

*What you need to know about:*

# Potassium



Potassium is a vital mineral that is needed for all cellular functions, including muscle and nerve signaling.

- Elevations in potassium levels can cause irregular heart rhythms and in severe cases, cardiac arrest and death.
- Potassium intake is d and the kidneys normally keep potassium levels balanced by eliminating excess.
- Hyperkalemia is the medical term for elevated potassium.



- Chronic Kidney Disease is a risk factor for hyperkalemia.
- Some medications, including NSAID's , and certain supplements\* contribute to elevations in potassium.
- Salt substitutes may contain potassium chloride.
- Dehydration and difficulty during blood draws can artifactually increase potassium.



- Low potassium diet target is <2000mg/day; learning how to read food labels is very important.
- Learn which foods are high in potassium and focus on portion control and moderation.
- Double-boiling or leaching vegetables can reduce potassium content.
- Potassium-binding medications may also be needed.



\*Naturenal products are low in potassium unless noted



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# Eating Guide

## Avoid high potassium foods like:

Banana, plantains, potato, sweet potato	Avocado, pumpkin, winter squash	Milk (cow / goat), yogurt
Citrus, oranges, nectarines	Tomato, tomato sauce, salsa	Nuts, seeds, coconut water
Kiwi, mango, papaya	Dates, figs, prunes	Bran, whole grains
Broccoli, brussel sprouts, spinach	Dried beans, lentils, chickpeas	Chocolate, peanut butter, granola

## Lower potassium alternatives:

Apple, peaches, pears	Carrots, corn, cucumber	Zucchini, bell peppers, eggplant
Grapes, blueberries, cranberries	Asparagus, cabbage, celery, cauliflower	Angel food cake, low potassium fruit pies
Pineapple, raspberries, strawberries	lettuce-iceberg, arugula, endive	Rice, noodles, white bread
Green beans, wax beans, peas	Onions, radishes, water chestnuts	Almond milk, rice milk

## Eating Out...

- Choose grilled chicken, plain burgers or simple salads with oil & vinegar in drive thru's
- Avoid smoothies or 'power bowls.'
- Request plain grilled proteins without sauces.
- Avoid tomato sauces and soups.
- Review menus online and identify low-potassium options in advance.



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