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"Your Neighborhood Nutritionists"

Dietitian - Nutritionist - Education - Counseling - Insurance Accepted



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Kidney Disease: High- and Moderate- Potassium Foods



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Just like sodium, potassium must stay balanced in your body when managing kidney disease. If your kidneys are not working well, potassium levels in your blood might get too high. High levels of potassium can affect your heart rhythm, so the eating plan you follow for managing kidney disease might include a potassium limit. Your doctor or registered dietitian nutritionist will let you know if you need to monitor the amount of potassium in the foods and beverages you consume, and your RDN can explain how to stay within your limit.

Potassium is found in many fruits and vegetables, beans, nuts and dairy foods. The exact amounts can vary but below is a general guide for foods that are considered high and low in potassium.

High-Potassium Fruits and Vegetables

These foods contain more than 250 milligrams potassium per half-cup serving.

- Artichokes
- Avocados
- Bananas
- Beets and beet greens
- Brussels sprouts
- Cantaloupe
- Dates
- Nectarines
- Oranges and orange juice
- Parsnips
- Potatoes
- Prunes and prune juice
- Pumpkin
- Spinach (cooked)
- Sweet potatoes
- Swiss chard
- Tomatoes and tomato juice
- Vegetable juice

Lower-Potassium Fruits and Vegetables

These foods contain less than 150 milligrams potassium per half-cup serving.

- Applesauce
- Blueberries
- Cabbage (raw)
- Cranberries
- Cucumber
- Eggplant
- Endive
- Onion (sliced)
- Pineapple
- Raspberries
- Watermelon

Meet with an RDN to learn more about kidney disease and an eating plan that's right for you.