

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

LOW POTASSIUM DIET

Description

The low potassium diet restricts foods that are high in potassium. High potassium foods include milk products and certain fruits and vegetables. Meat portions should be moderate (2-3 oz a serving). The low potassium diet is 2 grams of potassium a day.

Indications for Use

This diet is indicated for patients with high potassium in their blood (hyperkalemia). Hyperkalemia may be due to kidney disease, dehydration, septic shock, hypoaldosteronism, or adrenal insufficiency. Hyperkalemia may also occur with the use of potassium-sparing diuretics. High potassium levels can cause mental confusion, poor respiration, numbness of extremities, and weakening of heart action.

Nutritional Adequacy

When potassium-rich foods are severely restricted, the diet must be carefully planned to provide adequate amounts of Vitamin C and calcium. Otherwise, the low potassium diet is adequate in all nutrients when planned to include a variety of foods from all food groups (except dairy) found in the USDA's Food Guide Pyramid. Adequacy of the diet depends upon the food choices of the individual.

Dietary Plan

Low Potassium Diet	Foods Allowed	Foods Restricted
Beverages	Regular or decaffeinated coffee/tea (1 cup a day), herbal tea, cereal/grain beverage, non dairy milk substitute (1 cup a day), carbonated beverages (regular or diet), fruit flavored drinks, lemonade, limeade	Milk, milk drinks, sports beverages, soy milk
Breads, cereals, grains	All	NONE
Desserts and sweets	All except those containing restricted foods	Desserts containing fruit high in potassium or containing large amounts of

		milk, eggs, molasses, nuts or chocolate
Fats	All	NONE
Fruits	<p>3-4 servings a day ½ cup per choice unless otherwise indicated:</p> <p><u>Low potassium</u> (0-100 mg)</p> <p>Applesauce, blueberries, cranberries (1 cup), cranberry juice cocktail (1 cup), grape juice, lemon (1/2), papaya nectar, peach nectar, pears- canned, pear nectar</p> <p><u>Medium potassium</u> (1010-200 mg)</p> <p>Apple 1 small apple juice, apricot nectar, blackberries, cherries, sour or sweet, figs- canned, fruit cocktail, grapes (15 small), grapefruit (1/2 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 inches in diameter), watermelon (1 cup)</p> <p><u>High potassium</u> (201-350 mg) No more than 1 serving a day, 2-3 days a week</p>	

	Apricots, canned or fresh (2 halves), apricots, dried (5), avocado (1/4 medium), 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), prunes (5), prune juice	
Meat and meat substitutes	Limit meats to 6 oz a day	Dried beans and peas, nuts
Soups	All, except those containing restricted foods	Any containing restricted vegetables, dried peas and beans, or dairy, low sodium canned soups
Vegetables	<p>2-3 servings a day 1/2 cup per choice unless otherwise indicated:</p> <p><u>Low potassium</u> (0-100 mg) 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) Artichoke, broccoli, cabbage-cooked, carrots-raw (1 small), cauliflower, celery- raw (1 stalk), collards, corn (or 1/2 ear),</p>	

eggplant, kale, mushrooms-
canned or fresh, raw,
mustard greens, onions,
peas, radishes, sauerkraut,
snow peas, spinach-raw,
squash-summer, turnip
greens, turnips

High potassium
(201-350 mg)

No more than 1 serving a
day

Asparagus (5 spears), beets,
brussel sprouts, celery-
cooked, kohlrabi,
mushrooms-fresh, cooked,
okra, parsnips, pepper-chili,
potato-boiled or mashed,
pumpkin, rutabagas, tomato
(1 medium), tomato juice,
tomato puree (2 tbsp),
tomato sauce (1/4 cup),
vegetable juice cocktail

Potatoes or potato products
are not allowed unless
leached:

1. peel and slice
potatoes
2. soak potato slices in
warm water for 4
hours or longer,
changing water
frequently
3. boil slices in a large
amount of fresh
water for about 10
minutes
4. pour off water
5. prepare potato slices
as desired

*Caution: even after
leaching, potatoes will still
contain potassium. Include
no more than 1/2 cup serving
a day.*

Miscellaneous	Salt, pepper, herbs	Molasses, chocolate, salt substitute (potassium chloride), low sodium baking powder

Meal Plan

Breakfast	Lunch	Dinner
Cream of wheat ½ cup White toast 2 slices Peach halves, canned 2 Margarine 2 tsp Jam 1 tbsp Non-dairy creamer ½ cup Coffee	Chicken noodle soup 1 cup Sliced turkey 2 oz White bread 2 slices Mayonnaise 1 tbsp Lettuce Apple 1 medium Sugar cookie 1 Herbal iced tea	Lettuce/cucumber salad 1 cup Oil/vinegar dressing 1 tbsp Broiled skinless chicken breast 2 oz White rice ½ cup Beets, cooked ½ cup French roll 1 Margarine 2 tsp Blueberry pie 1/6 pie Herbal tea