




Your guide to a low-potassium diet

5.0
3.5
STAY IN RANGE

Changing your diet to reduce the number of potassium-rich foods you eat may play an important role in helping you manage your potassium level over the long-term.¹

Your doctor will probably advise you to follow a low-potassium diet, and they may be able to answer any questions you have on specific foods, so you can continue to eat meals that you enjoy.

	High-potassium foods ²	Low-potassium foods ³
 <p>Fruits</p>	<p>You may need to limit or avoid these potassium-rich foods in your diet</p> <p>Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate, dates, dried fruits, dried figs</p>	<p>To create low-potassium meals, you may need to limit portion size when including these in your diet</p> <p>Apples, blueberries, cranberries, grapes, grapefruit, pears, pineapple raspberries, strawberries</p>
 <p>Vegetables</p>	<p>Avocados, broccoli, Brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash, tomato and tomato-based products, deep-coloured and leafy green vegetables (such as spinach or Swiss chard) dried beans and peas, black beans, refried beans, baked beans, lentils, legumes</p>	<p>Asparagus, cabbage, aubergine, green beans, green peas, iceberg lettuce, onions, radishes, turnips, water chestnuts</p>
 <p>Other</p>	<p>Milk and yogurt, nuts and seeds, bran and bran products, chocolate, granola, molasses, peanut butter, salt substitutes</p>	<p>Rice, noodles, pasta, bread and bread products (not wholegrain), pies without chocolate or high potassium fruit, cookies without nuts or chocolate</p>

1. Dunn JD, et al. *Am J Manag Care* 2015;21:S307-15. 2. Patient. Dietary Potassium. Available at: <https://patient.info/health/dietarypotassium>. Date accessed: April 2022. 3. UpToDate. Patient education: Low potassium diet (Beyond the Basics). Available at: <https://www.uptodate.com/contents/lowpotassium-diet-beyond-the-basics>. Date accessed: April 2022.