

Potassium is a mineral needed for normal heart, muscle, and nerve function. Typically, the kidneys will regulate potassium balance within the body. However, when the kidneys are not functioning properly, it can cause potassium levels to rise quickly. When there are high levels of potassium within the body, it can lead to an irregular heartbeat, heart attack, and death. Potassium is found naturally in many foods and occurs abundantly in fruits and vegetables. When adhering to a low-potassium diet, it is especially important to read nutrition labels. Certain packaged and processed foods can have high levels of potassium. Low sodium foods typically have high levels of potassium to compensate for the lack of salt. High potassium foods are foods that contain 2000 milligrams (mg) or higher of potassium per portion. A low potassium diet allow for 2000 mg of potassium per day.

Low Potassium Foods to Enjoy

It is important to consume only 1 cup of low potassium foods
Low potassium foods contain less than 100mg of potassium

Vegetables: alfalfa sprouts, cucumber, iceberg lettuce, green peppers, red peppers, turnips, leeks, green beans, and summer squash

Fruits: Canned fruits typically have lower potassium levels compared to raw fruits. Canned peaches and pears, apples, blueberries, applesauce, tangerines, cranberries, cherries, strawberries, pineapple, grapes, and limes

Grains: white rice, rice noodles, tapioca, long grain brown rice, pastas, bulgur, millet, cooked couscous, French bread, Italian bread, sourdough bread, waffles, pancakes, and bagels

Dairy: goat cheese, feta cheese, Colby cheese, mozzarella cheese, Swiss cheese, cottage cheese, and milk

Protein: chicken, shrimp, oysters, crab, lamb, and chicken breast deli meat

Moderate Potassium Foods to Sometimes Enjoy

Moderate potassium foods contain 100-190mg of potassium

Vegetables: eggplant, onions, green peas, pumpkin, chili peppers, mushrooms, winter squash, butter nut squash, corn, cauliflower, beets, asparagus, and broccoli

Fruits: watermelon, raw pears, grape fruit, mangos, plums, blackberries, navel oranges, and raw peaches

Grains: wheat bread, white bread, English muffins, and Chow Mein noodles

Dairy: whipped cream, cheddar cheese, Swiss cheese, chocolate milk, sour cream, provolone, parmesan cheese, and cream cheese

Protein: turkey, brisket, salmon, veal, deli turkey meat, deli honey ham, Italian sausage, and turkey sausage

High Potassium Foods to Limit

High potassium foods contain 200mg or greater of potassium

Vegetables: acorn squash, artichoke, green beans, cabbage, carrots, kale, yellow pepper, radishes, rhubarb, yellow squash, zucchini, tomatoes, Boston lettuce, butter head lettuce, and potatoes

Fruits: Nectarines, figs, pomegranates, papayas, apricots, cantaloupe, bananas, avocados, and dates

Grains: oats, barley, buckwheat flour, corn meal flour products, and rye breads

Dairy: regular, flavored or mixed with fruit yogurt, Kraft singles cheese, and bleu cheese

Protein: bacon, chicken tenders, duck, ground beef, beef ribs, canned tuna, salami, and bratwurst

Sample Recipes

Sample Breakfast

Quick Breakfast

- Plain bagel toasted with cream cheese and a side of low potassium fruit
- Hot tea
- Waffles with syrup and blueberries

Sample Lunch

Quick Lunch

- Sandwich made with French or Italian bread topped with iceberg lettuce, turkey, and Swiss cheese

Chicken Breast Roll Ups

Ingredients

Deli sliced chicken breast

hummus

5 iceberg lettuce leaves

sliced red peppers

Directions

1. Wash lettuce
2. Lay out lettuce and layer deli sliced chicken breast and sliced red peppers on top
3. Spoon desired amount of hummus on top
4. Roll up and enjoy!

Sample Dinner

Quick Dinner

- White rice paired with grilled chicken and green beans

Ham and Pineapple Kabobs

Ingredients:

3 tablespoons brown sugar	3/4 pound cooked ham cut into 1 inch cubes
2 tablespoons distilled white vinegar	15oz can pineapple chunks, drained
1 tablespoon vegetable oil	1 teaspoon prepared mustard
Skewers	

Directions:

1. Preheat grill on high heat.
2. In a medium bowl, mix together brown sugar, vinegar, vegetable oil, and mustard. Thread ham and pineapple chunks alternately onto skewers.
3. Lightly oil grill grate. Place skewers on the prepared grill, and brush liberally with the brown sugar mixture. Cook for 6 to 8 minutes, turning frequently and basting often. Serve when heated through and richly glazed.

References

- Hummel S, *et al.* (2015). Low-sodium dietary approaches to stop hypertension diet reduces blood pressure, arterial stiffness, and oxidative stress in hypertension heart failure with preserved ejection fraction. *Hypertension*, 60 (5). Retrieved from: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3522520/>.
- Nutrition Data. (2015). <http://nutritiondata.self.com>.