

POTASSIUM

Too much potassium is very dangerous, it keeps muscles from working normally.

Too much potassium can make your heart stop beating, & too little potassium can also be dangerous. It is important to follow your diet recommendations for potassium, and never skip or shorten a dialysis treatment.

FOODS TO AVOID AND USE VERY SPARINGLY THAT ARE VERY HIGH IN POTASSIUM

- × Regular & decaffeinated tea & coffee.
- × Sports drinks such as Gatorade.
- × Excessive milk (over ½ cup per day).
- × Some carbonated beverages, except grape soda, ginger ale, & root beer).
- × Bouillon, broth, & consommé.
- × Dark rye bread & pumpernickel bread.
- × Bran cereals, baked potatoes, most dried fruits.
- × Bran muffins, nut bread, & ginger bread.
- × Granola & wheat germ, Brewer's yeast, sorghum.
- × Products containing nuts, coconut, cream of tartar, soy flour, molasses, dried fruits, & chocolate.
- × Brown sugar, caramels, & natural licorice.
- × Cookies made with peanut butter, macaroons, & chocolate.
- × Fig bars & gingersnap cookies.
- × Lentils, dried peas & beans (pinto, white, navy, red, lima, & soy beans).
- × Meat extenders that contain soy.
- × Canned pork & beans.
- × Nuts, seeds, & peanut butter.
- × Meat extenders that contain soy.
- × Unsalted (commercially prepared) soups that contain potassium chloride.
- × Low sodium (commercially prepared) soups that contain potassium compounds.
- × Salt substitutes & "Lite" salt.
- × Catsup, A-1 Sauce, prepared horseradish, chili sauce, soy sauce, & BBQ sauce.
- × Salt-free baking powder & salt-free baking soda.
- × Cider vinegar.
- × Cantaloupe, honeydew melon, kiwi fruit, bananas, oranges, & prunes.
- × Asparagus, avocado, beets, Brussels sprouts, celery, & spinach.
- × Tomatoes & tomato juice, puree, paste & sauce.
- × Avocado, nectarine, winter squash.

Foods to Avoid As Much as Possible

Salt Substitutes
"Lite" Salt
Low Sodium Baking Powder

Avoid molasses
Drink only a Small amount of Milk
Fruit & Vegetable Recommendations