INVICTUS HEALTH GROUP
NAVIGATING HEALTH, TOGETHER.

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Your Guide to a Low Potassium Diet

Follow this guide if you have been told to eat less potassium.

Why limit potassium?

Potassium is a mineral that helps the heart, nerves and muscles work properly.

Healthy kidneys remove excess potassium from the body. When the kidneys do not work well, potassium builds up in the blood.

High blood potassium can cause tingling in the fingers and toes, weak muscles and irregular heartbeats. Very high potassium can stop the heart.

Desired blood potassium level: Good 3.5 to 5.0 mmol/L | Caution 5.1 to 5.9 mmol/L | Danger 6.0 mmol/L or higher

Do not eat starfruit (carambola) or drink starfruit juice if you have low kidney function or are on dialysis.

Foods high in potassium — limit these

One serving = ½ cup unless stated differently.

Fruits	Vegetables	Juices	Other foods
Apricot	Artichoke	Carrot	Beans (pinto, black, navy, kidney)
Avocado	Asparagus (canned)	Coconut water	Black licorice (natural)
Banana	Bamboo shoots (cooked)	Orange	Bran buds
Cantaloupe	Beet greens	Passion fruit	Bran muffin
Currants (dried)	Bok choy	Pomegranate	Chickpeas
Dates	Broccoli (cooked)	Prune	Chocolate
Durian	Brussels sprouts	Tangerine	Coconut milk
Figs (dried)	Cassava	Tomato	Coffee (limit to 2 cups/day)
Guava	Daikon radish (cooked)	Vegetable	Dried / split peas
Honeydew	Kohlrabi		Edamame
Jackfruit	Lotus root		French fries
Kiwi fruit	Mushrooms (dried/cooked)		Granola
Orange (whole)	Parsnips		Lentils
Passion fruit	Potatoes (not double boiled)		Milk & dairy (limit to 1 cup/day)
Papaya	Pumpkin		Milk chocolate
Persimmon (Japanese)	Red cabbage (cooked)		Molasses
Plantain	Rutabaga		Nuts and seeds
Pomegranate	Spinach (cooked/frozen)		Nut butter
Pomelo	Squash (acorn, Hubbard, butternut)		Ovaltine® / malted milk
Prunes	Sweet potato		Peanut butter
Raisins	Swiss chard (cooked)		Peanuts
Tamarind	Taro		Potato chips
	Tomato (raw/canned)		Salt substitute (Nu-Salt®, NoSalt®, Half Salt®)
	Tomato sauce / paste		
	Yams		
	Zucchini (cooked)		

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Better choices — low and moderate potassium foods

Almost all foods contain some potassium. Potassium adds up with larger portion sizes. One serving = ½ cup unless stated differently.

Fruits — 1 to 2 servings a day	Vegetables — 2 to 4 servings a day	Juices — limit to ½ cup a day
Apple	Alfalfa sprouts	Apple
Applesauce	Arugula	Apricot nectar
Apricot (canned)	Asparagus (fresh/boiled)	Grape
Blackberries	Bamboo shoots (canned)	Peach nectar
Blueberries	Bean sprouts	Pear nectar
Boysenberries	Beets	Pineapple
Casaba melon	Bitter melon	
Cherries (10)	Broccoli (raw)	Very low potassium:
Cranberries	Cabbage	Cranberry cocktail
Currants (fresh)	Carrots	Lemonade
Fig (fresh)	Cauliflower	Limeade
Fruit cocktail (canned)	Celery	
Grapes (16)	Chayote	
Gooseberries	Corn	
Lemon / lime	Cucumber	
Longan fruit (15)	Daikon radish (raw)	
Lychee (10)	Eggplant	
Mandarin orange	Gai lan (Chinese broccoli)	
Mango (½ medium)	Green beans	
Nectarine (½ medium)	Jicama (yambean)	
Peach	Kale	
Pear	Leeks	
Pineapple	Lettuce	
Plum	Mushrooms (raw/canned)	
Raspberries	Okra	
Rhubarb	Onion	
Strawberries	Peas (green, snow, snap)	
Tangerine	Peppers	
Watermelon	Potatoes (double-boiled)	
	Radishes	
	Spinach (raw)	
	Squash (crookneck, spaghetti)	
	Sui choy (Napa)	
	Tomato (2 slices)	
	Turnip / turnip greens	
	Water chestnuts (canned)	
	Watercress	
	Zucchini (raw)	

Cooking tips that lower potassium

Double boil root vegetables (potato, sweet potato, yam, winter squash): peel, cut up and add double the amount of water. Bring to a boil, then drain the water. Add fresh water, finish cooking and drain again. Limit double-boiled potato to ½ cup or as discussed with your dietitian.

Drain and rinse canned legumes (chickpeas, kidney beans and lentils canned in water).

Soak dried legumes overnight. Soak root vegetables for 2 to 4 hours. Discard the water before cooking.

Watch your serving size. A large portion of a low-potassium food can become high in potassium.

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Read food labels

Avoid foods with potassium additives: potassium chloride, potassium phosphate, potassium lactate and potassium citrate.

Do not use salt substitutes (Nu-Salt®, NoSalt®, Half Salt®) — they are made with potassium.

Limit processed meats, vegetarian meat substitutes, electrolyte drinks (Gatorade, Pocari Sweat, Lucozade) and low-sodium canned soups.

Limit coffee to 2 cups a day. Limit milk and dairy products to 1 cup a day.

Natural health products may have added potassium (for example, glucosamine). Ask your healthcare team before taking them.

Talk to your dietitian about your daily protein needs. Tell your healthcare providers if you have constipation, high blood sugar, or take medicines or supplements that may raise your blood potassium.

Based on Fraser Health, High and Low Potassium Foods (Catalogue #262642, March 2018); BC Renal, Potassium and Your Kidney Diet (Renal Dietitians of British Columbia, updated August 2023); Alberta Health Services, Potassium and Your Kidney Diet (404250-NFS, February 2021). This information does not replace the advice given to you by your healthcare provider.