Why food labels matter

Reading food labels is a great way to see how much potassium is in the food you buy, and help you adjust your eating habits. Ask your doctor how much potassium you should have each day.

Serving size ~

tells you what a single portion is.

Servings per container

lists the number of servings in each container.

% Daily Value

is based on a 2.000-calorie daily diet. This number helps you know if a food is high or low in a nutrient.

Potassium

is on food labels, so be sure to look for it.

Ingredients

Listed in order by weight, with the item that's used the most listed first.

Low: 3% = 100 mg or less

Medium: 3%-6% = 101-200 ma

Very High: 9% = 300 mg or more

High: 6%–9% = 201–300 mg

Know your potassium percentages: -

Nutrition Fac Serving Size 6 crackers (28g	
Servings Per Container Abou	
Amount Per Serving	
Calories 120 Calories from Fa	t 40
% Daily \	/alue*
Total Fat 4.5g	7 %
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Potassium 110mg	3%
Total Carbohydrate 19g	6%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 3g	7
Vitamin A 0% • Vitamin C	0%
Calcium 0% • Iron 4%	0 70
Phosphorous 10%	_
INGREDIENTS: WHOLE WHEAT, SOY	BEAN

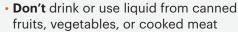
AND/OR PALM OIL, SALT CONTAINS: WHEAT.

Choose meals with less potassium

Limiting how much potassium you eat doesn't mean you can't enjoy a home-cooked meal or dine out—but it's important to know how to shop, plan, and prepare meals with less potassium.

Remember: Serving size is important, as almost all foods have some amount of potassium. A large serving of a low-potassium food can turn into a high-potassium food.

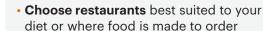
At home

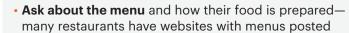




Eat a variety of foods, but in moderation

At restaurants





- · To have more choices when eating out, avoid higher potassium fruits and vegetables during the day beforehand
- Choose starches and vegetables that are lower in potassium (such as rice, noodles, and green beans)
- Avoid French fries and other fried potatoes
- Avoid desserts with: chocolate, ice cream, or nuts they're high in potassium



Ethnic foods

Chinese food

 Choose lower-potassium vegetables such as snow peas, string beans, water chestnuts, bean sprouts, or bok chov

Mexican food

- Be cautious—Mexican food may be high in potassium
- Beware of salsa—salsa verde is a green sauce but is made of green tomatoes. A better choice? Choose salsa made of chili peppers without tomatoes added
- Avoid beans and guacamole—both are high in potassium

Italian food

- Avoid tomato sauces. Tomatoes are high in potassium, but pasta is served with many sauces that are not tomato-based
- If you must select a meal with tomato sauce, ask that it be served on the side

Soul food

- Be careful—soul food is often high in potassium
- Avoid these: black-eyed peas, dried beans, cooked greens, spinach, yams, and sweet potato pie—all are high in potassium
- Try these instead: fried chicken (no skin), corn, string beans or okra, wilted lettuce, corn bread

YOUR GUIDE TO A **LOW-POTASSIUM DIET**



Potassium is an important nutrient found in many of the foods you eat. It helps your nerves, muscles, and heart work the right way. But too much potassium in your blood can be dangerous and cause serious heart problems.

Talk to a healthcare professional about the risks of high potassium and how a low-potassium diet can help.



Kidney

Foundation'

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High or low is good to know

Even "good" foods like fruit and vegetables can be high in potassium. Use the lists below to find which foods are high in potassium and which are low.



High-potassium foods

Limit or avoid these foods in your diet.





- · Bananas, melons, oranges, nectarines, kiwi, mango, papaya, prunes, pomegranate
- · Dates, dried fruits, dried figs

Vegetables



- · Avocados, broccoli, brussels sprouts, sweet potatoes, parsnips, pumpkin, vegetable juices, white potatoes, winter squash
- Tomato and tomato-based products
- Deep-colored and leafy green vegetables (such as spinach or swiss chard)
- Dried beans and peas, black beans, refried beans, baked beans, lentils, legumes
- Milk, yogurt
- Nuts and seeds
- Bran and bran products
- · Chocolate, granola, molasses, peanut butter





Lower-potassium foods

Include these in your diet in moderation.

Fruits



Apples, blueberries, cranberries, grapes, grapefruit, peaches, pears, pineapple, raspberries

Vegetables



- Asparagus Beans (green or wax)
- Cabbage and lettuce (iceberg)
- Carrots, celery
- Corn
- Cucumbers
- Eggplant
- Onions, radishes, turnips

Other



- Rice, noodles, pasta, bread and bread products (not whole grains)
- Angel cake, yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate

Guidelines for serving sizes

Dietitians who specialize in kidney disease can tell you how many servings of each food you should have at each meal. The list below can help, too.

Food groups

Serving sizes

Protein

Meats, poultry, fish 1 oz cooked Note: 3 oz = about the size of your palm

Dairy

Milk or milk substitute 4 oz or ½ cup Egg 1 egg Cheese 1 oz

Grains

Cooked pasta, rice ⅓ cup Cereal, cooked ½ cup Cereal, ready to eat 1 cup Bread 1 slice Hamburger bun ½ bun

Vegetables

Cooked ½ cup

1 med or 1 cup cut Raw

Fruits

Fresh fruit 1 small or ½ large Canned or frozen fruit ½ cup Juices 4 oz or ½ cup Berries 1 cup Grapes, cherries 12 grapes or cherries

Food groups

Serving sizes

Fats and oils

Oils, margarine 1 teaspoon Mayonnaise 1 tablespoon Salad dressing 2 tablespoons

Sweets

Cookie 1 cookie Ice cream, sorbet, gelatin ½ cup Cake, 2 x 2 inches 1 piece Fruit pie % of 8-inch pie Sugar, jelly, jam 1 tablespoon

Nuts, seeds, and legumes

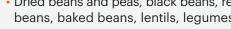
Nuts ½ cup or 1 oz Seeds 2 tablespoons Legumes, beans, peas, cooked ½ cup Peanut butter 2 tablespoons

Want to learn more about eating a low-potassium diet?



Visit the National Kidney Foundation at www.kidney.org.





Other