

# If you need to limit potassium

**Potassium** is a mineral that helps keep your heart and muscles working properly.

## Why limit potassium?

Having too much potassium in your blood can cause:

- heart attack
- muscle weakness
- irregular heartbeat

## How much is okay to eat?

Your doctor recommends eating less than:

\_\_\_\_\_ mg per day.

## READ FOOD LABELS

to find the best choice for your diet

*Serving size* tells you what a single portion is.

### Nutrition Facts

Serving Size 6 crackers (28g)  
Servings Per Container About 10

Amount Per Serving	
Calories 120 Calories from Fat 40	
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 110mg	3%
Total Carbohydrate 19g	8%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
Phosphorous 10%	

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. CONTAINS: WHEAT.

**Ingredients** are listed in order by weight, with the item of the most weight listed first. If potassium chloride is in the ingredient list, it has a high potassium content.

**Servings per container** lists how many portions per container.

**% Daily value** is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

**Potassium** is not required to be listed by law. It is listed here, but it may not be listed even if the product contains potassium.

**In general, % of potassium means:**

- Low = Under 100 mg or less than 3%
- Medium = 101–200 mg or 3–6%
- High = 201–300 mg or 6–9%
- Very High = Over 300 mg or over 9%

## USE HEALTHY TIPS to shop, plan and prepare meals with less potassium

### At home

- Don't drink or use liquid from canned fruits, vegetables, or cooked meat.
- Eat a variety of foods, but in moderation.
- Serving size is very important. Almost all foods have some potassium. A large amount of a low-potassium food can turn into a high-potassium food.

### At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- To have more choices when eating out, avoid higher-potassium fruits and vegetables during the day beforehand.
- Choose starches and vegetables that are lower in potassium (such as rice, noodles and green beans).
- Avoid french fries and other fried potatoes.
- For desserts:
  - Choose desserts with simple preparations to avoid "hidden" phosphorus and potassium.
  - Avoid desserts with chocolate, cream cheese, ice cream or nuts – they are high in potassium and phosphorus.

### Ethnic foods

#### For Chinese food

- Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts and bok choy.

#### For Mexican food

- Be cautious – Mexican food may be high in potassium.
- Beware of salsa. Salsa verde is a green sauce but is made of green tomatoes. Best choices: salsas made of chili peppers without tomatoes added.
- Avoid beans and rice. (Beans are high in potassium.)
- Avoid guacamole. It is made from avocados, which are high in potassium.

#### For Italian food

- Avoid tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based. If you must select a dish with tomato sauce, ask that it be served on the side.

#### For Soul food

- Be cautious – Soul food is often high in potassium.
- Avoid black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. All are high in potassium.
- Best choices? Fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread or dinner rolls.

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## What are high-potassium foods?

### Fruits

- Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate
- Dates, dried fruits, dried figs

### Vegetables

- Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash
- Tomato and tomato-based products
- Deep-colored and leafy green vegetables (such as spinach or swiss chard)
- Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes

### Other

- Milk, yogurt
- Nuts and seeds
- Bran and bran products
- Chocolate, granola, molasses, peanut butter
- Salt substitutes

## What are lower-potassium foods?

### Fruits

- Apple, blueberries, cranberries, grapes, grapefruit, peaches, pears, pineapple, raspberries

### Vegetables

- Asparagus, cabbage, carrots, celery, corn, cucumber, eggplant, green or wax beans, green peas or beans, lettuce (iceberg), onions, radishes, turnips, water chestnuts

### Other

- Rice, noodles, pasta, bread and bread products (not whole grains)
- Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate

## What is a common serving size?

FOOD GROUPS	SERVING SIZES
<b>Meat, fish or poultry</b>	
Meats, poultry, fish	1 oz cooked
<b>Dairy</b>	
Milk or milk substitute	4 oz or 1/2 cup
Egg	1 egg or 1/4 cup egg substitute
Cheese	1 oz
<b>Grains</b>	
Cooked pasta, rice	1/3 cup
Cereal, cooked	1/2 cup
Cereal, ready to eat	1 cup
<b>Bread</b>	
Hamburger bun	1/2 bun
<b>Vegetables</b>	
Cooked	1/2 cup
Raw	1 medium or 1 cup cut up
Juices	4 oz or 1/2 cup

Dietitians who specialize in kidney disease can tell you how many servings from each food group you are allowed at each meal. Depending on your diet prescription and preferences, you may be allowed to eat more than one.

[www.kidney.org](http://www.kidney.org)

[www.litholink.com](http://www.litholink.com)

FOOD GROUPS	SERVING SIZES
<b>Fruits</b>	
Fresh	1 small or 1/2 large
Canned or frozen fruit	1/2 cup
Juices	4 oz or 1/2 cup
Berries	1 cup
Grapes, cherries	12
Dried fruit	1/4 cup
<b>Fats and oils</b>	
Oils, margarine	1 teaspoon
Mayonnaise	1 tablespoon
Salad dressing	2 tablespoons
<b>Sweets</b>	
Cookie	1 cookie
Ice cream, sorbet, gelatin	1/2 cup
Cake, 2 x 2 inches	1 piece
Fruit pie	1/6 of 8-inch pie
Sugar, jelly, jam	1 tablespoon
<b>Nuts, seeds, and legumes</b>	
Nuts	1/4 cup or 1 oz
Seeds	2 tablespoons
Legumes, dry beans, peas, cooked	1/2 cup
Peanut butter	2 tablespoons

# Risk factors

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## Are you at increased risk?

