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

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.

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.

Learn more at KidneyFund.org/BeyondBananas

AstraZeneca is the sole supporter of the Beyond Bananas campaign.