

POTASSIUM DIET INFORMATION

Potassium plays a very important role in your body in keeping your heart and muscle function normal. Your kidneys play a central role in controlling your potassium level. When your kidney function is not normal, your potassium levels can often elevate and can lead to serious problems. Your diet can help control your potassium levels if your potassium level is too high. Maintaining your hydration with water and having your medications reviewed is also very helpful in keeping your potassium level normal.

High Potassium Foods to Avoid:

FRUITS	VEGETABLES	OTHER FOODS
Apricot	Artichokes	Bran
Avocado	Beans, dried	Chocolate
Banana	Brussels sprouts	Coconut
Cantaloupe	Celery	Granola
Casaba	Chickpeas	Ice cream
Dates	Corn on the cob	Molasses
Dried fruit	Escarole	Milk
Durian	Fennel	Nuts/seeds
Figs	Greens (Swiss Chard)	Potato chips
Grapefruit	Kale	Salt substitutes
Kiwi	Kohlrabi	
Honeydew	Lentils	
Mango	Legumes	
Mangosteen	Lima beans	
Melons	Parsnips	
Nectarines	Plantain	
Oranges	Potatoes*	
Papaya	Pumpkin	
Peaches	Romano beans	
Plums	Spinach	
Pomegranate	Squash(winter)	
Prunes	Tomatoes	
Raisins	Turnip	
Rhubarb		
Starfruit		
ANY JUICES OF THESE FRUITS	*Note – peeling, dicing and double boiling potatoes can reduce potassium	