

Discharge Instructions: Eating a Low-Potassium Diet

Your doctor has prescribed a low-potassium diet for you. A diet that's low-potassium is recommended for patients who have certain kidney problems.

Potassium is found in nuts, beans, seeds, dairy products and some fruits and vegetables. Potassium is needed for muscle function, but it's important to know that too much potassium isn't healthy and can be dangerous.

Guidelines

- Be sure to cook frozen fruits and vegetables in water; rinse and drain well before serving.
- Drain liquid from all canned fruits and vegetables and rinse before serving.
- Reduce the potassium content of potatoes by peeling, slicing thinly, and soaking in water for 4 hours or overnight.
- Reduce the potassium in green leafy vegetables by rinsing them well and soaking in water for 4 hours or overnight.
- Avoid hidden potassium in foods by checking labels for ingredients that contain potassium, such as *potassium chloride*.
- Avoid salt substitutes; many of these contain potassium.
- **Limit the following foods** that are high in potassium. (Ask your doctor for more information on how many servings are allowed each day.)
 - **Fruits:** apricots (canned and fresh), bananas, cantaloupe, honeydew melon, kiwi, nectarines, oranges, orange juice, pears, dried fruits (apricots, dates, figs, prunes), and prune juice
 - **Vegetables:** asparagus, avocado, bamboo shoots, beets, brussels sprouts, cabbage, celery, chard, okra, potatoes (white and sweet), pumpkin, rutabaga, spinach (cooked), squash, tomato, tomato sauce, tomato juice, and vegetable juice cocktail
 - **Legumes:** black-eyed peas, chickpeas, lentils, lima beans, navy beans, red kidney beans, soybeans, and split peas
 - **Nuts and seeds:** almonds, Brazil nuts, cashews, peanuts, peanut butter, pecans, pumpkin seeds, sunflower seeds, and walnuts
 - **Breads and cereals:** bran and whole-grain products
 - **Others:** chocolate, cocoa, coconut milk, milk products, and molasses

Follow-Up

Make a follow-up appointment as directed by our staff.

When to Call Your Doctor

Call your doctor immediately if you have any of the following:

- Fatigue
- Shortness of breath
- Chest pain
- Slow, irregular heartbeat
- Fainting
- Dizziness
- Lightheadedness
- Confusion