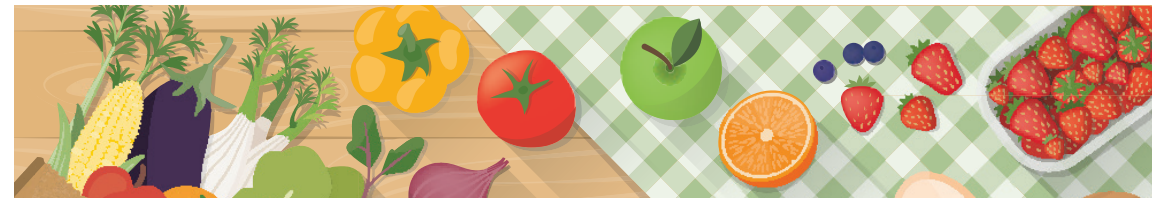


# Low potassium dietary instructions for pediatric



- Potassium is a mineral that keeps the heart beating regularly and muscles working properly.
- Children with chronic kidney disease (CKD) should have their blood checked regularly to make sure their potassium levels are in the normal range.
- High or low potassium level can cause heart and muscle problems.
- In some medical cases, the kidneys sometimes can't remove excess potassium and blood potassium levels become high.
- Some medications can also raise the level of potassium in the blood.
- Proper food choices can help to maintain normal potassium levels.
- The normal potassium level range is between (3.5– 5)mmol/l.

### How to reduce potassium levels by diet

- Limit food items containing more than 200mg potassium per serving.
- Eat the recommended portions of these food items as per your dietitian's advice (meat, poultry, fish, beans, milk and dairy products, and nuts).
- Cut and soak vegetables for 8 hours in water and drain before using.
- Wash and drain canned fruits and vegetables before using.
- Excessive consumption of food which is low in potassium may increase your potassium levels so should be eaten in moderation.
- Avoid instant soups and soup stocks and canned sauces that contain potassium chloride (KCL) as an additive.
- Check food labels and avoid food items that contain potassium chloride (KCL) especially products claiming to be low salt and salt free.
- Avoid potassium chloride as a salt substitute.

## Low potassium dietary instructions

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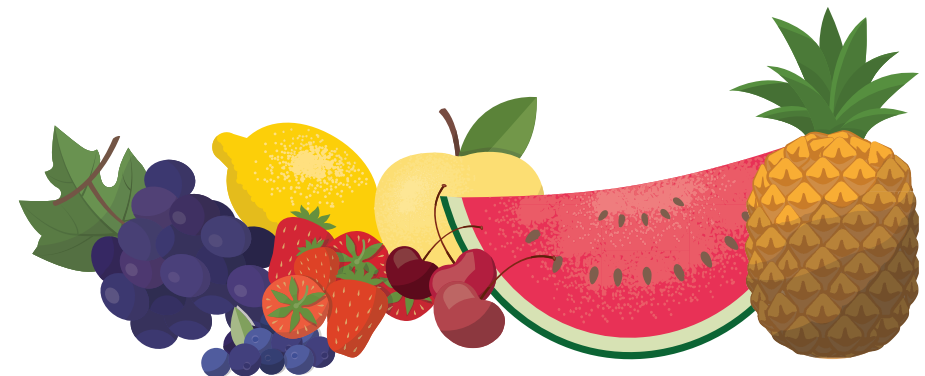
Table illustrates the high and low potassium food items:

