

Greenwich Hospital

LOW POTASSIUM DIET

PATIENT/FAMILY INFORMATION SHEET

What is Potassium?

Potassium is a mineral necessary for normal muscle and heart function. For some people however, too much potassium may be dangerous.

Potassium is found mainly in fruits and vegetables, but it is also present in dairy products, nuts, seeds, legumes, and some grain products. The regular daily recommended potassium intake is 4000 milligrams or 4 Grams. For those on a low potassium diet, the recommended daily intake is usually between 2000 and 3000 milligrams (2 – 3 Grams).

Is there anything I can do to reduce potassium in my diet?

- Cook frozen fruits and vegetables in water. Rinse and drain well before eating.
- Rinse and drain all canned fruits and vegetables well before eating.
- Check food labels carefully for ingredients that have potassium in their name. There may be sources of hidden potassium, such as some artificial sweeteners.
- Avoid salt substitutes—many replace sodium chloride with potassium chloride. Salt-free herb blends and spices are acceptable.
- Limit your intake of the high potassium foods listed below.

Nutrition Facts	
Serving Size 1 potato (148g/5.3oz)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 720mg	21%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 4g	
Vitamin A 0% • Vitamin C 45%	
Calcium 2% • Iron 6%	
Thiamin 8% • Riboflavin 2%	
Niacin 8% • Vitamin B ₆ 10%	
Folate 6% • Phosphorous 6%	
Zinc 2% • Magnesium 6%	

*Percent Daily Values are based on a 2,000 calorie diet.

Foods High in Potassium

Fruits:

- Apricots (canned, fresh, dried)
- Bananas
- Cantaloupe
- Dried fruits (dates, figs, prunes)
- Honeydew
- Kiwi
- Nectarines
- Oranges (including orange juice)
- Pears (fresh)
- Prune juice

Foods High in Potassium

Vegetables:

- | | | |
|----------------------------|--------------------------|--|
| • Avocado | • Chard | • Rutabaga |
| • Beets; beet greens | • Kohlrabi | • Cooked spinach |
| • Brussels Sprouts | • Okra | • Winter squash |
| • Chili peppers | • Pumpkin | • Chinese cabbage |
| • Vegetable juice cocktail | • Potatoes—white & sweet | • Tomatoes (including sauce, juice, ketchup) |

Other Foods:

- | | |
|----------------------------------|-------------------|
| • Bran | • Chocolate |
| • Whole grain | • Prepared sauces |
| • Legumes (beans, peas, Lentils) | • Licorice |
| • Nuts | • Salt substitute |

Sample Low Potassium Menu (Between 2000 & 3000mg)

Breakfast	Lunch	Dinner	Snack
<ul style="list-style-type: none"> • Cranberry juice (4oz) • Farina (1/2 cup) • English muffin (1/2) • Scrambled egg (1) • Butter (1tsp) • Grape jelly (2 tsp) • Low fat milk (4 oz) • Coffee (6 oz) • Creamer (2 oz) <p><i>Potassium: 372 mg</i></p>	<ul style="list-style-type: none"> • Grilled Chicken Breast (3 oz) • Egg noodles (1/2 cup) • Green beans (1/2 cup) • Butter (1 tsp) • Apple (1 small) • Tea (6 oz) <p><i>Potassium: 960 mg</i></p>	<ul style="list-style-type: none"> • Lettuce salad (1 ½ cups) • Oil and vinegar dressing (1 Tbsp) • Hamburger (3oz) • Bun (1 small) • White rice (1/3 cup) • Wax beans (1/2 cup) • Butter (1 tsp) • Canned pears (1/2 cup) • Tea (6 oz) <p><i>Potassium: 817 mg</i></p>	<ul style="list-style-type: none"> • Graham cracker (2) • Low fat milk (4 oz) <p><i>Potassium: 240 mg</i></p>

Total Potassium: 2389 mg

Sources: The American Dietetic Association and Dietitians of Canada. Manual of Clinical Dietetics, 6th ed.

For more Patient Fact Sheets, see the Greenwich Hospital web site at www.greenhosp.org and Click on Patients & Visitors, then Patient Education

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