

MY DAILY POTASSIUM TRACKER

		BREAKFAST	LUNCH	DINNER	SNACKS	DESSERT	TOTAL	MY GOAL	GOAL MET?
<i>Example:</i>	Food	Veggie Mug Omelet	Three Sisters Salad	Flounder w/ Veggies	Chicken Egg Rolls	Cinnamon Scented Applesauce	1611mg	No more than 2,000mg	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium	242	545	597	114	113			
CHECK THIS BOX IF YOU TOOK A POTASSIUM BINDER:		<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER			
M	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium								
CHECK THIS BOX IF YOU TOOK A POTASSIUM BINDER:		<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER			
T	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium								
CHECK THIS BOX IF YOU TOOK A POTASSIUM BINDER:		<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER	<input type="checkbox"/> POTASSIUM BINDER			
W	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium								
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T	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
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S	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium								
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S	Food								<input type="checkbox"/> Yes <input type="checkbox"/> No
	mg potassium								

MY WEEK

- 1 I met my potassium goal _____ days this week.
- 2 I was able to meet my potassium goal this week because _____.
- 3 It was hard for me to meet my potassium goal this week because _____.
- 4 Next week, my potassium goal is to _____.
- 5 Next week, I can meet my potassium goal if I _____.

*Remember: Potassium values depend on portion sizes. Foods low in potassium can become high potassium foods if a larger portion is eaten.

*To download the full Potassium Food Guide with low, medium and high potassium values, visit www.Kitchen.KidneyFund.org

QUESTIONS TO ASK YOUR HEALTHCARE PROVIDER

1. Why is controlling my potassium important?
2. What can happen to my body if I get high potassium (hyperkalemia)?
3. What is my potassium level right now?
4. Do I need to limit how much potassium I eat?
IF YES: How much potassium can I eat?
How can I lower my potassium?
IF NO: Will I need to limit my potassium in the future?
5. How often should I get my potassium levels checked?
6. Is there any medicine that I can take to lower the potassium in my blood?
 - a. When in the day should I take the medicine and how often?
 - b. Should I take the medicine with or without food?
 - c. What should I do if I forget to take my medicine?
7. Is potassium removed from my blood during dialysis?
8. Is it okay to start eating more potassium if a blood test shows my potassium level went down?