


# High & Low Potassium Foods for Chronic Kidney Disease & Dialysis

Chronic kidney disease (CKD) makes it harder for your kidneys to work properly. If your kidneys are not working properly, you might have too much or too little potassium in your blood. Too much or too little potassium can cause heart and muscle problems. Talk to your doctor to see if your potassium levels are normal. If your potassium levels are not normal, you may need to avoid or eat more foods that have potassium.



High potassium foods have more than 250 mg of potassium per serving

Medium potassium foods have 150 - 250 mg of potassium per serving

Low potassium foods have less than 150 mg of potassium per serving

## How do I know how much potassium is in food?

- 1 Look for the nutrition label on packaged foods to see how much potassium is in a serving.
- 2 Try to choose foods that have less than 150 mg of sodium per serving

### Nutrition Facts

16 servings per container  
**Serving size 1 Tbsp. (21g)**

Amount per serving  
**Calories 60**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 17g	<b>34%</b> <sup>†</sup>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
<b>Potassium</b> 0mg	<b>0%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.  
<sup>†</sup> One serving adds 17g of sugar to your diet and represents 34% of the Daily Value for Added Sugars.



Remember: Any food can become a high potassium food if you eat a large serving or multiple servings

Flip to the back to see what foods have high, medium, and low amounts of potassium in them



## High Potassium Foods

### Vegetables

- Beet greens
- Fufu
- Swiss chard
- Acorn squash
- Baked potato
- Yam
- Spinach (raw)
- Bok choy
- Edamame
- Bamboo shoots



### Fruit

- Prune juice
- Orange
- Guava
- Kiwi
- Cantaloupe
- Honeydew
- Banana
- Dried fruits



### Dairy

- Plain yogurt
- Kefir
- Fat-free milk
- Low-fat milk
- Buttermilk
- Greek yogurt
- Soy milk
- Condensed milk



### Protein

- Clams
- Pollock
- Skipjack tuna
- Tilapia
- Cod
- Pork
- Tempeh
- Catfish



## Medium Potassium Foods

### Vegetables

- Asparagus
- Eggplant
- Broccoli
- Kale
- Raw onions
- Radishes
- Turnips
- Green beans (fresh)
- Sweet corn
- Zucchini (cooked)



### Fruit

- Blackberries
- Cherries
- Figs (fresh)
- Mangos
- Peach
- Raspberries
- Pineapple
- Plums
- Strawberries



### Dairy

- Ricotta cheese
- Cottage cheese
- Vanilla ice cream
- Almond milk



### Protein

- Tofu (raw, firm)
- Haddock
- Beef
- Pistachios
- Deer
- Lamb
- Chicken



## Low Potassium Foods

### Vegetables

- Carrots (cooked)
- Lettuce
- Beansprouts
- Cauliflower
- Cucumber
- Leeks (cooked)
- Mushrooms
- Olives
- Onions
- Peas
- Pumpkin



### Fruit

- Apples
- Pears
- Blueberries
- Cranberries
- Grapefruit
- Lemon
- Lime
- Mandarins
- Orange
- Passion fruit
- Pear



### Dairy

- Cheese (hard)
- Rice milk
- Oat milk



### Protein

- Eggs
- Turkey
- Focus on portion control of high & medium potassium proteins above