

Discharge Instructions: Eating a High-Potassium Diet

Your doctor has prescribed a high-potassium diet for you. High-potassium diets are recommended for people with low blood levels of potassium and those with high blood pressure (hypertension).

Potassium is found in many foods. Dairy products, nuts, seeds, beans, and many fruits and vegetables contain high amounts of potassium. You need potassium for muscle function.

Guidelines

- Eat fruits and vegetables in their fresh or raw form as often as possible.
- Check labels for ingredients that contain potassium, such as *potassium chloride*, and add these items to your diet.
- Try salt substitutes; many of these contain potassium.
- **Eat plenty of the following foods** that are high in potassium.
 - **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
- **Avoid licorice**, including licorice root and licorice-containing teas, which can rob your body of potassium.

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:

- Vomiting
- Fatigue
- Diarrhea
- Rapid, irregular heartbeat
- Shortness of breath
- Chest pain
- Muscle cramps, spasms, or twitching
- Weakness
- Paralysis