

**GI CONSULTANTS  
MONTEREY BAY ENDOSCOPY CENTER**

**HIGH POTASSIUM DIET**

**Description**

The high potassium diet is based on the regular diet and emphasizes foods that are high in potassium. The diet is designed to provide four or more grams of potassium a day.

**Indications for Use**

The high potassium diet is designed for patients with low potassium in their blood (hypokalemia). Hypokalemia most often occurs with the use of diuretics but may occur with other medications (such as corticosteroids), gastrointestinal problems (vomiting, diarrhea), and endocrine problems.

**Nutritional Adequacy**

The high potassium diet is adequate in all nutrients when planned to include a variety of foods from all food groups in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon the food choices of the individual.

**Dietary Plan**

<b>High Potassium Diet</b>	<b>Foods Recommended</b>
Beverages	All; include 2-3 servings of non fat or low fat dairy products
Breads, cereals, grains	All; include whole grains and bran
Desserts and sweets	All; yogurt, frozen yogurt, and low fat ice cream are good sources of potassium
Fats	All
Fruits	2-4 servings a day; select at least 2 high potassium sources a day  ½ cup a serving unless otherwise indicated:  <u>Low potassium</u> (0-100 mg) Applesauce, blueberries, cranberries (1 cup), cranberry juice cocktail (1 cup), grape

	<p>juice, lemon (1/2), papaya nectar, peach nectar, pears- canned, pear nectar</p> <p><u>Medium potassium</u> (101-200 mg)</p> <p>Apple (1 small), apple juice, apricot nectar, blackberries, cherries- sour or sweet, figs- canned, fruit cocktail, grapes (15 small), grapefruit juice, gooseberries, lemon juice, mango, papaya, peach- canned, peach- fresh (1 small), pineapple- canned or fresh, plums – canned or fresh (1 medium), raisins (2 tbsp), raspberries, rhubarb, strawberries, tangerine (2 ½ inch in diameter), watermelon (1 cup)</p> <p><u>High potassium</u> (201-350 mg)</p> <p>Apricots- canned or fresh (2 halves), apricots- dried (5), banana (1/2 medium), cantaloupe (1/8 small), dates (1/4 cup), figs- dried (2 whole), honeydew melon (1/8 small), kiwifruit (1/2 medium), nectarine (1 small), orange juice, orange (1 small), pear- fresh (1 medium), prune juice, prunes- dried or canned (5)</p>
Meats and meat substitutes	All; nuts, dried beans and peas are good sources of potassium
Soups	All
Vegetables	<p>½ cup per choice unless otherwise indicated:</p> <p><u>Low potassium</u> (0-100 mg)</p> <p>Alfalfa sprouts (1 cup), bamboo shoots- canned, beans- green or wax, bean sprouts, cabbage- raw, Chinese cabbage- raw, chard- raw, cucumber- peeled, endive, escarole, lettuce- all varieties (1 cup), pepper- green, sweet, water chestnuts- canned, watercress</p>

	<p><u>Medium potassium</u> (101-200 mg)</p> <p>Artichoke, broccoli, cabbage- cooked, carrots- raw (1 small), cauliflower, celery- raw (1 stalk), collards, corn (or ½ ear), eggplant, kale, mushrooms- canned or fresh, mustard greens, onions, peas- green, radishes, sauerkraut, snow peas, spinach- raw, squash- summer, turnip greens, turnips</p> <p><u>High potassium</u> (201-350 mg)</p> <p>Asparagus (5 spears), avocado (1/4 whole), celery- cooked, kohlrabi, mushrooms- fresh, cooked, okra, parsnips, pepper- chili, potato- boiled or mashed, pumpkin, rutabagas, tomato (1 medium), tomato juice, tomato paste (2 tbsp), tomato puree (2 tbsp), tomato sauce (1/4 cup), beets, brussel sprouts, vegetable juice cocktail, bamboo shoots- fresh, cooked, beet greens (1/4 cup), chard- cooked, Chinese cabbage- cooked, potato- baked (1/2 medium), potato-hashed brown, potato chips (14 chips), spinach- cooked, sweet potato, winter squash (1/4 cup)</p>
Miscellaneous	All; salt substitute (potassium chloride) with physician's approval

**Meal Plan**

<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
Orange juice ¾ cup Whole grain cereal ¾ cup Banana 1 medium Whole wheat toast 2 slices Margarine 2 tsp Jelly or jam 1 tbsp Low fat 1% milk 1 cup Coffee/tea	Vegetable soup 1 cup Carrot-raisin salad ½ cup Sliced turkey 2 oz Whole wheat bread 2 slices Mustard 1 tsp Mayonnaise 1 tbsp Sliced tomato/lettuce Cantaloupe ½ cup Graham crackers 4 Low-fat 1% milk 1 cup	Tomato sliced 1 medium Oil/vinegar dressing 1 tbsp Broiled skinless chicken breast 3 oz Baked potato 1 medium Broccoli steamed ½ cup Whole grain roll 1 Margarine 2 tsp Low fat frozen yogurt 1 ½ cups Apple 1 medium Iced tea