

# POTASSIUM AND YOUR KIDNEY DIET

## ADVANCED

### What is potassium?

- Potassium is a mineral found in your body. It helps your nerves, muscles and heart work properly.

### Why do I need to limit potassium in my diet?

- Healthy kidneys remove potassium from your body.
- Potassium can build up in your body if your kidneys are not working properly. If this happens you may feel tingling in your toes and fingers. You may also have weak muscles, irregular heartbeats and your heart may even stop.
- The potassium level in your blood will be checked regularly. Your renal dietitian will review this with you.

### How can I control my potassium?

- Most foods contain some potassium but certain foods, especially some fruits and vegetables contain a lot of potassium.
- Limiting these foods will help control the amount of potassium in your blood.

### Preparation method can change potassium content of foods.

- Example: ½ cup cooked spinach is high in potassium. ½ cup raw spinach is medium in potassium. This is because ½ cup cooked spinach contains more spinach than ½ cup of raw spinach.
- Microwave-cooked food tends to be higher in potassium.

### Ask your dietitian about foods you enjoy that are not on this list.

To lower potassium, drain canned vegetables and fruits and throw away the liquid.



When buying canned vegetables be sure to choose “no salt added”.



# HOW MUCH IS 1/2 CUP?

In order to make it easy to compare different foods, this handout uses a standard portion of ½ cup (125mL) unless otherwise noted. There are many fruits and vegetables that we eat whole, and are less likely to slice up and measure as half a cup.

**Here is how some common items compare to a half cup serving:**

ITEM	COMMON PORTION	MEASUREMENT
<b>FRUITS</b>		
mango	1/3 medium	½ cup sliced
apple	1/2 medium	½ cup sliced
mandarin	1 medium/large	½ cup sections
kiwi	1 large	½ cup sliced
nectarine	1/2 medium	½ cup sliced
orange	1/2 small	½ cup sections
peach	1/2 small	½ cup sliced
<b>VEGETABLES</b>		
carrot	1 medium (61 g)	½ cup sliced
celery	1 large stalk (28-31 cm or 64 g)	½ cup sliced
bell pepper	½ medium	½ cup sliced
edible pea pods	10 pods	½ cup chopped
cauliflower	4 flowerets	½ cup chopped
cucumber	4 - 4.5 cm section	½ cup sliced



# VEGETABLES LOW IN POTASSIUM

(Less than or equal to 100 mg)

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

Choose \_\_\_\_\_ portions of low or medium potassium vegetables a day.

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
alfalfa sprouts	14	0.3	green beans, canned	91	1.7
arugula	39	0.5	green beans, cooked from fresh	96	1.6
bamboo shoots, canned, drained	55	1	jicama (yambean)	95	3.1
bean sprouts	82	1	leeks, cooked	48	0.5
bean sprouts, canned, drained	18	0.5	leeks	85	1.3
bean sprouts, boiled, drained	66	0.5	lettuce, butter	69	0.3
bok Choy (pak-choi), shredded	93	0.4	lettuce, romaine	73	0.6
cabbage, green, chopped	63	0.7	lettuce, iceberg	54	0.5
cabbage, napa (sui choy)	98	0.2	lettuce, green/ red leaf	55	0.3
cabbage, napa (sui choy) cooked	50	N/A	mushroom, shitake, cooked	85	1.5
cabbage, red, shredded	90	0.8	onion, yellow, sautéed	61	0.8
cabbage, savoy	85	1.1	peas, green, frozen, cooked	93	3.7
cauliflower, boiled, drained	93	1.5	peas, green, canned, drained	93	4
chicory greens	64	0.6	seaweed, kelp (kombu tangle)	38	0.2
cucumber	92	0.5	seaweed, nori, ½oz (dulse 5 sheets/13 g)	47	0.05
daikon (oriental radish)	106	0.7	seaweed wakame, raw 42 g	21	0.2
eggplant	100	1.5	spinach	89	0.4
eggplant, boiled, drained	65	1.3	squash, spaghetti, cooked	96	1.1
endive	100	1.5	water chestnuts, canned with liquid	87	1.8
fuzzy squash (moo qua)	100	1.5	watercress	60	0.1
grape leaves, canned (2 leaves/ 8g)	2	0.7			

