

# Managing Your Health with a Low-Potassium Diet

## Why Should I Consider a Low Potassium Diet?

A low-potassium diet is essential for individuals with kidney disease or other health conditions where controlling potassium levels is critical. High potassium levels can be harmful, leading to heart problems, muscle weakness, and other complications. Here's how to manage your potassium intake while enjoying a balanced diet.

### Why Control Potassium?

- **Kidney Health:** Kidneys regulate potassium levels. When they are not functioning properly, potassium can build up in the blood.
- **Heart Safety:** High potassium can cause irregular heartbeats or even cardiac arrest.
- **Muscle Function:** Excess potassium can lead to muscle weakness and fatigue.



## Foods High in Potassium to Limit:

### Fruits:

Bananas, oranges, avocados, and dried fruits like raisins and apricots.

### Vegetables:

Potatoes, spinach, tomatoes, and mushrooms.

### Dairy:

Milk, yogurt, and ice cream.

### Nuts and Seeds:

Almonds, peanuts, and sunflower seeds.

### Whole Grains:

Whole wheat bread, bran cereals, and quinoa.

## Quick Tips for Lowering Potassium Intake:

**Choose Low-Potassium Foods:** Opt for apples, berries, green beans, and white bread.

**Leach Vegetables:** Boil high-potassium vegetables in water, then drain to reduce potassium content.

**Limit Dairy Products:** Use non-dairy creamers or low-potassium alternatives.

**Monitor Portion Sizes:** Even low-potassium foods can add up if eaten in large quantities.

**Avoid Salt Substitutes:** Many contain potassium chloride, which can increase potassium levels.

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