

Manage potassium, feel your best on dialysis

Potassium is an important mineral found naturally in many foods. It helps keep your heartbeat regular and your muscles and nerves working well. When you're on dialysis, your kidneys have trouble keeping your potassium levels balanced, leading to:

Tingling and numbness in
your fingers and toes

Muscle weakness,
cramping, fatigue

Irregular heartbeat or
heart attack

Potassium needs vary, so ask your dietitian how much potassium is right for you.

Tips for managing potassium

- Complete all your dialysis treatments, exactly as prescribed by your nephrologist (kidney doctor).
- Check ingredient lists for added potassium in items like low- or reduced-sodium and processed foods.
- Avoid “salt substitutes” unless recommended by your doctor or dietitian.
- Choose salt-free and potassium-free herbs, seasoning mixes, and spices.
- Double-boil fresh potatoes (white, sweet, and yams) for a reduced-potassium side dish.
- Talk to your care team if you have any digestive issues, high blood sugar, or take any supplements.



Know your number

A target potassium level is

3.5–5.5 mEq/L

My most recent potassium level is _____ (mEq/L)

- Too high:** Limit high-potassium fruits and vegetables.
- Too low:** Talk to your dietitian for tips to increase your potassium intake.



MAKE THE RIGHT FOOD CHOICES

Download and print a shopping list of kidney-friendly foods for a low- or flexible-potassium diet at [FreseniusKidneyCare.com/FoodsToChoose](https://www.freseniuskidneycare.com/FoodsToChoose).

High-potassium foods

It's important to make healthy food choices to feel your best. Keep this list of high-potassium foods handy when shopping or preparing meals to best follow your dietitian's guidelines. If you have any questions, talk to your dietitian. They will help answer any of your questions.

Fruits – serving size: 1 small piece or ½ cup. Choose fresh, canned, or frozen fruits. If dried, only ¼ cup.
Vegetables – serving size: ½ cup fresh or cooked or 1 cup raw leafy.

To feel my best, my dietitian would like me to eat

MORE **LESS**

of the high-potassium foods below.

Artichoke
 Avocado
 Banana
 Beans, edamame, lentils
 Beets
 Brussels sprouts
 Cantaloupe
 Chard
 Chinese cabbage
 Coconut water
 Corn (whole ear)
 Dried fruits (peaches, apricots, bananas, prunes, raisins, dates, figs)
 Greens (beet, spinach, chard)
 Honeydew
 Juice (carrot, prune, orange, pomegranate, vegetable)
 Kiwi
 Kohlrabi

Mango
 Milk
 Mushrooms (cooked)
 Nectarine
 Orange
 Papaya
 Parsnips
 Peach (fresh)
 Plantain
 Pomegranate
 Potatoes (white, sweet, yam)
 Pumpkin
 Rhubarb
 Rutabaga
 Tomato products (sauce, canned, juice, paste)
 Winter squash (butternut, acorn, hubbard)

Processed foods can have potassium!

Checking food labels and ingredient lists can help find hidden potassium. To protect your kidneys, reduce processed foods before cutting out fruits and vegetables.



Other:



To learn more about potassium in your diet, visit [FreseniusKidneyCare.com/Potassium](https://www.freseniuskidneycare.com/potassium).