

TIPS FOR A LOW-POTASSIUM DIET

Many foods have some potassium. High protein foods such as meat, fish, and chicken also have potassium, but you need a balance of high protein foods to stay healthy. Portion size and how the food is prepared is very important. A dietitian can help you create a meal plan that gives you the right amount of protein to meet your needs. Other tips include:

- **Chinese food:** Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts, and bok choy.
- **Italian food:** Avoid tomato sauces. Tomatoes are high in potassium.
- **Mexican food:** Can be high in potassium. Avoid beans, guacamole, and salsas made with tomatoes. Choose salsa made with chili peppers instead of tomatoes.
- **Soul food:** Can be high in potassium. Avoid black-eyes peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. Choose chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread, or dinner rolls.
- **At restaurants:** Choose restaurants that make meals from scratch using fresh ingredients. Tell them you are on a special diet. Avoid fast-foods restaurants.

Use this chart to help you choose fruits, vegetables, and other foods that are lower in potassium.

✘ High Potassium Foods	✔ Low Potassium Choices
Fruits <ul style="list-style-type: none"> ■ Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate ■ Dates, dried fruits, dried figs 	Fruits <ul style="list-style-type: none"> ■ Apple, blueberries, cranberries, grapes, grapes, pears, pineapple, raspberries, strawberries
Vegetables <ul style="list-style-type: none"> ■ Avocados, broccoli, brussel sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash ■ Tomato and tomato-based products ■ Deep-colored and leafy green vegetables (such as spinach or swiss chard) ■ Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes 	Vegetables <ul style="list-style-type: none"> ■ Asparagus, cabbage, carrots, celery, corn, cucumber, eggplant ■ Green or wax beans, green peas or beans ■ Lettuce (iceberg) ■ Onions, radishes, turnips, water chestnuts
Other <ul style="list-style-type: none"> ■ Milk, yogurt ■ Nuts and seeds ■ Bran and bran products ■ Chocolate, granola, molasses, peanut butter 	Other <ul style="list-style-type: none"> ■ Rice, noodles, pasta, bread and bread products (not whole grains) ■ Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate ■ Use herbs and spices (and avoid salt substitutes)