# VEGETABLES MEDIUM IN POTASSIUM

(101 mg - 200 mg)

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

**Choose \_\_\_\_\_ portions of low or medium potassium vegetables a day.**

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
asparagus	143	1.5	green beans, frozen, microwave	198	2.0
asparagus, frozen, boiled, drained	164	1.5	kale	157	1.4
bean sprouts, stir-fried	143	1.2	cooked kale	158	0.9
beets, canned, drained	138	2	mushrooms, white	161	0.5
bitter melon (balsam-pear) leaves	184	0.6	mushrooms, canned	106	2.3
broccoli	147	1.1	mustard greens, boiled, drained	149	1.5
broccoli frozen, boiled	175	2.3	mustard greens, frozen cooked	110	2.2
cabbage, green, boiled, shredded	155	2.1	nopales (cactus leaves), cooked	154	1.6
cabbage, savoy, cooked	141	2.1	okra	160	1.7
carrots, cooked	194	2.2	okra, boiled, drained	114	2.1
carrots, frozen cooked	148	1.8	peas & carrots, frozen, boiled, drained	134	2.6
cauliflower, frozen, cooked	132	2.6	peppers, jalapeno, canned	139	1.4
cauliflower	158	0.9	peppers, sweet red	166	1.1
celeriac (celery root), cooked	142	1.0	peppers, sweet green	138	1.1
celery	165	0.8	peppers, sweet yellow	167	0.7
celtuce	192	0.5	pumpkin, pie mix, canned	197	12
chayote, cooked	146	2.4	radicchio	160	1.3
choy sum (yao choy), cooked	161	1.4	radish	143	1.0
corn on cob, yellow, 14-16.5 cm	194	2.1	snow peas (1/2 cup = 10 pods whole or 15 pods chopped)	104	0.9
corn, yellow, cut off cob	189	2.1	snow peas, cooked	183	2.6
cream corn canned	181	1.6	squash, crookneck, boiled, drained	168	1.0
daikon (oriental radish)	106	0.7	squash, scallop/pattypan, boiled	133	1.8
dandelion greens	116	1	squash, zucchini	162	0.6
fennel bulb	190	1.4	tomato, cherry	187	1.0
gai choy (mustard greens), cooked	149	1.5	tomatillos	187	1.3
gai lan (Chinese broccoli), cooked	121	1.2	turnip, boiled cubes	146	1.6
garden cress	160	0.3	turnip	131	1.2
green beans, frozen boiled	113	2.1	turnip greens, cooked	154	2.7
green beans, microwave	139	2.0	yardlong beans, boiled, drained	159	3.4

# VEGETABLES HIGH IN POTASSIUM

(201 mg - 350 mg)

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
artichoke, boiled, drained	254	3.4	lotus root, cooked	230	2
artichoke canned, drained	330	3.6	mushrooms, white, stir fry	226	1
artichoke heart, marinated in oil	223	2.4	mushroom, shitake, stir fry	250	2.8
asparagus, canned, drained	220	1.8	mushrooms, shitake, dried, 4	220	1.6
bamboo shoots, cooked	338	0.6	mushrooms, shitake, 4	232	2
beets, cooked	274	2	mushroom, portobello, grilled	279	1.4
beets, raw	234	1.4	okra, frozen, boiled, drained	227	2.7
bitter melon, pods, cooked, drained	209	1.3	parsnips, cooked	302	2.7
bok choy (pak-choi), cooked	333	0.9	peas, green, cooked from fresh	229	5.6
broccoli, cooked from fresh	241	2	pumpkin, cooked from fresh	298	1.4
brussels sprouts, cooked	237	3.4	pumpkin, canned	267	3.8
burdock root, cooked	238	1.2	rutabaga, cooked cubed	293	1.6
cabbage, red, cooked	208	1.3	spinach, frozen, cooked	303	3.7
carrots	217	1.7	squash, zucchini, cooked	251	1
cassava	295	2	squash, butternut, baked	308	1.8
celeriac (celery root), raw	247	1.5	squash, hubbard, boiled mashed	267	2.2
celery, cooked	225	1.1	squash, hubbard, baked, cubes	388	2.5
corn, white, boiled/draind	218	2.3	sweet potato, cooked, mashed	399	4.4
corn on cob, white, 14-16.5cm	224	2.4	sweet potato, canned, drained	200	3.1
daikon radish (lo bok), cooked	221	1.2	sweet potato, canned, mashed	283	2.3
dock (sorrel)	274	2	sweet potato, frozen, cooked	357	1.7
garden cress, boiled, drained	252	0.5	taro, cooked	338	3.6
kale, frozen cooked	220	1.4	tomato	226	1.2
kohlrabi, cooked	296	1	tomato, whole/diced, canned	238	1
kohlrabi	250	2.6	turnip, boiled mashed	215	2.5

