

PATIENT INFORMATION

POTASSIUM

- Potassium is a mineral that is necessary to keep the heart and other muscles functioning normally. It is also important for the nervous system and cellular enzymes.
- The normal amount of potassium in the diet is 2000-4000mg (or 50-100mEq) daily. A diet high in potassium may be protective against developing hypertension and potassium deficiency and may increase blood pressure. A diet rich in potassium, or greater than 4000mg daily (or 100mEq), may be helpful as part of the dietary treatment for high blood pressure
- Excess potassium is removed from the body by the kidneys. Therefore, people with kidney disease may need to restrict their dietary potassium generally to less than 2000mg (or ~50mEq) daily. Some medications may also interfere with potassium excretion. Check with your physician for your recommended potassium intake.
- The following list includes foods rich in potassium, or greater than 200 mg/serving.*

HIGH POTASSIUM FOODS

FRUITS:	Mg
Avocado (1/3)	345
Apricots, dried (1/4 c)	448
Banana (1 med)	451
Cantaloupe (1/4)	713
Dates (4)	216
Grapefruit (1/2)	202
Figs (3 ea)	348
Honeydew (1/4)	874
Kiwi (2)	501
Mango (1)	323
Orange (1 med)	237
Pear (1 med)	207
Prunes, dried (4)	250
Raisins (1/4 c)	320
Strawberries (1 c)	252
Watermelon (1 slice)	278
FRUIT JUICES:	
Grapefruit juice (1 c)	378
Orange juice (1 c)	474
Prune juice (1 c)	706

VEGETABLES:

STARCHY VEGETABLES	Mg
Potato, baked (1)	510
Potatoes, mashed (1/2 c)	333
Sweet Potato, baked (1)	510
Winter Squash (1/2 c)	200
Yam, baked (1)	531

VEGETABLE JUICE/SAUCE

Carrot juice (1/2 c)	358
Tomato juice (1/2 c)	267

MEAT

Fish (3 oz)	293
Red meat (3 oz)	304
Poultry (3 oz)	235

DAIRY

Milk (1 c)	381
Yogurt (1 c)	477

OTHER

Beans, dried (1/2 c)	350
Bran cereal (3/4 c)	215
Lentils (1/2 c)	365

Artichoke (1)	425	Molasses (2 tbsp)	600
Asparagus (1)	392	Nuts (1/4 c)	250
Beets (1 c)	331	Peas, dried (1/2 c)	355
Brussels Sprouts (1 c)	504	Salt substitute (1/2 tsp)	1433
Carrot, raw (1 med)	233		
Carrots (1 c)	354		

POTASSIUM IN FOODS

There are four different groups of foods listed below. In each list the foods with the most potassium are at the top. On a high potassium diet, you should eat foods on these lists in place of others whenever possible.

If you are on a MODIFIED FAT DIET and/or LOW SODIUM DIET, you should use only those foods which are allowed on your special diet. You or your physician may wish to cross off those foods not allowed.

MEAT, FISH, POULTRY	FRUIT	FRUIT JUICES	VEGETABLES
HIGH Content of Potassium per average serving (600-300 mg. per serving)			
average serving average serving 1 cup 3 ounces (cooked) unless stated otherwise	average serving as stated	average serving 1 cup	
All fresh fish Veal Chicken (light meat only) Beef liver Beef Pork	*Dried apricots, 12 medium halves *Dried peaches, uncooked, 1/2 cup Banana, 1 medium Raisins (dark), 1/2 c Prunes, 7 large Cantaloupe, 1/2 Figs, dry, 4 large Dates, 6 to 7 Watermelon, 1/2 slice, 3/4 x 10"	Prune juice Low sodium Tomato juice Orange juice Orange-grapefruit Tangerine juice Pineapple juice	*Yam, 1 medium *Squash, winter Lentils, dry, 1/3 c. Broccoli White potato, 1 med. Sweet Potato, 1 med. Brussels sprouts (8) Cauliflower

*** Very high in potassium----over 600 mg. per average serving**

Breads and Cereals: All have low potassium content (except bran).

High Potassium but High Sodium (consult your physician): Ham, Bacon, Sardines, Scallops, Bran Flakes, Milk, Ketchup, Tomato Juice.