



Potassium



Potassium is a mineral that is found mostly in fruits, vegetables and dairy products. It is very important to keep the amount of potassium in your blood at proper levels or serious complications can occur with your heart. Normal blood potassium is 3.5-5.5 mEq/L. The symptoms of a high and low potassium level are the same: weakness, tiredness, muscle cramps and irregular heartbeat.

Below is a list of high potassium foods to limit. Avoiding these foods will help control potassium levels in the blood. Remember, dairy products (milk, ice cream, yogurt, etc.) are high in potassium and phosphorus. Limit dairy to ½ cup serving per day.



High Potassium Foods to Limit



Serving size is ½ cup or 4 ounces, unless specified otherwise

(A high potassium food has more than 250 mg potassium per serving)

| | | |
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| Artichoke | Kohlrabi | Prune Juice |
| Avocado | Mango | Pumpkin canned, fresh |
| Banana | Melons: cantaloupe, casaba, honeydew | Refried Beans |
| Bamboo Shoots, fresh | Milk & Soy Milk | Rutabaga |
| Beans dried, cooked, canned: kidney, lima, lentils, navy, pinto, soy, great northern | Nectarine | Salt Substitute |
| Beets, fresh | Nuts, Peanuts | Savoy Cabbage |
| Bok Choy | Orange, orange juice | Seeds: pumpkin, squash, sunflower |
| Carrot Juice | Parsnips | Spinach, cooked, canned |
| Chard, Swiss | Papaya | Succotash |
| Chocolate | Peas, mature, cooked: split peas, black-eyed, chickpeas, pigeon | Squash, winter |
| Dried Fruits: figs, prunes, raisins, dates, apricots | Peppers, sun-dried | Sweet Potato |
| Guava | Persimmons | Tomato and tomato juice |
| Greens: beet | Potato: (unsoaked), French fries, boiled, hash brown, baked | Tomato paste- 3 Tbsp., sauce – ¼ cup |
| Kiwi | Potato Chips | Vegetable Juice |
| | | Water chestnuts, fresh |
| | | Yams |