IMCare
MEDICAL SPECIALISTS

Low-Potassium Eating Plan

For people with high potassium (hyperkalemia)

Your blood test shows **too much potassium**. High potassium can cause a **dangerous heart rhythm**, often with no warning signs. Eating less potassium helps keep your level safe.

Low	✓ Normal	High potassium
below 3.5 mmol/L	3.5 to 5.0 mmol/L	above 5.0 mmol/L

My blood potassium: _____ mmol/L Date: _____ Goal: 3.5 to 5.0

Choose lower-potassium foods

	Limit these (higher potassium)	Choose these instead (lower potassium)
Fruits	Bananas, oranges and orange juice, melons, kiwi, mango, dried fruit (raisins, prunes, dates)	Apples, berries, grapes, peaches, pears, pineapple, canned fruit (drained)
Vegetables	Potatoes, sweet potatoes, fries and chips, tomatoes and tomato sauce, squash, cooked spinach, broccoli, avocado	Green and yellow beans, carrots, cabbage, cauliflower, cucumber, corn, peppers, onions, lettuce
Other	Beans and lentils, nuts, milk and yogurt, chocolate, bran cereals, granola	White rice, pasta, noodles, white bread, eggs, small portions of meat, chicken or fish

Portion size matters. Even a "lower" food becomes high in a large serving. One serving = **½ cup** cooked vegetables, canned fruit, juice or milk, or **1 small** fruit.

5 steps to eat less potassium

1. **Keep to one serving** of fruit or vegetables at a time.
2. **Drain canned fruits and vegetables.** Do not drink or cook with the liquid.
3. **Soak potatoes before cooking:** peel, slice thin, soak in lots of warm water for 2 hours or more, then boil in fresh water. Keep portions small.
4. **Skip salt substitutes** and "lite" salt. Check labels for "potassium chloride."
5. **Ask us first** before taking potassium pills, herbal products, or pain pills such as ibuprofen or naproxen.

Keep taking your heart and kidney medicines. Some of them raise potassium, but they protect you. Do not stop them unless your doctor tells you to.

Call 911 if you have chest pain, trouble breathing, fainting, sudden severe weakness, or a very slow or uneven heartbeat.

My plan: eat less than _____ mg of potassium a day. Next blood test: _____

Free help: **Health811** – call **811** to talk to a registered dietitian for free (no referral needed). Kidney-friendly recipes: **kidneycommunitykitchen.ca • kidney.ca • kidney.org**

Questions? Call **IMCare at 289-207-8101** or send a secure message: www.imcare.ca/securemessage