

Functions of Potassium:

- An important mineral for proper function of cells, tissues and organs
- An electrolyte—conducts electricity in the body
- Crucial for heart function
- Vital to skeletal and smooth muscle contraction—making it important for normal and digestive muscular function

In dialysis...

The kidneys are unable to filter the high levels of potassium from the blood into the urine. This results in excess potassium building up in the blood. This is a life threatening condition that can contribute to alterations in heart rhythm that can lead to heart attacks.

POTASSIUM

For Questions or Concerns:

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Guidelines

for those on

Dialysis



To find a dietitian near you:

www.EATRRIGHT.org

Low Sources:

(less than 150 mg)

Source	Size	mg
Pear (canned)	1 Cup	133
Cranberries	1 Cup	86
Lemon	1 wedge	10
Plum	1 2-1/8" diameter	104
Whole Wheat Bread	1 Slice	69
White Rice (cooked)	1 Cup	55
Egg	1 Large	66
Cheddar Cheese	1 oz. (1 slice)	28
Tortilla	8" diameter	79

Medium Sources:

(between 150 and 300 mg)

Source	Size	mg
Grape Juice	1 Cup	263
Strawberries	1 Cup	220
Applesauce	1 Cup	181
Onion, chopped	1/2 Cup	234
Carrot	1 Medium	195
Chicken (skinless, baked)	3 oz.	213
Ground Beef 95% lean	3 oz.	296
Biscuit	2" diameter	55
Beet Green	1 Cup	290
Cucumber	1 Cup	162

High Sources:

(more than 300 mg)

Source	Size	mg
1% Milk	1 Cup	366
Salmon	3 oz.	338
Tuna (canned)	5 oz.	336
Banana	1 medium 7"	422
Sweet Potato	1 medium 5"	720
Yogurt (plain or fruit)	1 Cup	573
Tomato	3" diameter	431
Orange Juice	1 Cup	443
Potato	2 1/4" diameter	919
Celery	1 Cup	312
Broccoli	1 Cup	454

