

For leaching selected high potassium vegetables can be found at the end of this fact sheet. Check with your dietitian on the amount of leached high potassium vegetables that can be safely included in your diet.

- Do not drink or use the liquid from canned fruits and vegetables, or the juices from cooked meat.
- Remember that almost all foods have some potassium. The size of the serving is very important. A large amount of a low potassium food can turn into a high-potassium food.
- If you are on dialysis, be sure to get all the treatment or exchanges prescribed to you.

## What is a normal amount of potassium intake per day for the average healthy individual?

A normal amount of potassium in a typical diet of a healthy American is about 3500 to 4500 milligrams per day. A potassium restricted diet is typically about 2000 milligrams per day. Your physician or dietitian will advise you as to the specific level of restriction you need based on your individual health. A kidney dietitian is trained to help you make modifications to your diet in order to prevent complications for kidney disease.

## What foods are high in potassium (greater than 200 milligrams per portion)?

The following table lists foods that are high in potassium. The portion size is ½ cup unless otherwise stated. **Please be sure to check portion sizes.** While all the foods on this list are high in potassium, some are higher than others.

### High-Potassium Foods

Fruits	Vegetables	Other Foods
Apricot, raw (2 medium) dried (5 halves)	Acorn Squash	Bran/Bran products
Avocado (¼ whole)	Artichoke	Chocolate (1.5-2 ounces)
Banana (½ whole)	Bamboo Shoots	Granola
Cantaloupe	Baked Beans	Milk, all types (1 cup)
Dates (5 whole)	Butternut Squash	Molasses (1 Tablespoon)
Dried fruits	Refried Beans	Nutritional Supplements: Use only under the direction of your doctor or dietitian.
Figs, dried	Beets, fresh then boiled	
Grapefruit Juice	Black Beans	Nuts and Seeds (1 ounce)
Honeydew	Broccoli, cooked	Peanut Butter (2 tbs.)
Kiwi (1 medium)	Brussels Sprouts	Salt Substitutes/Lite Salt
Mango(1 medium)	Chinese Cabbage	Salt Free Broth
Nectarine(1 medium)	Carrots, raw	Yogurt
Orange(1 medium)	Dried Beans and Peas	Snuff/Chewing Tobacco
Orange Juice	Greens, except Kale	
Papaya (½ whole)	Hubbard Squash	
Pomegranate (1 whole)	Kohlrabi	
Pomegranate Juice	Lentils	
Prunes	Legumes	
Prune Juice	White Mushrooms, cooked (½ cup)	
Raisins	Okra	
	Parsnips	
	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes/Tomato products	
	Vegetable Juices	

## What foods are low in potassium?

The following table lists foods which are low in potassium. **A portion is ½ cup unless otherwise noted. Eating more than 1 portion can make a lower potassium food into a higher potassium food.**

#### Low-Potassium Foods

Fruits	Vegetables	Other Foods
Apple (1 medium)	Alfalfa sprouts	Rice
Apple Juice	Asparagus (6 spears raw)	Noodles
Applesauce	Beans, green or wax Broccoli (raw or cooked from frozen)	Pasta
Apricots, canned in juice	Cabbage, green and red Carrots, cooked	Bread and bread products (Not Whole Grains)
Blackberries	Cauliflower	Cake: angel, yellow
Blueberries	Celery (1 stalk)	Coffee: <b>limit to 8 ounces</b>
Cherries	Corn, fresh (½ ear) frozen (½ cup)	Pies without chocolate or high potassium fruit
Cranberries	Cucumber	Cookies without nuts or chocolate
Fruit Cocktail	Eggplant	Tea: <b>limit to 16 ounces</b>
Grapes	Kale	
Grape Juice	Lettuce	
Grapefruit (½ whole)	Mixed Vegetables	
Mandarin Oranges	White Mushrooms, raw (½ cup)	
Peaches, fresh (1 small) canned (½ cup)	Onions	
Pears, fresh (1 small) canned (½ cup)	Parsley	
Pineapple	Peas, green	
Pineapple Juice	Peppers	
Plums (1 whole)	Radish	
Raspberries	Rhubarb	
Strawberries	Water Chestnuts, canned	
Tangerine (1 whole)	Watercress	
Watermelon ( <b>limit to 1 cup</b> )	Yellow Squash  Zucchini Squash	

#### How do I get some of the potassium out of my favorite high-potassium vegetables?

The process of leaching will help pull potassium out of some high-potassium vegetables. It is important to remember that leaching will not pull all of the potassium out of the vegetable. You must still limit the amount of leached high-potassium vegetables you eat. Ask your dietitian about the amount of leached vegetables that you can safely have in your diet.

#### How to leach vegetables.

For Potatoes, Sweet Potatoes, Carrots, Beets, Winter Squash, and Rutabagas:

1. Peel and place the vegetable in cold water so they won't darken.
2. Slice vegetable 1/8 inch thick.
3. Rinse in warm water for a few seconds.
4. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
5. Rinse under warm water again for a few seconds.
6. Cook vegetable with five times the amount of water to the amount of vegetable.

Read more about [Potassium and Your CKD Diet \(/sites/default/files/02-10-0410\\_EBB\\_Potassium.pdf\)](/sites/default/files/02-10-0410_EBB_Potassium.pdf).