# WHAT ABOUT POTATOES?

One portion is 1/2 cup unless otherwise stated.

PREPARATION METHOD	POTASSIUM (mg)	FIBRE (g)
Potato instant, made with water	172	1.4
potato, canned, without skin	218	0.9
potato baked, no skin	252	1.4
potato, scalloped mix (high salt!)	263	1.6
Potato boiled no skin	270	1.2
potato, mashed	316	1.3
potato salad	335	1.7
potato baked, with skin	359	1.5
potato, hash brown, frozen	359	1.8
potato, boiled, no skin, 1 small 125 g	410	1.8
potato, scalloped homemade	489	2.5
potato, baked, no skin, small 129 g	504	2.8
Potato, french fries, small (75g) = 15 fries	549	2.4
potato, baked, with skin, 1 small 138 g	738	3

**Double boil potatoes to lower potassium by about half!**

## How to Double Boil Potatoes

- Peel, cube or slice potato.
- Put potatoes in a pot with lots of water (twice as much water as potato!).
- Bring to a boil.
- Drain the hot water and add fresh water.
- Bring to a boil again and finish cooking.
- Drain and serve.



# VEGETABLES VERY HIGH IN POTASSIUM


(Greater than 350 mg)

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

ITEM	POTASSIUM (mg)	FIBRE (g)
bamboo shoots	425	1.8
beet greens, cooked	692	2.2
chard, swiss, cooked	508	1.9
lima beans, cooked	512	4.8
lotus root, 10 slices, 2 1/2" diameter 81g	450	4
peppers, sundried	366	5.6
rutabaga, cooked, mashed	414	2.3
spinach, fresh then cooked	443	2.3
spinach, canned	391	2.6
squash, acorn, baked	473	2.1
sweet potato, baked in skin	502	3.5
tomato crushed	372	2.4
tomato paste	1404	5.7
tomato, puree, canned	580	2.5
tomato sauce, canned	478	1.9
water chestnuts	383	2
yam, cooked	481	2.8

To lower potassium, drain canned vegetables and throw away the liquid.



When buying canned vegetables be sure to choose "no salt added".



# FLAVOUR ENHANCERS

There are many foods that are used in small amounts to add flavour and enhance enjoyment. They are great in low sodium recipes! These are low in potassium, but if larger amounts are used the potassium will add up.

ITEM	SERVING SIZE	POTASSIUM (mg)	FIBRE (g)
cilantro	1 Tbsp	5	0
cranberry sauce, canned	1 Tbsp	5	0.2
garlic	1 clove	12	0.1
ginger	1 Tbsp	23	0.3
lemon	1 medium	80	1.6
lemon juice, bottled	1 Tbsp	16	0.1
lemon juice, fresh	1 Tbsp	19	0.1
lime	1 medium	68	1.9
lime juice, bottled	1 Tbsp	12	0.1
lime juice, fresh	1 Tbsp	18	0.1
parsley	1 Tbsp	61	0.8
onion, yellow, sautéed	1 Tbsp	7	0.1
onions, raw, chopped	1 Tbsp	15	0.17
onions, spring/green, chopped	1 Tbsp	17	0.2
onions, dehydrated, flakes	1 Tbsp	82	0.5
peppers, hot chili	1 Tbsp	32	0.14
pimento, canned	1 Tbsp	19	0.16
miso (fermented soybean)	1 Tbsp	37	0.9
radish	1 Tbsp	17	0.12
shallots	1 Tbsp	34	0.2
tomato paste	1 Tbsp	169	0.7

1 Tbsp = 1 tablespoon = 15mL



# FRUITS LOW IN POTASSIUM

(Less than or equal to 100 mg)

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

Choose \_\_\_\_\_ portions of low or medium potassium fruits a day.

