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Dasman Diabetes Institute



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Center



HOW TO REDUCE YOUR **POTASSIUM INTAKE**

The Nutrition Unit

HOW TO REDUCE POTASSIUM LEVELS IN VEGETABLES

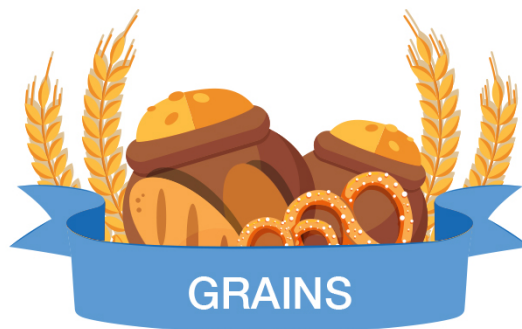
Leaching is the process of soaking vegetables in water for at least two hours before cooking to "pull" some of the potassium out of the food and into the water.

- 01 Wash and then cut the raw vegetable into thin slices. Vegetables with a skin (e.g. potatoes, carrots, beets) should be peeled before slicing.
- 02 Rinse the vegetables in warm water.
Soak the vegetables for at least two hours or overnight. Then use a large amount of unsalted warm water (about 10-parts water to one-part vegetables). If possible, change the water every four hours. Drain the soaking water.
- 03
- 04 Rinse the vegetables once again with warm water.
- 05 Cook vegetables as desired, using a large amount of unsalted water. Drain the cooking water.

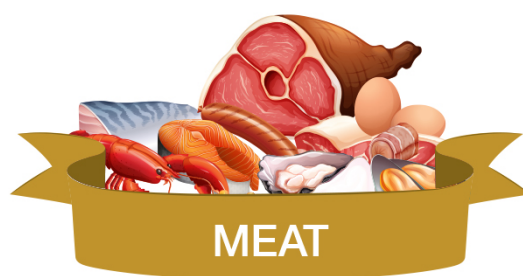
OTHER TIPS ON HOW TO CUT DOWN ON POTASSIUM



1–2 servings of low-potassium
choices per day



White flour (bread and pasta)
and instead of brown



Chicken, turkey, tuna, eggs and
shrimps instead of steak,
salmon and sardines

Read the food label and choose foods
with low potassium level.

Drain and wash canned food like fruits
and vegetables before serving them.

LOW-POTASSIUM FOODS

These contain less than 150 milligrams of potassium per half-cup serving unless otherwise stated



FRUITS

Apple
(1 medium)
Apple Juice
Apple Sauce
Blackberry
Blueberry
Cherry
Cranberry
Grapes
Grapefruit
(1/2 whole)
Mandarin Orange
Peach
(fresh, 1 small)
Pear
(fresh, 1 small)
Pineapple
Pineapple Juice
Plum
(1 whole)
Raspberry
Strawberry
Watermelon
(limit to 1 cup)



VEGETABLES

Asparagus
Broccoli
(raw or frozen)
Cabbage
Carrots
(cooked)
Cauliflower
Celery
(1 stalk)
Corn
Cucumber
Eggplant
Green Beans
Green Peas
Kale
Lettuce
Mushrooms
(white, raw, 1/2 cup)
Onion
Parsley
Pepper
Radish
Zucchini



OTHER FOODS

Bread and
bread products
(not whole grains)
Cake
(yellow)
Coffee
(limit to 240ml)
Tea
(limit to 480ml)



EATING MORE
THAN ONE
PORTION CAN
TURN A LOW-
POTASSIUM FOOD
INTO A HIGH ONE.

YOUR DIETITIAN
CAN HELP YOU
CREATE A
LOW-POTASSIUM
MEAL PLAN.

HIGH-POTASSIUM FOODS

These contain more than 200 milligrams of potassium per half-cup serving unless otherwise stated



FRUITS

Apricot
(raw, 2 medium)
Avocado
(1/4 whole)
Banana
(1/2 whole)
Cantaloupe
Date
(whole, 5)
Dried Fruits
(figs, apricot 2 large)
Grapefruit Juice
Kiwi
Mango
Orange
Orange Juice
Papaya
(1/2 whole)
Pomegranate
(1 whole)
Prune
Prune Juice
Raisins



VEGETABLES

Artichoke
Butternut Squash
Beets
Broccoli
(cooked)
Brussel Sprout
Carrot
(raw)
Mushroom
(white, cooked, 1/2 cup)
Okra
Potato
(white & sweet)
Pumpkin
Spinach
(cooked)
Tomato
Tomato Products
Vegetable Juices



OTHER FOODS

All Bran Products
Black Bean
Chocolate
Granola
Lentils
Legumes
Milk
(1 cup)
Nuts & seeds
(28g)
Peanut Butter
(2 tbsp)
Salt Substitute
Lite Salt
Salt-free Broth
Yogurt

