications which can also raise potassium levels. **It is important to follow up with your kidney doctor and get blood tests done as recommended**, if your potassium level becomes critically high, it can be dangerous to your heart muscle's ability to function.

If you develop high potassium levels (known as hyperkalemia), your doctor may ask you to consume low potassium foods.

### Below is a list of low potassium **fruits and vegetables.**

#### Fruits:



Apples



Berries  
*(blueberries, strawberries,  
blackberries)*



Grapes



Pineapples



Peaches



Tangerines



Mandarin  
Oranges



Plums

#### Vegetables



Peas



Green Beans



Cucumber



Radishes



Cabbage,  
*green and red*



Zucchini



Lettuce



Peppers



Carrots  
*cooked*



Asparagus



Cauliflower

There are a variety of fruits and vegetables options that are not only low in potassium, but also good for you.

### Fruits and vegetables **to avoid:**



Bananas



Apricots



Avocados  
*(including  
guacamole)*



Oranges/  
Orange Juice



Mangoes



Honeydew



Raw Carrots



Brussel  
Sprouts



Potatoes



Sweet Potatoes

For a more complete list of low and high potassium foods, see the attached list for potassium content in various fruits and vegetables.

## Low potassium foods:

### Fruits:

Apple (raw), 1/2 cup	159 mg	Mango, 1/2 cup	128 mg
Applesauce, 1/2 cup	78 mg	Papaya, 1/2 cup	180 mg
Apricot (raw)	104 mg	Peaches (canned/raw), 1/2 cup	160 mg
Blackberries (raw), 1/2 cup	141 mg	Pineapple (canned)	152 mg
Blueberries (raw) 1/2 cup	65 mg	Pineapple (raw), 1/2 cup	88 mg
Cherries, 10	152 mg	Plum	114 mg
Grapefruit, one-half	159 mg	Raspberries (raw), 1/2 cup	94 mg
Grapes, 10	93 mg	Strawberry (raw), 1/2 cup	138 mg
Lemon (medium)	80 mg	Tangerine (raw)	132 mg
Mandarin Orange (raw)	132 mg	Watermelon (raw), 1/2 cup	176 mg

### Vegetables:

Beets (canned), 1/2 cup	126 mg	Green Beans, 1/2 cup	85 mg
Broccoli (raw), 1/2 cup	143 mg	Green Pepper, 1/2 cup	132 mg
Cabbage (green, raw), 1/2 cup	86 mg	Lettuce, 1/2 cup	43 mg
Carrots (raw), 1/2 cup	178 mg	Mushrooms (raw), 1/2 cup	130 mg
Cauliflower (cooked), 1/2 cup	115 mg	Onions (raw), 1/2 cup	126 mg
Celery (raw), 1/2 cup	172 mg	Peas (canned), 1/2 cup	148 mg
Corn (creamed), 1/2 cup	171 mg	Spinach (raw), 1/2 cup	84 mg
Corn (frozen), 1/2 cup	121 mg	Summer Squash (cooked), 1/2 cup	173 mg
Cucumber (with peel), 1/2 cup	75 mg	Yellow Beans, 1/2 cup	85 mg
Eggplant (cooked), 1/2 cup	123 mg		

### Other:

American Cheese, 1 oz	69 mg	Grits, 1 cup	51 mg
Apple Juice, 1/2 cup	148 mg	Ground Beef (lean), 3 oz	135 mg
Apple Pie, 1/8 pie	122 mg	Lemon/Lime Soda, 12 fl oz	4 mg
Bagel (plain), 3 1/2"	72 mg	Low-fat Milk (1%), 1/2 cup	190 mg
Blueberry Muffin, small	70 mg	Pancake (buttermilk), small	55 mg
Brad (wheat or white, sliced)	50 mg	Pasta (cooked), 1.2 cup	45 mg
Cashews, 1 oz	160 mg	Peanut Butter, 1 tbsp	115 mg
Cheddar Cheese, 1 oz	28 mg	Pecan Pie, 1/8 pie	162 mg
Cherry Pie, 1/8 pie	139 mg	Pineapple Juice, 1/2 cup	168 mg
Chocolate Bar, 1 1/2 oz	169 mg	Popcorn, 1 cup	25 mg
Chocolate Cake, 2x2"	126 mg	Roast Beef, 3 oz	150 mg
Chocolate Chip Cookie	36 mg	Shrimp, 3 oz	155 mg
Chocolate Ice Cream, 1/2 cup	164 mg	Tea, 1 cup	88 mg
Coffee, 1 cup	128 mg	Tortilla (corn or flour)	41 mg
Cola, 12 fl oz	4 mg	Vanilla Ice Cream, 1/2 cup	131 mg
Cornbread, 2x2"	96 mg	Walnuts, 1 oz	125 mg
Cottage Cheese, 1/2 cup	97 mg	Wheat Bran Muffin, small	60 mg
Crackers, 4	15 mg	White Rice (cooked), 1/2 cup	33 mg
Cranberry Juice, 1/2 cup	23 mg	Whole Milk, 1/2 cup	185 mg
Cream Cheese, 1 oz	17 mg		
Egg, 1	70 mg		
Grape Juice, 1/2 cup	26 mg		