Type of Food	Low Potassium food items (Eat)	High Potassium food items (Avoid/Limit)
Fruits	Cranberry, pineapple, watermelon, raspberry, blackberry, plum, strawberry, grape, Lemon/ limes, pear, cherry, tangerine and apple. (Refer to page2, table1).	-Date, banana, avocado, mango, papaya, apricot, orange, Kiwi, melon, guava, peach and pomegranate. -Dried fruit (raisins, dried figs, dried apricot and prunes). (Refer to page2, table2).
Vegetables	Cabbage, lettuce, cucumber(peeled), eggplant, okra, green bean, onion, mushroom, green sweet pepper, radish, broccoli, corn, zucchini, and cauliflower. (Refer to page3, table3).	Green leafy vegetables such as: (coriander, spinach, dill), tomato paste, potato, squash, chili pepper, artichoke, sweet potato, tomato, beet, and carrot. (Refer to page3, table4).
Starch	White rice, white bread and white pasta.	Brown rice, brown bread and brown pasta.
	Wheat cereals such as: (corn flakes).	Bran cereals such as: (bran flakes) and oats.
Beverages	Lemonade, apple juice, cranberry juice, pineapple juice, grape juice and strawberry juice.	Avocado juice, mango juice, guava juice, apricot juice and pomegranate juice. Coffee, cappuccino, espresso, Turkish coffee, and soft drinks.
	Low potassium renal formula, rice milk, coconut milk and almond milk.	Soy milk, fresh milk and milk products such as: (cow's milk, goat milk, sheep milk and camel milk).
Miscellanies	Popcorn, rusk and rice cake.	Nuts and legumes.
	Sweets that made from vanilla, lemon, apple sauce, honey, jam, and jelly.	Chocolate, brown sugar and maple syrup.
	Mustard sauce, vinegar, lemon, common, turmeric, garlic, ginger, thyme, rosemary, butter and margarine.	Ketchup, soy sauce, and peanut butter.

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Table (1) Low potassium fruit choices (<200 mg per fresh serving)

Fruit	Serving size	Amount of potassium in serving
Cranberry	½cup	42
Pineapple	½cup	60
Watermelon	½cup	87
Raspberry	½cup	93
Blackberry	½cup	117
Plums	½cup	130
Strawberry	½cup	140
Grape	½cup	144
Lemon/ Lime	½cup	147
Pear	1 medium	148
Cherry	½cup	153
Tangerine	½cup	162
Apple	1 medium	195

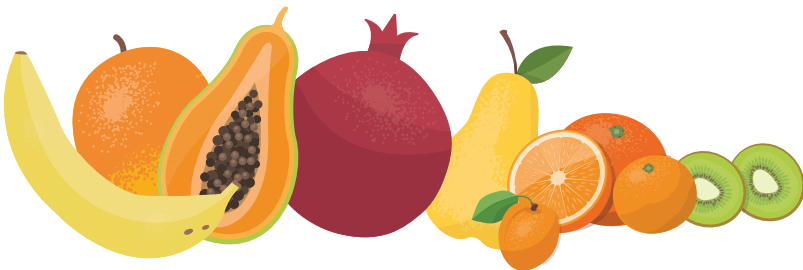


# Low potassium dietary instructions

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Table (2) High potassium fruits to avoid/ limit (>200 mg per dried/ fresh serving)

Fruit	Serving size	Amount of potassium in serving
Prune, dried	½cup	637
Raisin, dried	½cup	543
Date	½cup	482
Banana	1 medium	422
Avocado	½cup	354
Mango	1 medium	323
Papaya	½cup	296
Apricot	1 medium	285
Orange	1 medium	237
Kiwi	1 medium	237
Melon	½cup	237
Guava	1 medium	229
Peach	½cup	214
Pomegranate	½cup	205



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Table (3) Low potassium Vegetables choices (<200 mg per raw serving)

Vegetable	Serving size	Amount of potassium in serving
Cabbage	½cup	75
Lettuce, shredded	½cup	75
Cucumber, peeled	½cup	90
Eggplant	½cup	95
Okra	½cup	108
Mushroom	½cup	112
Green beans	½cup	115
Onion	½cup	117
Green sweet pepper	½cup	131
Radish	1 medium	135
Broccoli	½cup	144
Sweet corn yellow	1 medium	147
Zucchini	½cup	148
Cauliflower	½cup	160
Tomato	½cup	177



Vegetable	Serving size	Amount of potassium in serving
Green leafy vegetables (spinach, dill, coriander)	½cup	550-500
Tomato paste	2Table spoons	320
Potato	½cup	316
Sweet potato	½cup	282
Squash	½cup	242
Chili	½cup	240
Artichokes	½cup	224
Beets	½cup	221
Carrot	½cup	205



## Low potassium dietary instructions

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### Notes: