

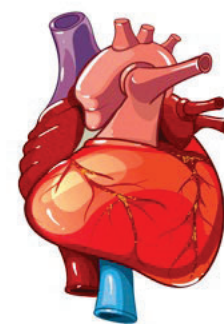
Potassium and Your Kidney Diet - Chinese Foods

► What is potassium?

Potassium is a mineral in the body that helps the heart, nerves and muscles work properly.

Why do I need to pay attention to potassium in my diet?

- Healthy kidneys remove excess potassium from the body.
- Potassium can build up in the body in people with kidney disease.
- High blood potassium level may lead to tingling in toes and fingers, weak muscles, and irregular heartbeats. The heart may even stop.



High blood potassium level may cause the heart to stop.

What can I do to control my blood potassium level if it is high?

- Eat balanced meals.
- Read food labels and avoid foods that contain potassium additives.
 - Some examples of potassium additives: potassium chloride, potassium phosphate, potassium lactate, and potassium citrate.
 - Some examples of foods that contain potassium additives: processed meat, vegetarian meat substitutes, electrolyte beverages (e.g. Pocari Sweat, Lucozade, Gatorade), and some low-sodium products (e.g. low-sodium canned soups).



Limit processed meat in order to reduce intake of potassium additives.

Limit juices, sauces and dried fruits



- Limit juices, sauces and dried fruits.
- Use cooking methods that reduce potassium content:
 - Peel, cut up, and double boil root vegetables (e.g. potato, sweet potato, yam and winter squash), and discard the cooking water.
 - Drain and rinse canned legumes (e.g. chickpeas, kidney beans and lentils that are canned in water).
 - Soak dried legumes overnight. Soak root vegetables for 2-4 hours. Discard the water prior to cooking.
- Choose lower potassium foods more often.
- Pay attention to portion size. A large portion of lower potassium food can become high in potassium.
- Eat an adequate but not excessive amount of protein. Discuss with your dietitian about your daily protein requirement.
- Discuss with your health care providers if you have any of the following:
 - constipation.
 - high blood sugar.
 - on medications or supplements that may increase blood potassium level.



Drain and rinse canned legumes (e.g. chickpeas, kidney beans and lentils that are canned in water)

Peel, cut up, and double boil root vegetables (e.g. potato, sweet potato, yam and winter squash), and discard the cooking water.



Examples of High Potassium Foods

Limit these foods if your potassium level is high. Talk to your dietitian about your food choices.

Minimally processed or whole foods	Processed	Processed with potassium additives
		
Potato / Yam / Sweet potato / Taro (unless double boiled)	Chocolate bars / Chocolate milk	Salt substitutes
		
Dairy products / Soy milk (limit to 1 cup/day)	Coconut water / Coconut milk	Processed meats / Ham / Hot dogs
		
Dried fruits	Electrolyte beverages	Instant noodles
		
Coffee (limit to 2 cups/day)	Fruit/vegetable juices and smoothies	Low-sodium canned soups
		
Snow fungus	Potato chips / French fries	Low-sodium V8 Juice
		
Goji berry	Dried scallops	Breaded strips / Nuggets
		
Lotus seeds		
		
Lily bulbs		
		
Monk fruit		



***Note:** Natural health products may have added potassium (e.g. Glucosamine). Talk to your healthcare team to make sure they are safe for you to take.