



# Low Potassium

## KIDNEY DIET

## CHEAT SHEET

RenalTracker



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# Low Potassium **DIET TIPS**

*Low*

*High*

## Vegetables



- Cucumbers
- Bell Peppers
- Cauliflowers
- Radishes
- Cabbage
- Green Beans
- Celery
- Carrots
- Zucchini
- Lettuce
- Kales
- Broccoli
- Dark Leafy Vege
- Tomatoes
- Winter Squash
- Sweet Potatoes
- Brussels Sprouts
- Swiss Chard
- Beet
- Spinach
- Parsnips
- Potatoes
- Rutabaga

## Fruits



- Apples
- Pineapple
- Grapefruit
- Watermelon
- Nectarines
- Apricots
- Berries
- Pears
- Plums
- Peaches
- Banana
- Orange
- Kiwi
- Melons
- Mangoes
- Avocado
- Pomegranate
- Figs
- Guava
- Dried Fruits

## Protein



- Chicken Breast
- Tofu
- White Fish (Cod, Tilapia)
- Eggs
- Pork Tenderloin
- Salmon
- Beef (esp Organ Meats)
- Lentils
- Beans (esp Kidney Beans)
- Processed Meats (Sausages, Hot Dogs)

## Dairy



- Unsalted Almond Milk
- Low-Potassium Cheese
- Unsweetened Coconut Milk
- Butter
- Sour Cream
- Regular Milk
- Yogurt
- Cheese (varies, check labels)
- Coconut Water
- Buttermilk

## Carbs



- White Rice
- Pasta (Enriched or Regular)
- Oats
- White Bread
- Whole Wheat Products
- Bran Cereals
- Brown Rice
- Quinoa
- Whole Grain Bread

## Snacks & Nuts



- Unsalted Nuts (Almonds, Walnuts)
- Air-Popped Popcorn
- Salted Nuts
- Packaged, Salty Snacks
- Potato Chips

## Condiments



- Herbs and Spices
- Vinegar
- Lemon or Lime Juice
- Low-Potassium Soy Sauce/Salad Dressings
- Soy Sauce
- Regular Salad Dressings
- Ketchup
- Mustard
- Teriyaki Sauce

## Beverages



- Water
- Herbal Teas
- Fresh Juice
- Regular Sports Drinks
- Coconut Water
- Packaged Fruit Drink
- Regular Soda