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
apple, sliced, with skin	71	1.3	lemonade, from frozen concentrate	(20) white (22) pink	0
applesauce	95	1.4	mandarin orange (tangerine), canned in syrup	104	0.9
blueberries	59	2.0	pears, canned in syrup	88	2.1
blueberries, frozen	44	2.6	pineapple	89	1.1
boysenberries, frozen	97	3.7	rambutan, canned in syrup	33	0.7
cranberries	42	2.3	raspberries	98	4.2
gooseberry	157	3.4	rhubarb, frozen, uncooked	78	1.3
gooseberries, canned	103	3.2	watermelon, diced	90	0.3
lemonade, from powder	8	0			

**Grapefruit, grapefruit juice and pomello affect the way some medications work. Ask your doctor or pharmacist if grapefruit is safe for you to eat.**



**Caution:**  
**Do not eat star fruit (carambola). It is dangerous when you have poor kidney function.**



# FRUITS MEDIUM IN POTASSIUM (101 mg - 200 mg)

One portion is 1/2 cup unless otherwise stated.

If no preparation method is described, the food is in its fresh (raw) form.

Choose \_\_\_\_\_ portions of low or medium potassium fruits a day.

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
apple juice	132	0.3	nectarine	147	1.3
apricot nectar, canned	151	0.8	orange, sliced without peel	172	1.7
blackberries	123	4.0	papaya, cubed	190	1.4
blackberries, frozen	112	4.0	peach	171	1.8
casaba melon	163	0.8	peach, canned in juice	169	1.7
cherries, canned in juice	164	1.8	peach, canned in syrup	129	1.7
cherries, (10 = 1/2 cup)	182	1.7	pear	104	2.6
crabapple	113	1.5	pear, Asian, 1 medium (5.7cm x 6.4cm)	148	4.4
cranberry juice, unsweetened	103	0	pear, canned in juice	126	2.1
currants	191	n/a	pineapple, canned in juice	160	1.2
figs	116	1.4	pineapple juice, canned	172	0.3
fruit cocktail, can in juice	119	1.3	plum, sliced	137	1.4
gooseberries	157	3.4	prickly pear	173	2.9
grapefruit (1/2 cup = 1/2 9.5 cm fruit)	164	2	prunes, canned in syrup, 5	194	3.3
grapes (1/2 cup = 16 grapes)	153	1	quince, 1 medium	181	1.7
grape juice, can/bottle	139	0.3	raspberries, canned in syrup	127	4.5
kumquat, 5	177	6.2	raspberries, frozen	151	5.8
loganberries, frozen	113	4.1	rhubarb, frozen, cooked	122	2.5
longan, 15	135	0.5	rhubarb	186	1.2
lychee	172	1.3	strawberries, canned in syrup	115	2.3
mandarin orange	171	1.9	strawberries (whole, unsliced)	117	1.7
mandarin orange, canned in juice	175	0.5	strawberries, frozen	117	2.5
mango, sliced	136	1.6	tangerine	171	1.9

# FRUITS HIGH IN POTASSIUM

(201 mg - 350 mg)

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

ITEM	POTASSIUM (mg)	FIBRE (g)
apricots, sliced	226	1.8
apricots, canned in juice with skin	213	2.1
cantaloupe (cubed)	226	0.7
cherimoya	221	3.8
coconut, unsweetened	261	7.8
elderberries	214	5.4
honeydew melon (cubed)	205	0.7
kiwi	292	2.8
lychee, dried, 10	278	1.2
mincemeat pie, (1/8 of pie, 23 cm diameter)	335	4.3
orange juice, can/bottle	242	0.5
persimmon, Japanese, 1 medium	270	6.0
plum, canned in juice	205	1.2
pomegranate, 1/2 cup arils	205	3.5
pommelo	217	1.0
soursop	330	3.9
tangerine juice	232	0.3

To lower potassium, drain canned fruits and throw away the liquid.



