



Low-Potassium Diet

The basics

For health reasons, some people need to restrict potassium. Potassium levels may fluctuate due to kidney disease, diabetes, vomiting, as a side effect to certain medications, hormone levels, amount of potassium in the diet, and blood pH. This handout provides basic diet information about a low-potassium diet.

At your next clinic visit, schedule an appointment with a dietitian, who will give you more detailed information about a low-potassium diet and how it can fit into your lifestyle.

If your potassium level is too high, you will follow a potassium-restricted diet. Choose foods with low levels of potassium, and do not eat foods with moderate and high levels of potassium.

Low-Potassium Foods

- Applesauce
- Asparagus
- Berries
- Cabbage
- Cauliflower
- Corn
- Cucumber
- Grapes
- Grapefruit
- Green beans
- Lettuce
- Onions
- Peas
- Pineapple
- Radishes
- Rhubarb
- Tangerines
- Turnips

Low-Potassium Juices

- Apple juice
- Cranberry juice
- Grape juice, frozen
- Hi-C or other fruit drinks
- Kool-Aid
- Lemonade
- Peach nectar
- Pear nectar
- Tang

Questions?

Call 206-598-6004

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC Clinic staff are also available to help at any time.

Roosevelt Clinic:
206-598-4055 or
206-598-8750

UWMC Pacific:
206-598-6004

Moderate-Potassium Foods

- Apples, fresh
- Broccoli
- Brussels sprouts
- Beets
- Carrots
- Celery
- Cherries
- Eggplant
- Mango
- Mushrooms
- Okra
- Peaches (canned)
- Pears
- Peanut butter
- Plums
- Peppers

High-Potassium Foods

- Apricots
- Artichokes
- Avocados
- Bananas
- Cantaloupe
- Cod
- Dates
- Dry beans (kidney/navy)
- Figs
- Flounder
- Greens: beet, collard, mustard, spinach, turnip
- Honeydew melons
- Kiwi
- Lentils
- Nuts
- Oranges
- Peaches (fresh)
- Potatoes
- Prunes
- Pumpkin
- Raisins
- Salmon
- Sardines
- Potassium-based salt substitutes
- Tomatoes
- Watermelon

At your next clinic visit, please ask to see the dietitian to learn more about a potassium-restricted diet and how it can fit into your lifestyle.

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