

# How can I eat less potassium?

5.0  
3.5  
STAY IN RANGE

## The following tips can be helpful when creating or eating low-potassium meals:

It's important to be aware that while adopting a low-potassium diet can help, it may not be enough to prevent high potassium, so your doctor may also recommend medication to help lower your potassium level.



Always drain canned foods and do not use the liquid!



Consider ways of preparing foods that will help reduce the amount of potassium they contain – for example, soaking, rinsing, and cooking vegetables in lots of water!



As most foods contain some potassium, check for potassium-rich ingredients and read any nutrition information on the label when buying food.<sup>1</sup> Your doctor will be able to tell you how much potassium you should consume each day



Pay attention to your portion sizes when preparing a low-potassium meal, as a large portion of low-potassium foods could turn into a high-potassium meal!



When eating out, consider visiting restaurants where food is made to order so your meal can be adjusted to suit your dietary requirements



See if low-potassium recipe books are available in your country, or look for low-potassium meal suggestions online

<sup>1</sup> UpToDate. Patient education: Low potassium diet (Beyond the Basics). Available at: [https://www.uptodate.com/contents/low-potassium-diet-beyond-the-basics?search=lowpotassium-diet&source=search\\_result&selectedTitle=1-39&usage\\_type=default&display\\_rank=1](https://www.uptodate.com/contents/low-potassium-diet-beyond-the-basics?search=lowpotassium-diet&source=search_result&selectedTitle=1-39&usage_type=default&display_rank=1)