

Potassium



Potassium is an electrolyte responsible for maintaining proper fluid balance, nerve impulse function, muscle function, and heart function. When the kidneys are not functioning properly, potassium levels can build up in the bloodstream and cause heart complications. Potassium builds up between dialysis treatments and can cause weakness, muscle cramps, tiredness, irregular heartbeat and even heart attack. Limiting potassium is difficult since potassium can be found in most foods we consume every day. The following lists can help you to make lower potassium food choices.

Low <150mg

Food	Amount	Potassium
Apple	1 medium	148 mg
Romaine lettuce	1 cup	131 mg
Olives	1 cup	11 mg
Vanilla ice cream	½ cup	131 mg
Cottage cheese	½ cup	110 mg
Cheddar cheese	1 cup	111 mg
Eggs	2 large	126 mg
Bagel, plain, enriched	4-inch	67 mg
Corn flakes	1 ½ cups	33 mg
Oatmeal	1 cup	131 mg
Chicken noodle soup	1 cup	54 mg

Medium 150-300mg

Food	Amount	Potassium
Orange	1 medium	237mg
Blackberries	1 cup	233 mg
Grapes	1 cup	288 mg
Carrot	1 medium	195 mg
Red pepper	1 cup	224 mg
Peanut butter	2 Tbsp	210 mg
Sunflower seeds	¼ cup	241 mg
Roast beef	3 oz	208 mg
Chicken breast	1 medium	218 mg
Brown rice	½ cup	228 mg

High >300 mg

Food	Amount	Potassium
Banana	1 medium	422 mg
Raisins	small box	322 mg
Avocado	1 cup	728 mg
Broccoli	1 cup	535 mg
Pinto beans	½ cup	400 mg
1% Milk	1 cup	366 mg
Tuna fish	1 cup	365 mg
Pistachios	1 cup	1239 mg
Salmon	1 medium fillet	1129 mg
Lowfat vanilla yogurt	1 cup	537 mg
Baked Potato	1 medium	919 mg