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### Symptoms of kidney disease

**Chronic kidney disease is called a 'silent disease' as there are often no warning signs. It is not uncommon for people to lose up to 90 per cent of their kidney function before getting any symptoms.**

There are, however, some signs that may indicate reduced kidney function and it's important to take note of them. These can include:

- high blood pressure
- changes in the amount and number of times urine is passed
- changes in the appearance of your urine (for example, frothy or foaming urine)
- blood in your urine
- puffiness (in your legs, ankles or around your eyes)
- pain in your kidney area
- tiredness
- loss of appetite
- difficulty sleeping
- headaches
- lack of concentration
- itching
- shortness of breath
- nausea and vomiting
- bad breath and a metallic taste in the mouth
- muscle cramps
- pins and needles in your fingers or toes.

These symptoms are very general and may be caused by other illnesses. However, if they are related to kidney disease they may gradually worsen as kidney function declines.

If you are experiencing a number of these symptoms, or think you are at increased risk of kidney disease, ask your doctor for a Kidney Health Check ([/your-kidneys/detect/kidney-disease/kidney-health-check-789](#)).

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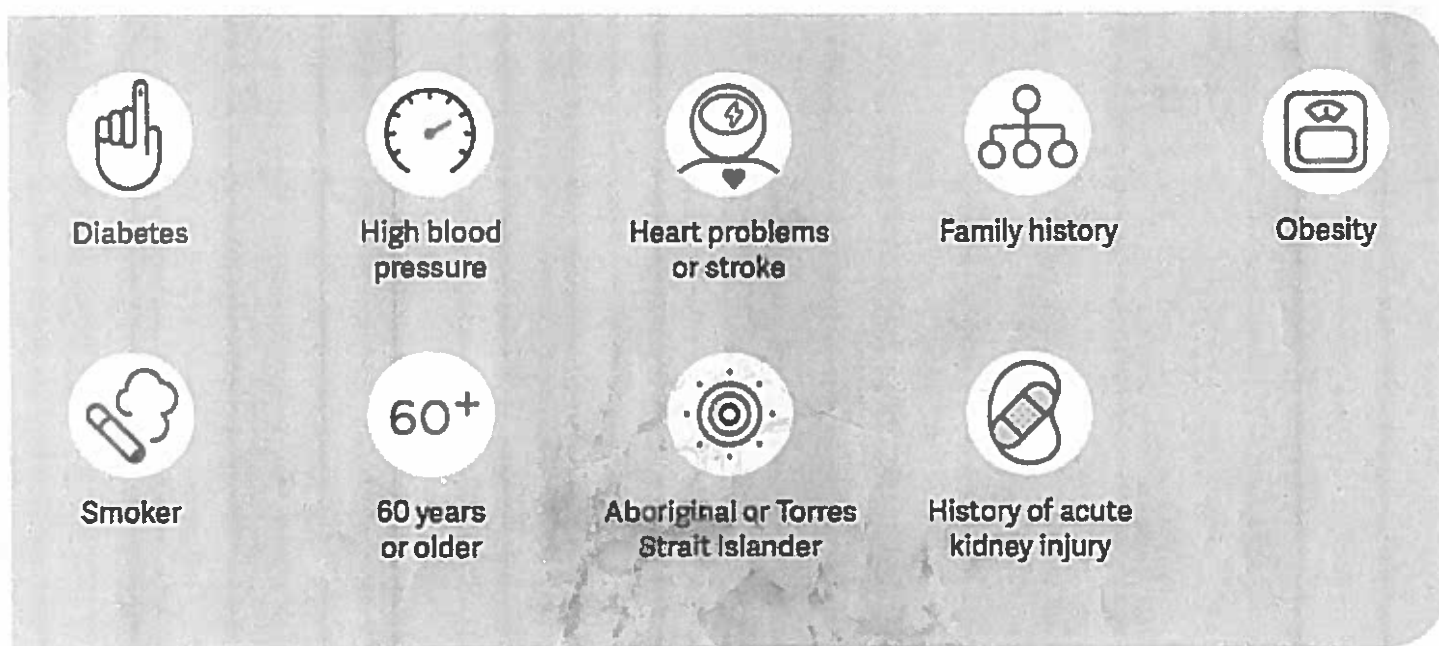
## Prevent

### Check my kidneys

([/your-kidneys/prevent/check-my-kidneys](#))

# Risk factors

## Are you at increased risk?



**Around 1.7 million Australians aged 18 years and over (one in every ten adults) have signs of chronic kidney disease.**

If you know the risk factors and ask your doctor for a regular Kidney Health Check (</your-kidneys/detect/kidney-disease/kidney-health-check-789>) you can help detect kidney disease early and improve your outcomes.

### **Adult Australians are at an increased risk of chronic kidney disease if they:**

- have diabetes
- have high blood pressure
- have established heart problems (heart failure or heart attack) or have had a stroke
- have a family history of kidney failure
- are obese with a body mass index (BMI) 30 or higher
- are a smoker
- are 60 years or older
- are of Aboriginal or Torres Strait Islander origin

- have a history of acute kidney injury.

To find out more about these risk factors, take this simple 'question and answer' test: [Check my kidneys](#)

([/your-kidneys/prevent/check-your-kidneys](#)).

The risk can be reduced by understanding symptoms that can indicate kidney disease. Learn about the

[symptoms here](#) ([/your-kidneys/prevent/keeping-your-kidneys-healthy](#)).

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## Symptoms of kidney disease

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### Prevent

[Check my kidneys](#)

([/your-kidneys/prevent/check-my-kidneys](#))