PRESBYTERIAN

POTASSIUM AND YOUR DIET

Potassium is substance that is crucial to the human body. A normal potassium level is between 3.5 and 5

A low potassium level (less than 3.5) can result from excessive sweating, severe diarrhea, diuretics (water pills), laxatives and some weight-loss diets. A low potassium level can cause weakness and fatigue. People with a low potassium level should eat foods HIGH in potassium.

A high potassium level (greater than 5) can result from kidney problems, muscle breakdown and some medications. A very high potassium level can cause weakness, numbness, and serious heart rhythm problems. People with a high potassium level should eat foods LOW in potassium.

High in Potassium	Moderate in Potassium	Low in Potassium
(More than 225 milligrams per ½ cup serving)	(125 to 225 mg milligrams per ½ cup serving)	(Less than 125 milligrams per ½ cup serving)
Apricots, raw or dried	Apple juice	Apple sauce
Artichoke	Asparagus	Apples
Avocado	Beets	Bell peppers
Banana	Blackberries	Blueberries
Broccoli	Carrots	Cabbage
Brussel Sprouts	Cherries	Cranberries
Cantaloupe	Chile peppers (canned)	Cranberry juice
Chile peppers (fresh)	Corn	Cucumber
Dried Beans	Eggplant	Fruit cocktail
Dried Fruits, Raisins	Grapefruit	Grapes
Figs, Dates	Green peas	Green beans
Honeydew	Loose-leaf lettuce	Iceberg lettuce
Kiwi	Mushrooms, fresh	Mandarin oranges, canned
Lima beans	Onions	Mushrooms
Milk	Peach	Peaches, canned
Nectarines	Pears	Pineapple, fresh
Nuts	Pineapple	Plums
Oranges and orange juice	Potatoes: peeled, sliced and soaked overnight before cooking	Watermelon
Potatoes, Sweet Potatoes, Yams	Raspberries	
Prunes	Strawberries	
Spinach	Summer squash	
Tomatoes, Tomato products	Tangerines	
Vegetable juices	Zucchini	
Winter squash		
Yogurt, low fat		

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