

# Low Potassium Diet (2000 mg)

Food Groups and Daily Servings	Recommended Foods	Foods to Avoid
<b>Milk &amp; Alternatives</b> Limit to 1/2 cup daily	Milk, yogurt, ice-cream	Nuts, raisins, chocolate, malt
<b>Grain Products</b>	Bread: white, cracked wheat light rye, pita Hamburger & hotdog buns Taco shells Corn Flakes, Rice Krispies, Cheerios, Cream of Wheat Plain muffins, cake, cookies White flour, rice. pasta	Bread: whole wheat, multigrain, dark rye, pumpernickel, raisin Bran cereal, shredded wheat, oatmeal Whole grain crackers Brown rice, pasta Potato flour, soybean flour, bulgar
<b>Meat &amp; Alternatives</b> Limit to 5 oz. daily	Meat, poultry, fish, Eggs, cheese	Dried peas, beans, legumes
<b>Fruits</b> Limit to 3 servings daily 1 serving = 1/2 cup or 1 med. sized piece of fruit	Apples, pears, grapes, berries, cherries, cranberries, peaches Canned grapefruit & mandarin sections*, peaches*, pineapple*, fruit cocktail*, applesauce. <b>*Drain Canned Fruit.</b> Apple juice, pineapple juice, grapefruit juice	Melons, dried fruit, oranges, bananas, papayas, avocado, Nectarines, kiwi Prunes All other fruit juices, prune juice, tomato juice, vegetable juice
<b>Vegetables</b> Limit to 3 servings daily 1 serving = 1/2 cup	Asparagus, green and yellow beans, cabbage, corn, bean sprouts, cauliflower, carrots, lettuce, onions, peas, cucumber, peppers, eggplant, turnips, radishes, zucchini, canned mushrooms, tomato.  Peeled boiled potatoes Boiled potatoes (mashed, fried, etc.)	Artichokes, legumes, dark leafy greens, broccoli, Brussels sprouts, squash, parsnips, cooked spinach, tomato sauce, pumpkin, sweet potato, raw mushrooms, baked potato, French fries, hash browns and scalloped potatoes
<b>Fats &amp; Oils</b>	All fats & oils	
<b>Beverages</b>	Pop, lemonade, cranberry & grape juices, crystal fruit drinks, Jell-o, popsicles Coffee, tea	Cocoa, Ovaltine, Postum
<b>Sweets &amp; Snacks</b>	Sweets, sugar, hard candy, jelly beans, jam, honey, marshmallows	Chocolate, licorice, molasses, nuts, coconut, potato chips
<b>Other</b>	Herbs, spices, flavouring, extracts, vinegar, Mustard. Rice milk.	Salt substitutes, meat extracts (e.g. Oxo, Bovril)
<b>Alcohol</b>	Rye, gin, vodka, rum	Beer, wine, liqueurs

## Sample Meal Plan

### Breakfast

2 grain products  
1 fruit  
1 oz  
meat/alternative  
1 milk  
Coffee

### Lunch

2 oz meat/  
alternative  
1 vegetable  
2 grain products

### Supper

2-3 oz meat/  
alternative  
2 vegetables  
2 grain products  
1 fruit

### Snacks

2 grain  
products  
1 fruit

## Tips

- Avoid using salt substitutes such as No Salt, Half Salt, Co-Salt etc., which replace sodium with potassium.
- When boiling vegetables, cover with as much water as the pot will safely hold; discard water after cooking.
- Limit coffee to one per day.
- Avoid nuts, seeds, chocolate, molasses, and syrup.
- Lower the potassium in potatoes by chopping and soaking in water four to six hours. When ready to cook the potatoes, drain the water and use fresh water to cook them; drain the water after cooking.
- Plan your meals ahead when possible.
- Use rice milk as a substitute for dairy milk.

## Low Potassium Sample Menu

Day	Breakfast	Snack	Lunch	Snack	Supper	Snack
1	2 slices white toast, non-hydrogenated margarine 1 egg, poached or boiled 1 apple with skin Tea/coffee	20 grapes	2 slices white bread 2 oz extra lean deli meat ½ cup lettuce Mayonnaise/margarine 1 cup watermelon	2 – 4 arrowroot cookies	2/3 cup white rice, prepared 2 oz lean sliced beef 1 cup mixed vegetables Olive oil/margarine 2 tbsp low sodium teriyaki sauce ½ cup milk	2 cups pop-corn/margarine
2	1 cup Cream of Wheat, Brown sugar/cinnamon Rice milk ½ cup blueberries Tea/coffee	1 corn muffin, non-hydrogenated margarine	1 cup lettuce 2 oz. chicken breast ½ cup mixed cucumber, tomato, green pepper Light dressing 1 white dinner roll, margarine	1 pear, with skin	3 oz salmon, baked 1 cup green beans, boiled with extra water ½ cup white pasta prepared, seasoned with olive oil, dill, and garlic	½ cup yogurt
3	1 cup corn flakes cereal ½ cup low fat milk ¾ cup raspberries Tea/coffee	2 small clementines	1 cup chicken noodle soup 6-8 unsalted crackers 2 oz cheddar cheese 1 small cucumber 1 small peach	1 Jell-o cup	3 oz. lean pork chop 2 tbsp unsw. applesauce ½ cup boiled carrots ½ cup soaked, boiled potatoes 1 small white dinner roll, non-hydrogenated margarine	1 slice white toast/margarine/jam
4	½ cup low fat yogurt ¾ cup berries 2 slices white toast as above Tea/coffee	2 – 4 arrowroot cookies	2 slices white bread 2 boiled eggs mixed with mayonnaise ½ medium sliced tomato	1 fruit cocktail	1 cup white pasta prepared 2 tbsp pesto 3 oz sliced chicken breast ½ cup boiled broccoli 1 small tangerine	2 cups pop-corn/margarine