

High Potassium Foods






FOOD CHOICES: WHAT TO EAT IN MODERATION

What is potassium? Potassium is a mineral found in most foods you eat. This mineral is responsible for keeping your heart beating regularly, as well as keeping your nerves and muscles functioning properly. It also plays a role in maintaining proper fluid balance.

What is a high potassium food? Any food that contains greater than 200mg of potassium per serving.

Why is this important? In normal functioning kidneys, excess potassium is eliminated through urine. However, with chronic kidney disease (CKD), the kidneys' ability to filter excess potassium is reduced. Elevated potassium levels can cause irregular heartbeat or rhythm, which can be life-threatening.

What are some examples of high potassium foods? The food items listed below are considered to be high in potassium and should be consumed in moderation. If you have questions, please talk to your healthcare provider.

High Potassium Foods		
<ul style="list-style-type: none">▪ Acorn squash▪ Apricots▪ Avocado▪ Bananas▪ Bran and bran products▪ Beans (i.e. kidney, lima, lentils, navy, soy)▪ Baked potato▪ Beets▪ Brussel sprouts▪ Butternut squash▪ Cabbage▪ Cantaloupe▪ Carrots▪ Chocolate▪ Citrus fruit (i.e. grapefruit, lemons, limes, oranges)  	<ul style="list-style-type: none">▪ Dried fruits (i.e. apricots, dates, figs, raisins)▪ French fries▪ Greens▪ Goose▪ Hash browns▪ Herring (creamed or pickled)▪ Honeydew▪ Hubbard squash▪ Liver▪ Mackerel▪ Mango▪ Milk and milk products▪ Mincemeat▪ Nectarine 	<ul style="list-style-type: none">▪ Orange juice▪ Parsnips▪ Peas▪ Potatoes▪ Potato chips▪ Pumpkin▪ Refried beans▪ Sardines▪ Scallops▪ Spinach▪ Sweetbreads▪ Sweet potato▪ Tomatoes▪ Tomato juice▪ Tomato sauce▪ Water chestnuts▪ Yams  

Reference: <https://www.kidney.org/atoz/content/potassium>