# FRUITS VERY HIGH IN POTASSIUM

(Greater than 350 mg)

**One portion is 1/2 cup unless otherwise stated.**

**If no preparation method is described, the food is in its fresh (raw) form.**

ITEM	POTASSIUM (mg)	FIBRE (g)
avocado, 1 whole or ½ cup puree	427-1068	4.6-8.5
banana, 1 medium (18-20cm)	422	2.1
breadfruit (½ cup = 1/4 small)	570	5.7
currants, dried	522	4.0
dates, dried, pitted (1./2 cup = 11 fruits)	617	7.5
durian, fresh or frozen	560	4.9
figs, dried (1/2 cup = 9 figs)	536	7.7
guava	364	4.7
jackfruit	264	1.4
Passion fruit (1/2 cup = 7 fruits)	434	13
passion fruit juice	363	0.3
plantain	390	1.8
plantain, cooked, sliced	378	1.9
prunes, dried, pitted (1/2 cup = 11 prunes)	658	6.5
prune juice	373	1.4
raisins	574	2.8
strawberry guava	377	7
tamarind	398	3.2

# OTHER POTASSIUM-RICH FOODS TO CONSIDER

ITEM	POTASSIUM (mg)	FIBRE (g)	ITEM	POTASSIUM (mg)	FIBRE (g)
bran buds, 1/3 cup	300	11	<b>Dairy and Alternatives, ½ cup</b>		
bran flakes, 3/4 cup	112	3.7	chocolate milk, 2%	223	0.6
bran muffin, 1 medium / 57g, home made with raisins	365	0.4	white milk, skim	201	0
bran muffin from mix, 66g	103	n/a	soy milk, various brands	150 -190	0
bread, pumpernickel, 2 slices	146	4.6	yogurt, plain, 1-2% MF	303	0
carob candy, 50g	317	1.9	yogurt, stirred/swiss, fruit flavoured/vanilla etc.	239	0
chocolate, milk, bar/chips 50g	186	1.7	Lower potassium dairy alternatives include Rice Dream Original™, Almond Breeze™, and Silk Almond™.		
coconut milk, canned, ½ cup	249	0			
coconut water (commercial), ½ cup	230	0			
coffee, 2 cups	246	0	<b>Legumes, ½ cup:</b>		
cream of tartar, 1 tsp	505	0	black beans, canned, not rinsed	391	8.7
granola, honey&almond, PC brand™, ¾ cup	260	4.4	chickpeas/garbanzo beans, canned, rinsed	218	5.6
instant breakfast, Carnation™ (chocolate), 237mL	580	0	edamame, frozen then cooked	357	4.3
molasses, blackstrap 1 Tbsp	518	0	red kidney beans, canned, rinsed	346	7.3
molasses, sweet 1 Tbsp	311	0	lentils, boiled	386	4.5
oatmeal, 1 cup cooked instant or large flake *Varies between brands, lower fibre brands tend to be lower in potassium	94 - 204	2.3 - 4.9	pinto beans, canned, not rinsed	308	5.8
Ovaltine™, chocolate 2 tsp	175	0	refried, canned	447	6.8
salt substitutes containing potassium, (No Salt™ 1/4 tsp)	650	0	<b>Nuts &amp; Seeds, ¼ cup, dry roasted:</b>		
<b>Nutrition Supplements:</b>			peanuts	244	3.0
Ensure Plus™ 235mL bottle	400	0	peanut butter, 2Tbsp, natural	207	2.5
Nepro™ 237mL bottle	250	1	peanut butter, 2 Tbsp, processed	210	1.8
Discuss the use of the foods on this list with your dietitian.			almonds	261	4.1
			cashews	196	1.0
			pecans	118	2.6
			sunflower seeds	276	3.6
			pumpkin/squash seeds	454	3.7
			hemp hearts (Manitoba Harvest™)	384	4.0
			sesame seeds	181	5.3