If you need to limit potassium

Potassium is a mineral that helps keep your heart and muscles working properly.

Why limit potassium?

Having too much potassium in your blood can cause:

- heart attack
- · muscle weakness
- irregular heartbeat

How much is okay to eat?

Your doctor recommends eating less than:

mg per day.

READ FOOD LABELS

to find the best choice for your diet

Serving size tells you what a single portion is.

Nutrition Facts

Serving Size o Clackers (209) Servings Per Container About 10		
Amount Per Serving		
Calories 120 Calories from Fat 40		
% Daily	Value*	
Total Fat 4.5g	7 %	
Saturated Fat 1g	5%	
Trans Fat 0g		
Polyunsaturated 2.5g		
Monounsaturated Fat 1g		
Cholesterol 0mg	0%	
Sodium 180mg	8%	
Potassium 110mg	3%	
Total Carbohydrate 19g	6%	
Dietary Fiber 3g	12%	
Sugars 0g		
Protein 3g		
Vitamin A 0% • Vitamin C	0%	
Calcium 0% • Iron 4%		
Phosphorous 10%		

INGREDIENTS: WHOLE WHEAT, SOYBEAN AND/OR PALM OIL, SALT. CONTAINS: WHEAT.

Ingredients are listed in order by weight, with the item of the most weight listed first. If potassium chloride is in the ingredient list, it has a high potassium content.

Servings per container lists how many portions per container.

% Daily value is based on a 2,000 calorie daily diet. This number helps you know if a food is high or low in a nutrient, even if you eat more than 2,000 calories.

Potassium is not required to be listed by law. It is listed here, but it may not be listed even if the product contains potassium.

In general, % of potassium means:

- Low = Under 100 mg or less than 3%
- Medium = 101-200 mg or 3-6%
- High = 201-300 mg or 6-9%
- Very High = Over 300 mg or over 9%

USE HEALTHY TIPS to shop, plan and prepare meals with less potassium

- Don't drink or use liquid from canned fruits, vegetables. or cooked meat.
- Eat a variety of foods, but in moderation.
- Serving size is very important. Almost all foods have some potassium. A large amount of a low-potassium food can turn into a high-potassium food.

At restaurants

- Choose restaurants best suited to your diet or where food is made to order. Call ahead and explain that you are following a special diet. Ask about the menu and how their food is prepared. Many restaurants have websites with menus posted.
- · To have more choices when eating out, avoid higherpotassium fruits and vegetables during the day beforehand.
- Choose starches and vegetables that are lower in potassium (such as rice, noodles and green beans).
- Avoid french fries and other fried potatoes.
- · For desserts:
 - Choose desserts with simple preparations to avoid "hidden" phosphorus and potassium.
 - Avoid desserts with chocolate, cream cheese, ice cream or nuts - they are high in potassium and phosphorus.

Ethnic foods

For Chinese food

 Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts and bok choy.

For Mexican food

- Be cautious Mexican food may be high in potassium.
- Beware of salsa. Salsa verde is a green sauce but is made of green tomatoes. Best choices: salsas made of chili peppers without tomatoes added.
- Avoid beans and rice. (Beans are high in potassium.)
- Avoid guacamole. It is made from avocados, which are high in potassium.

For Italian food

 Avoid tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based. If you must select a dish with tomato sauce, ask that it be served on the side.

For Soul food

- Be cautious Soul food is often high in potassium.
- Avoid black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie. All are high in potassium.
- Best choices? Fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread or dinner rolls.







What are high-potassium foods?

Fruits

- · Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate
- · Dates, dried fruits, dried figs

Vegetables

- · Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash
- Tomato and tomato-based products
- · Deep-colored and leafy green vegetables (such as spinach or swiss chard)
- · Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes

Other

- Milk, yogurt
- · Nuts and seeds
- · Bran and bran products
- · Chocolate, granola, molasses, peanut butter
- Salt substitutes



Fruits

· Apple, blueberries, cranberries, grapes, grapefruit, peaches, pears, pineapple, raspberries

Vegetables

• Asparagus, cabbage, carrots, celery, corn, cucumber, eggplant, green or wax beans, green peas or beans, lettuce (iceberg), onions, radishes, turnips, water chestnuts



Other

- · Rice, noodles, pasta, bread and bread products (not whole grains)
- · Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate



What is a common serving size?

FOOD GROUPS	SERVING SIZES	
Meat, fish or poultry		
Meats, poultry, fish	1 oz cooked	
Dairy		
Milk or milk substitute	4 oz or 1/2 cup	
Egg	1 egg or 1/4 cup egg substitute	
Cheese	1 oz	
Grains		
Cooked pasta, rice	1/3 cup	
Cereal, cooked	1/2 cup	
Cereal, ready to eat	1 cup	
Bread	1 slice	
Hamburger bun	1/2 bun	
Vegetables		
Cooked	1/2 cup	
Raw	1 medium or 1 cup cut up	
Juices	4 oz or 1/2 cup	

Dietitians who specialize in kidney disease can tell you how many servings from each food group you are allowed at each meal. Depending on your diet prescription and preferences, you may be allowed to eat more than one.

FOOD GROUPS	SERVING SIZES	
Fruits		
Fresh	1 small or 1/2 large	
Canned or frozen fruit	1/2 cup	
Juices	4 oz or 1/2 cup	
Berries	1 cup	
Grapes, cherries	12	
Dried fruit	1/4 cup	
Fats and oils		
Oils, margarine	1 teaspoon	
Mayonnaise	1 tablespoon	
Salad dressing	2 tablespoons	
Sweets		
Cookie	1 cookie	
Ice cream, sorbet, gelatin	1/2 cup	
Cake, 2 x 2 inches	1 piece	
Fruit pie	1/6 of 8-inch pie	
Sugar, jelly, jam	1 tablespoon	
Nuts, seeds, and legumes		
Nuts	1/4 cup or 1 oz	
Seeds	2 tablespoons	
Legumes, dry beans, peas, cooked	1/2 cup	
Peanut butter	2 tablespoons	