

# Manage potassium, feel your best

Potassium is an important mineral found naturally in many foods. It helps keep your heartbeat regular and your muscles and nerves working well.

## Keep your potassium in check

When you have kidney disease, your kidneys have trouble keeping your potassium levels balanced, which may lead to:



Tingling and numbness in your fingers and toes



Muscle weakness, cramping, fatigue



Irregular heartbeat or heart attack

## Tips for managing potassium

- Check food labels and choose foods with less than 200 mg potassium.
- Watch for added potassium in processed foods (ingredients like potassium sorbate or potassium chloride).
- Avoid “salt substitutes.”
- Choose fruits, vegetables, and plant-based proteins instead of processed foods.
- Double-boil fresh potatoes (white, sweet, and yams) for a reduced-potassium side dish.
- Talk to your care team if you take any supplements, vitamins, or minerals. Always talk to your doctor before starting new medications.



## We are here to help!

Talk to your care team if you have questions about how much potassium is right for you.

# High-potassium foods

Making healthy food choices is essential for feeling your best. Instead of choosing processed foods, pick fresh ingredients.

## Limiting potassium additives

It's important to limit foods that contain potassium additives because your body will absorb almost all of them. Many processed foods contain potassium additives. Check the food label ingredients list to identify potassium additives. Some examples include:

Potassium chloride

Potassium phosphates

Potassium lactate

Potassium citrate

Here is an example of a food label ingredients list with a potassium additive:

**INGREDIENTS:** ENRICHED FLOUR, RICE FLOUR, SOYBEAN OIL, CHEDDAR CHEESE, SUGAR, SALT, POTASSIUM LACTATE, ONION POWDER, WHEY, SPICES

## High-potassium food list:

### Processed meats

- Bacon
- Chicken nuggets
- Fish sticks
- Ham
- Hot dogs/sausages
- Luncheon meats
- Imitation meat

### Dairy and dairy alternatives

- Dairy products
- Coconut milk

### Some fruits and vegetables

- Dried fruit
- Juice (carrot, prune, orange, pomegranate, and vegetable)
- Potatoes (white, sweet, and yams)
- Tomato products (sauce, canned, juice, and paste)

### Other foods

- Energy drinks
- Instant drink mixes
- French fries
- Instant biscuit mix
- "Reduced-sodium" products
- Salt substitutes made with potassium chloride (e.g., No Salt™)