



## 2 Gram Potassium Diet

Client Name \_\_\_\_\_

Dietitian \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_




### What is potassium?



Potassium (abbreviated K) is a mineral found in most foods. It helps your nerves and muscles work properly. Your kidneys keep blood levels of potassium normal. Too much potassium can lead to irregular heart beat, muscle weakness, and death. If you have a medical condition that may cause high potassium levels, it is very important to limit potassium-rich foods in your diet.




Milk, meat, nuts, and some fruits and vegetables are especially high in potassium. Choosing low potassium foods can help keep your potassium level normal. You will need to become familiar with the types and amounts of foods allowed in your diet.

### General Guidelines

1. **Meat, fish, poultry, and milk** are generally **high in potassium**. Eat the number and portion sizes of servings suggested on the list.
2. **Raw fruits and vegetables contain more potassium** than the same amount of cooked, canned, or frozen. **Dried fruits and vegetables contain more potassium** than raw.
3. **Potassium** is a water-soluble mineral that can **leak out in large amounts of water**. Boiling vegetables in large amounts of water will lower the potassium content. Throw out leftover cooking water because that is where the potassium will be.
4. **Whole grain cereal and bread** contain **more potassium** than white or enriched products.
5. **Eat only foods included in the amount allowed**. It is important to **measure carefully**.
6. Check with your dietitian or physician before using any foods, beverages, or medication other than those prescribed.
7. **Do not use** the following items on a potassium restricted diet: **salt substitutes, low-sodium milk, low sodium baking powder, most low sodium specialty products** (read labels). Mrs. Dash is safe to use.

Food Groups	Use	Avoid
<p><b><i>Milk and dairy products</i></b> </p> <p>One serving equals ½ cup milk or 185 mg K per serving</p>	<p>Ice Cream Skim Milk 2% Milk Whole Milk</p>	<p>Buttermilk Chocolate Milk Eggnog Evaporated Milk Hot Cocoa Low Sodium Milk Malted Milk Milkshakes Soy Milk Yogurt (<i>plain or fruited</i>)</p>
<p><b><i>Meats and proteins</i></b> </p> <p>One serving equals 100 mg K.</p> <p>One serving is equal to: 1 ounce cooked meat, ¼ cup of tuna or cottage cheese, 1 egg, 1 thin sliced piece of meat or cheese</p>	<p>Bacon Beef Cheese Chicken Egg Fish Ham Luncheon Meats Peanut Butter Poultry Pork Sausage Turkey</p>	<p>Miso Nuts Tofu</p>
<p><b><i>Bread/ starch</i></b> </p> <p>One serving equals 35 mg K.</p> <p>One serving is equal to: 1 slice or 1 ounce of bread ⅓ cup rice ½ cup pasta ¾ to 1 ounce of snack food ¾ cup of cold cereal ½ cup cooked cereal CD sized waffle or pancake</p>	<p>Bagel Bread Bun, Hot Dog/Hamburger Cereal (<i>cold and hot</i>) Corn Chips Cookie Crackers Danish Dinner Roll or Hard Roll Doughnut English Muffin Muffin Pancake or Waffle Pasta Pita Popcorn or Pretzels Raisin Bread Rice Rice Cake Tortilla (corn or flour)</p>	<p>Bran Cereal Dried or Canned Beans (<i>kidney, pinto, black, etc.</i>) Granola Cereal Potato</p>

Food Groups	Use	Avoid
<p><b>Vegetables</b> </p> <p>½ cup equals 70 to 150 mg K.</p>	<p>Asparagus            Beets (<i>canned</i>)            Cabbages (<i>fresh or cooked</i>)            Carrots (<i>frozen or canned</i>)            Cauliflower            Celery (<i>one stalk or less</i>)            Corn, Yellow Frozen            Cucumbers            Eggplant            Endive            Green Beans            Green Peas            Lettuce            Mushroom            Onions            Radishes            Summer Squash            Turnip</p>	<p>Acorn Squash            Artichoke            Avocado            Beets            Broccoli            Brussels sprouts            Carrots (<i>fresh or raw</i>)            Celery (<i>&gt;than 1 stalk</i>)            Corn (<i>other than Yellow Frozen</i>)            Kale            Lentil and Lima beans            Pumpkin            Spinach            Sweet Potato            Tomato or Tomato Juice            Tomato, Sauce and Puree            Turnip Greens            V-8 Juice            Wax Beans            Winter and Zucchini Squash            Yam</p>
<p><b>Fruits</b> </p> <p>½ cup or one small piece of fruit equals 70 to 150 mg K.</p>	<p>Apple or Apple Juice            Applesauce            Blackberries            Blueberries            Cherries            Cranberry Sauce or Juice            Grapes            Grape Juice, Frozen            Lemon            Lime            Mandarin Orange (<i>canned in syrup</i>)            Peach, Canned in Syrup            Peach Nectar            Pear, Canned            Pineapple            Plum            Raspberries            Rhubarb            Strawberries            Tangerine            Watermelon</p>	<p>Apricot            Banana            Cantaloupe            Casaba Melon            Dried Fruits            Honeydew            Kiwifruit            Grapefruit            Grapefruit Juice            Grape Juice, Bottled            Mango            Nectarine            Orange            Orange Juice            Peach, (<i>fresh/frozen or canned in juice</i>)            Pear, (<i>fresh/frozen</i>)            Prunes and Prune Juice            Pumpkin</p>

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<p><b>Desserts</b> </p> <p>Potassium content can vary.</p> <p>One serving is equal to:            2-inch square cake            ½ cup sherbet            2 small cookies</p>	<p>Angel Food Cake            Cookies: Sugar, Sugar Wafer, or Shortbread            Fruit Ice            Fruit Pie, ¼ Pie (<i>check allowed fruit list</i>)            Jell-O            Plain or Hard Candies            Rice Krispies Treat            Sherbet</p>	<p>Desserts with dried fruit, nuts or chocolate, unless approved by dietitian</p> <p>Pudding unless made with your allotted milk servings</p> <p>Ice Cream unless from allotted milk servings</p> <p>Brown Sugar</p> <p>Molasses</p>
<p><b>Fats and oils</b> </p> <p>One serving equals 1 to 10 mg K.</p> <p>One serving is equal to:            1 teaspoon margarine, butter or vegetable oil; 1 tablespoon mayonnaise or regular salad dressing; 2 tablespoons of gravy or sour cream</p>	<p>Butter            Cooking Oil            Cream or Creamer            Cream Cheese            Gravy            Margarine            Mayonnaise            Non-Dairy Whipped Topping            Salad Dressing            Sour Cream            Whipped Cream</p>	<p>Check labels on Salad Dressings</p>
<p><b>Beverages</b> </p> <p>Average per 1 cup serving equals 20 mg K.</p> <p><i>Limit Tea and Coffee to maximum of 1 ½ cups per day (99 mg K per day)</i></p>	<p>Coffee            Kool-Aid            Lemonade or Limeade            Soft Drinks            Tea</p>	<p>Amaretto            Mocha            Specialty Coffees</p>

Document Source: University Hospital Nutrition Care Services 2008.