## High potassium foods:

### Fruits:

Apricots (canned) 1/2 cup	200 mg	Nectarine, 1 medium	288 mg
Banana, 1 medium	467 mg	Orange, 1 medium	237 mg
Cantaloupe, 1/2 cup	247 mg	Passion Fruit (purple), 1/2 cup	410 mg
Dates, 1/2 cup	581 mg	Pear, 1 medium	208 mg
Figs (dry), 2	271 mg	Plantain (cooked), 1/2 cup	360 mg
Fruit Cocktail, 1/2 cup	210 mg	Pomegranate, 1 medium	399 mg
Honeydew, 1/2 cup	230 mg	Prunes, 1/2 cup	415 mg
Kiwi, 1 medium	252 mg	Raisins, 1/2 cup	545 mg

### Vegetables:

Artichoke, 1 medium	425 mg	Okra (cooked), 1/2 cup	258 mg
Asparagus (canned/frozen), 1/2 cup	200 mg	Parsnips, 1/2 cup	286 mg
Avocado, 1/2 cup	558 mg	Potatoes au Gratin, 3 oz	485 mg
Baked Potato, 1 medium	610 mg	Rutabaga (cooked), 1/2 cup	277 mg
Beet Greens, 1/2 cup	650 mg	Sauerkraut (canned), 1/2 cup	201 mg
Broccoli (cooked), 1/2 cup	228 mg	Spinach (canned), 1/2 cup	370 mg
Brussels Sprouts (cooked), 1/2 cup	250 mg	Tomato (fresh, raw), 1/2 cup	200 mg
Collards (cooked), 1/2 cup	246 mg	Tomato Paste, 1/2 cup	1228 mg
French Fries, 1/2 cup	550 mg	Tomato Sauce, 1/2 cup	454 mg
Hash Browns, 1/2 cup	251 mg	Winter Squash (cooked), 1/2 cup	448 mg
Kohlrabi (cooked), 1/2 cup	280 mg	Yams (canned), 1/2 cup	398 mg
Mashed Potatoes, 1/2 cup	315 mg		

### Other:

Almonds, 1 oz	201 mg	Orange Juice, 1/2 cup	237 mg
Baked Beans, 3 oz	380 mg	Pistachios, 1 oz	295 mg
Black-eyed Peas, 3 oz	320 mg	Pork Loin/Chop, 3 oz	370 mg
Catfish (breaded), 3 oz	289 mg	Potato Chips (plain), 1 oz	361 mg
Cheeseburger (no toppings)	285 mg	Prune Juice, 1/2 cup	354 mg
Chicken Breast (no skin), 3 oz	220 mg	Pumpkin Pie, 1/8 pie	288 mg
Chili (with beans), 1 cup	691 mg	Salmon, 3 oz	319 mg
Chocolate Milk, 1/2 cup	210 mg	Salt Substitute, 1/4 teaspoon	800 mg
Clams (raw), 3 oz	267 mg	Scallops, 6 large	300 mg
Cod, 3 oz	440 mg	Skim Milk, 1/2 cup	204 mg
Condensed Milk, 1/2 cup	567 mg	Soybeans, 3 oz	485 mg
Eggnog, 1/2 cup	210 mg	Taco, small	474 mg
Evaporated Milk, 1/2 cup	425 mg	Tomato Juice, 1/2 cup	267 mg
Granola (with raisins), 1 cup	420 mg	Trail Mix, 1/2 cup	495 mg
Grapefruit Juice, 1/2 cup	203 mg	Tuna (canned), 3 oz	200 mg
Haddock, 3 oz	339 mg	Tuan (fresh), 3 oz	484 mg
Ham, 3 oz	300 mg	Turkey (light/dark), 3 oz	250 mg
Kidney Beans, 3 oz	350 mg	Veal (roasted), 3 oz	251 mg
Lamb, 3 oz	265 mg	Yogurt (plain, low-fat), 8 oz	531 mg
Lentils, 3 oz	365 mg		
Lobster, 3 oz	300 mg		
Oat Bran Muffin, small	289 mg		

## Is there a way to lower potassium content from some of the **vegetables**?

Yes there is! The process of leaching will pull out some of the potassium from high potassium vegetables. Leaching is the process by which a certain vegetable (like potatoes or sweet potatoes) is soaked in water after, or a couple of hours prior to, cooking. First peel the potatoes, then rinse in warm water and cut it in slices. Let it sit in cool water for two hours and then rinse again before cooking. This process does not get rid of all the potassium, but will lower the potassium content so that you can enjoy a potato dish once in a while.