

# Manage potassium, feel your best

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 have kidney disease, 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.

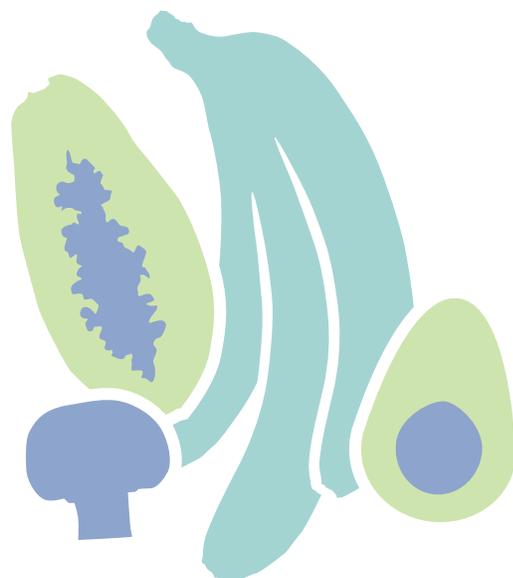
To feel my best, my dietitian would like me to eat

**MORE**       **LESS**

of the high-potassium foods below.

- Avocado
- Banana
- Beans (black, kidney, white)
- Brussels sprouts
- Cantaloupe
- Chinese cabbage
- Coconut milk
- Dried fruits (peaches, apricots, bananas, prunes, raisins, dates, figs)
- Edamame
- Greens (beet, spinach, collard, chard)
- Honeydew
- Juice (carrot, prune, orange, pomegranate, vegetable)
- Kiwi
- Kohlrabi

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



Other:

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*Avoid starfruit, which is harmful (toxic) for people who have kidney disease.*



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