



Potassium and Your Heart

Potassium is a mineral found in many foods, mainly fruits and vegetables. It helps nerves and muscles work properly, especially the heart. If the potassium gets too high in the blood, muscles become weak and the heart may slow down and even stop beating.

Healthy kidneys remove extra potassium from the body. When the kidneys fail, this no longer happens. Dialysis removes some of the extra potassium from the blood. The potassium must be controlled in the diet in order to keep the potassium in the blood from becoming too high between dialysis treatments. This requires learning which foods are higher in potassium. Much of the potassium in our diets comes from fruits and vegetables.

Typically dialysis patients can have 1-2 choices from the high potassium list, 2-3 choices from the medium potassium list and 3-4 choices from the low potassium list per day. However, this depends on your laboratory value of potassium in your blood.

Each month your potassium level will be checked. The potassium level in your blood will help determine if you are eating enough or too much high potassium foods.

The desired level of Potassium is 3.5 – 5.5.

LOW POTASSIUM	LOW/MEDIUM POTASSIUM
<p>Fruits: ½ cup or 1 medium fruit.</p> <p><u>Low (150 mg or less)</u> Applesauce, ½ cup-78mg Apricots (raw), 1 medium-104mg Blackberries, ½ cup (raw)-120mg Blueberries, ½ cup (frozen)-42mg Concord grapes, 10-88mg Lemon, 1 medium-80mg Peaches, ½ cup (canned)-121mg Pears, ½ cup (canned)-86mg Pineapple, ½ cup (canned)-132mg Plums-1 each, 115mg Raspberries, ½ cup (frozen)-143mg Strawberries, ½ cup-138mg Tangerine, 1 medium-132mg Thompson grapes-10 each, 148mg Watermelon-1/2 c., diced, 88mg</p> <p>Vegetables: 1/2 cup</p> <p><u>Low (2-150 mg):</u> Artichoke heart, ½ (in veg. oil)-55 mg Asparagus, cooked, 4 spears-134 mg* Beets, ½ cup (canned)-126mg* Cabbage, ½ cup, (raw)-86mg Carrots, ½ cup (cooked)-115mg* Chili peppers (1)-150 mg Eggplant, ½ cup (raw)-123mg Endive, ½ cup,-95mg Green beans, ½ cup (canned)-110mg Green pepper, ½ cup (raw)-133 Lettuce, ½ cup (iceberg)-43mg Lettuce, ½ cup (loose leaf)-74mg Mushrooms, ½ cup (raw)-129mg Onions, ½ cup (cooked)-87mg Peas, ½ cup (canned)-147mg Radishes (raw)-135mg Turnip, ½ cup (raw)-124mg</p>	<p>Juices: 1/2 cup</p> <p><u>Low (13-150 mg):</u> Apple juice-150mg Cranberry juice-23mg Lemonade (frozen)-19mg Peach nectar-16mg Grape juice (canned)-167mg Pear nectar-50mg Pineapple juice-168mg Sunny D-30 mg</p>  <p><u>Medium (151-200 mg)</u> Apple, 1 medium, (raw)-159mg Cherries (raw)-10 each, 162mg Grapefruit (canned)-1/2 c, 161mg Papaya (raw)-1/4 Medium, 180mg Peach (raw)-1 Medium, 171mg</p> <p><u>Medium (151-200 mg)</u> Broccoli, ½ cup (cooked)-166mg* Cauliflower, ½ cup (raw)-235mg* Corn, ½ cup (canned)-160mg Raw Spinach, ½ cup-160 mg Summer squash, ½ cup (baked)-173 mg</p> <p>*Dialyzing these vegetables will remove up to 70% of the potassium</p> 

HIGH POTASSIUM	
<p><u>High (200 mg or more)</u> Avocado, California (1 med.)- 839mg Avocado, Florida, 1 med-1474 Banana-1 medium, 467mg Cantaloupe-1/4 Medium, 413mg Dates-1/2 c. Chopped, 580mg Grapefruit, 1 medium, (raw)- 356mg Honeydew, 1/4 medium, 570 Nectarine , 1 med(raw)-273mg Orange, 1 medium-237 mg Pear, 1 medium (raw)-208mg Persimmons, 1 fruit-279mg Plantain, 1 med (raw or cooked) 893 mg Pumpkin, ½ cup (canned)-252mg Raisins-1/2 cup, 544mg</p> <p><u>High (200 mg or more)</u> Artichoke, 1 (boiled)-425 mg* Beans-Lima, Pinto, Black, and Kidney, ½ cup (cooked) 484mg Brussel sprouts, ½ cup (fresh)- 247mg* Celery, ½ cup (cooked)-213mg* Kohlrabi, ½ cup (raw)-236mg* Mustard greens, ½ cup (raw)-99mg* Parsnips, ½ cup (cooked)-284mg* Potatoes, ½ cup (raw)-407mg (any variety, white or sweet, contains high potassium.)* Pumpkin, ½ cup (canned)-252mg Spinach, ½ cup(cooked)-370-440 mg* Tomatoes, ½ cup (raw) 1 Medium- 273mg Winter squash, ½ cup (cooked)-448 mg Yams-1/2 cup, cooked, 456 mg*</p>	<p><u>½ Cup of Juice is a Serving</u> <u>High (150 mg or more):</u> Grapefruit juice-168mg Orange juice-237mg Prune juice-353mg Tomato juice-267mg Juices from the high fruit and vegetable lists.</p>  <p><u>High (100 mg or more)</u> French fries (small order)-586mg Kidney beans, ½ cup (canned)- 329mg Potato chips, 1 oz-466 mg White beans, ½ cup-502mg</p>  <p>Other:</p> <p><u>High:</u> Coconut milk Cream of Tartar Low salt meat tenderizers Molasses Salt substitutes</p> 