



The University of Rochester Medical Center's commitment to help Rochester become America's healthiest community by 2020

## Purpose:

A low potassium diet helps prevent high blood levels of potassium. When blood potassium levels become too high, muscle weakness, and an irregular heart beat can occur. Limiting potassium in your diet will help keep your blood potassium levels normal.

## Facts About Potassium:

Potassium is found in most foods. Fruits, vegetables, nuts, meat and milk are especially high in potassium. You will need to avoid or limit your intake of these foods. If your blood potassium level becomes too high, you will need to be very careful with your diet.

## How to Follow a Low Potassium Diet:

- Avoid salt substitute because it has potassium.
- Use only herbs and spices or seasoning mixes that do not contain potassium
- Limit fruits and vegetables to 4 servings (1/2 cup each) a day
- Limit milk to 1/2 cup a day. This includes all types of milk, buttermilk, yogurt and ice cream.

## Limit These High Potassium Fruits to One Serving a Day:

- 1/2 medium Banana
- 3/4 cup Mandarin Oranges
- 3/4 cup Blackberries
- 1/2 cup Orange Juice
- 1 cup Boysenberries
- 1 medium Orange
- 12 each Cherries
- 1 medium Peach
- 1 medium Pear
- 2 each Figs
- 2 medium Plums
- 3 each Prunes
- 1 cup Prune Juice
- 2 tbsp. Raisins
- 3 each Prunes, dried
- 1/2 Grapefruit
- 1 cup Raspberries
- 1 medium Kiwi fruit
- 1 1/4 cup Strawberries
- 1 cup Mulberries
- 1 1/4 cup Watermelon

## Completely Avoid These Very High Potassium Fruits:

- Apricots
- Avocado
- Cantaloupe
- Honeydew Melon
- Nectarines
- Plantain
- Tangelos

## Limit These High Potassium Vegetables to One Serving (1/2 cup) A Day:

- Asparagus
- Beets
- Brussels sprouts
- Collard greens
- Corn
- Cowpeas
- Dandelion greens

- Kale
- Mixed vegetables
- Mushrooms
- Parsnips
- \*Potato (leached)
- Pumpkin
- Spinach
- Tomato juice
- Tomatoes, canned
- Turnips
- Zucchini

\*Potatoes (white and sweet) should be leached before they are cooked. Peel the potato and cut into small pieces. Cover completely with water. Soak in the refrigerator for at least 4 hours. Drain well and cook in fresh water. Leaching potatoes will remove much of the potassium.

## Completely Avoid These Very High Potassium Vegetables:

- Artichokes
- Butter beans
- Dried peas, beans, lentils
- Potatoes—baked, commercial French fries and chips
- Sweet potatoes
- Swiss chard
- Tomato paste / puree
- Winter squash
- Yams

## Completely Avoid These Very High Potassium Foods:

- Chocolate candy or beverages
- Molasses
- Nuts

Source: Department of Nutrition and Dietetics  
The Ohio State University Medical Center

Anything's possible.

STRONG HEALTH