

DIET & DIALYSIS: POTASSIUM

Potassium is a mineral that helps your muscles and nerves work properly. Your kidneys help balance the potassium in your body.

When the kidneys are not working, blood potassium levels can become abnormal. Levels that are too high or too low are dangerous and can affect the heart.

Blood potassium levels depend on dietary intake and dialysis clearance.



Almost all foods have some potassium, but the highest amounts are found in the following common foods:

- Fresh fruit, vegetables, and juices, especially deep/dark colored
- Dried beans, baked beans, refried beans, and legumes
- All types of milk and yogurt
- Nuts, nut butters, seeds
- Molasses
- Bran, bran products, granola
- Salt substitutes, Lite salts, many lower sodium foods/broth
- Large amounts of chocolate, coffee, colas
- Snuff, chewing tobacco

Common foods that are low in potassium include:

- Bread, and bread products (white, refined)
- Cakes without nuts or chocolate (Angel food, yellow, white)
- Desserts without nuts, chocolate, coconut, or dried fruit (yellow, angel or white cakes, sugar/wafer cookies)
- Macaroni, Noodles, Pasta