

Controlling Your Potassium



Potassium is an element that is necessary for the body to keep a normal water balance between the cells and body fluids. All foods contain some potassium, but some contain larger amounts.

Normal kidney function will remove potassium through urination. Kidneys that are not functioning properly cannot remove the potassium in the urine, so it builds up in the blood. This can be *very* dangerous to your heart. High potassium can cause irregular heart beats and can even cause the heart to stop if the potassium levels get to high.

Typically, there are no symptoms for someone with a high potassium level. If you are concerned about your potassium level, check with your doctor, and follow the tips below.

- Usually a renal patient's diet should be limited to 2000 mg of potassium each day.
- The following foods are high in potassium:

Bananas
Orange Juice
Tomatoes
Cantaloupe
Nuts
Red Beans
Lima Beans
Lentils

Avocado
Prunes
Tomato Juice
Tomato Puree
Papaya
Milk
Garbanzo Beans
Split peas

Oranges
Prune Juice
Tomato Sauce
Honeydew Melon
Chocolate
White Beans
Black Beans
Baked Beans

Specially Prepared Potatoes:

1. Peel and slice into 1/8 inch pieces.
2. Soak 1 cup potatoes in 5 cups of water for 2 hours.
3. Drain and rinse and drain.
4. Cook in a large amount of water.
5. Drain and mash, fry or serve plain.