



The Power of Potassium

For people living with Chronic Kidney Disease

Renal Dietitians

a dietetic practice group of the
eat right. Academy of Nutrition and Dietetics

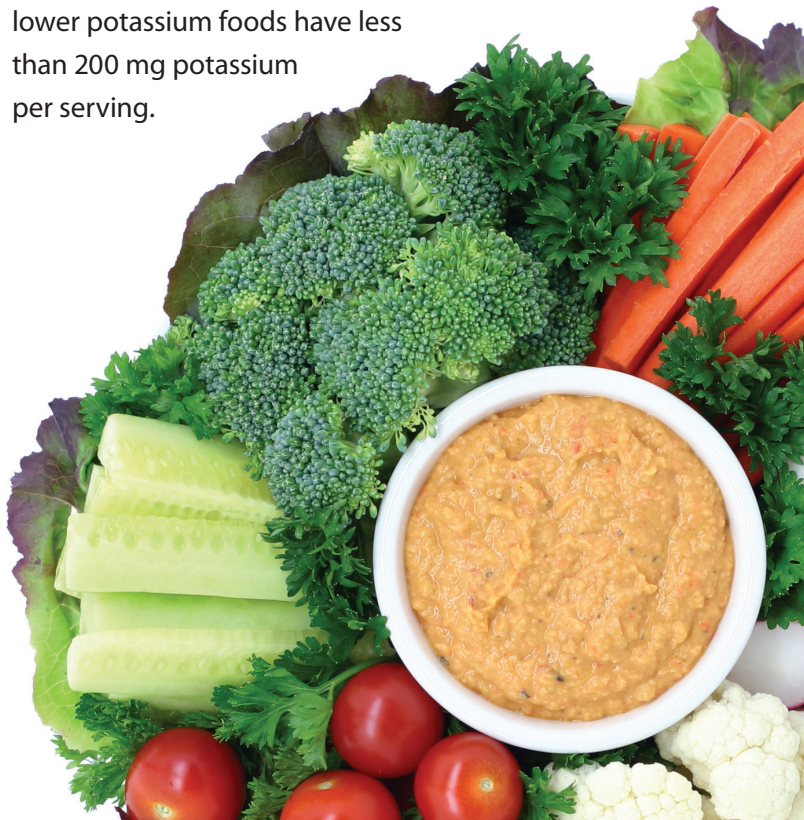
Potassium has an important role in your health. It helps to protect your heart and keep it running smoothly. You can find this mineral in a variety of foods like fruits, vegetables, grains, meats, fish, and chicken. It is also in packaged foods, snacks, and beverages.

If you are living with Kidney Disease, you can eat healthy foods with potassium every day. The key is having the right potassium balance for your needs. Your registered dietitian nutritionist (RDN) can help with a daily plan that's right for you.

Super Snack

Instead of unhealthy processed foods, choose foods with fiber and antioxidants. For example, eat hummus and raw broccoli as a snack instead of potato chips.

Many fruit and vegetable choices can fit into your daily plan. Ask your RDN for "Lower/Higher Potassium Fruits and Vegetables" lists. Generally, lower potassium foods have less than 200 mg potassium per serving.



2 Tbsp hummus + ½ cup raw broccoli =
230 mg potassium, 3 g fiber

VS.

1 oz bag of chips = 340 mg potassium, 1 g fiber*

*values rounded to nearest whole number

Tips for Controlling Potassium

- Check portion sizes closely. For example, a serving of dried raisins is $\frac{1}{4}$ cup vs. fresh grapes, which is $\frac{1}{2}$ cup.
- Drain and discard liquids in canned fruit and vegetables.
- **Read the nutrition facts panel for amount of potassium per serving.**
- Look out for label claims. “Low salt” or “low sodium” foods often have added potassium.
- Check ingredients for these sources of potassium, often found in meats and proteins:

Potassium chloride

Potassium sorbate

Tetrapotassium phosphate

Dipotassium phosphate

INGREDIENTS: WATER, WHEY, MALTODEXTRIN, BUTTER (CREAM, SALT), SODIUM CASEINATE, BUTTERMILK, SUGAR, **POTASSIUM CHLORIDE**, CITRIC ACID, LACTIC ACID, CREAM, YELLOW #5, PEPPER, DEXTROSE, SODIUM CITRATE, SODIUM PHOSPHATE, CARRAGEENAN, LOCUST BEAN GUM, MODIFIED CORN STARCH.



How to Reduce Potassium in Potatoes and Other Root Vegetables

1. Rinse and peel entire vegetable.
2. Cut into small pieces (1 inch or smaller).
3. Put pieces into pot or bowl. Fill with cold water until all pieces are covered. Boil for 10 minutes.
4. Drain and fill pot again with fresh cold water. Boil again for 10 minutes.
5. Cook as desired.



*Take it to Heart:
Ask your RDN about
potassium and how to keep
your heart healthy.*