

High-Potassium Diet

Why follow a high-potassium diet?

You may need to include more potassium in your diet if you are taking certain medications such as diuretics or antibiotics. You may also need more potassium if you are having kidney problems or increased losses of potassium, which can be caused by diarrhea or vomiting.

Dietitian name
Phone Number



AMERICAN DIETETIC ASSOCIATION

IMPORTANT POINTS TO KEEP IN MIND

- Potassium is found in many foods especially milk, fruits, vegetables, and meats. Some fruits and vegetables are especially high in potassium, such as avocados, bananas, dried fruits, spinach, and potatoes. Dried peas and beans are also high in potassium. **Try to include several high-potassium foods in your diet each day.**
- Talk with your doctor about how much potassium you should have each day. A dietitian can help you make a meal plan to fit your needs.
- You should talk with your doctor before using salt substitutes to increase your potassium intake.

NOTES:

SAMPLE MENU FOR A HIGH-POTASSIUM DIET

BREAKFAST

Orange juice (½ cup)
Bran cereal (¾ cup) with
fresh strawberries (½ cup)
Whole-wheat toast (2 slices)
with margarine (2 tsp)
and jelly (1 tbsp)
Low-fat milk (1 cup)
Coffee or tea

LUNCH

Black bean soup (1 cup)
Hamburger (3 oz) on a
toasted bun with sliced
tomato (2 oz), onion,
lettuce, mustard (1 tsp),
and ketchup (1 tbsp)
Fruit salad (½ cup)
Coffee or tea

SNACK

Graham crackers (4)
Banana (1)
Low-fat milk (1 cup)

DINNER

Tossed salad (1 cup) drizzled
with vinegar and oil
(1 tbsp)
Broiled savory chicken breast
(3 oz)
Baked potato (1) with
margarine (1 tsp)
Steamed broccoli (½ cup)
Whole-wheat roll (1) topped
with margarine (1 tsp)
Low-fat vanilla yogurt (½ cup)
Coffee or tea

