IMCare
MEDICAL SPECIALISTS

Potassium-Rich Eating Plan

For people with low potassium (hypokalemia)

Your blood test shows **too little potassium**. Low potassium can cause **muscle cramps, weakness, tiredness and skipped heartbeats**. Eating more potassium-rich foods helps. Your doctor may also prescribe potassium pills.

Low potassium	✓ Normal	High
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

Top potassium-rich foods

Food and serving	Potassium	Food and serving	Potassium
Baked potato with skin, 1 medium	**900 mg**	Banana, 1 medium	**420 mg**
Sweet potato, 1 medium	**540 mg**	Cantaloupe, 1 cup	**430 mg**
White beans, cooked, ½ cup	**500 mg**	Plain yogurt, ¾ cup	**430 mg**
Avocado, ½	**480 mg**	Tomato sauce, ½ cup	**400 mg**
Spinach, cooked, ½ cup	**420 mg**	Dried apricots, ¼ cup	**380 mg**
Lentils, cooked, ½ cup	**370 mg**	Milk, 1 cup	**370 mg**

Amounts are approximate. Orange juice, salmon, nuts, squash and broccoli are also good sources.

Tips to get more potassium

- **Add a potassium-rich food** to every meal and snack. Fill half your plate with vegetables and fruit.
- **Bake, roast, steam or microwave** vegetables. Boiling washes potassium into the water.
- **Taking potassium pills?** Take them with food and a full glass of water. Swallow them whole. Do not skip or double a dose.
- **Tell us** if you have vomiting or diarrhea, or take water pills or laxatives. These can lower potassium. Low magnesium can too, so we may check it.
- **Avoid black licorice** made with real licorice root. It can lower potassium.

Check with us first if you have kidney disease or take ramipril, losartan, spironolactone or similar medicines. Do not use salt substitutes or extra potassium pills unless your doctor says so.
Call 911 if you have chest pain, fainting, a very fast or uneven heartbeat, or severe muscle weakness.

My plan: potassium pills _____ , ____ times a day. Next blood test: _____

Free help: Health811 – call **811** to talk to a registered dietitian for free (no referral needed). More at **unlockfood.ca**.
Questions? Call **IMCare at 289-207-8101** or send a secure message: www.imcare.ca/securemessage