

Low vs. high-potassium foods



If you learn that you have high potassium (hyperkalemia), your doctor or dietitian might suggest that you change your diet to take in less potassium. To manage your potassium intake, you need to know how much potassium is in your food and drinks.

Below is a helpful guide which shows examples of foods that are either low or high in potassium. **High-potassium foods** and drinks are those with more than 250 mg of potassium per serving. **Low-potassium foods** and drinks are those with no more than 150 mg of potassium per serving. Potassium values depend on portion sizes. Foods low in potassium can become high potassium foods if a larger portion is eaten.



Talk to your doctor or dietitian about how much potassium you should have and how you can control how much potassium you eat. Your dietitian can recommend foods that are low in potassium that you can eat instead of foods that are high in potassium.

Low-potassium foods

(no more than 150 mg of potassium per serving)



Blueberries



Bread



Carrots



Cauliflower



Cranberries



Cucumbers



Eggs



Grapes



Oatmeal



Peppers



Pineapple



Popcorn



Rice



Strawberries



White Pasta

High-potassium foods

(more than 250 mg of potassium per serving)



Avocado



Bananas



Beans



Cooked spinach



Grapefruit



Honeydew



Kiwi



Most meats



Pistachios



Potato chips



Potatoes



Raisins



Tomatoes



Yogurt

Every person's body absorbs and processes foods and nutrients differently. Not everyone with kidney disease will or should follow the same daily nutrient recommendations. Foods listed as having a "low" amount of a nutrient might have the right amount for some, but too much for others.



Before making any changes to your diet, speak with a dietitian.

Learn more at [KidneyFund.org/BeyondBananas](https://www.kidneyfund.org/BeyondBananas)