



The Renal Diet – Potassium

The kidneys are responsible for getting rid of extra potassium in the blood. When kidney function is reduced, potassium levels can get too high. This can be very dangerous. High potassium can cause your heart to beat irregularly or even stop without warning! Patients with Chronic Kidney Disease can prevent this from happening by eliminating potassium rich foods from their diet.

Foods high in potassium include:

Fruits	Vegetables	Other Foods
Apricots	Asparagus	Bran and Bran products
Bananas	Avocado	Clams
Cantaloupe & Honeydew	Beans (except green)	Chocolate
Grape juice (grapes are ok)	Broccoli	Coffee (limit to 2 cups/day)
Mango	Brussels sprouts	Lentils
Oranges and other citrus fruits (and juice)	Greens (collards, swiss chard, mustard, dandelion and beet)	Milk
Papaya	Mushrooms	Salt Substitute
Prunes (and juice)	Potatoes (including sweet)	Yogurt
Raisins	Spinach	
	Squash	
	Tomatoes (and sauces)	
	Zucchini	