



Low Potassium – Better Choices



DAIRY, ALTERNATIVES AND EGGS

Such as almond milk, cream cheese, eggs, rice milk, sour cream, whip topping



FRUITS & VEGETABLES

Such as apples, blueberries, cauliflower, cucumbers, cranberries, grapes, lemons, lettuce, limes, onions, peppers



GRAINS

Such as rice or corn cereal; white rice; white, Italian or French bread; plain noodles; unsalted Saltines™



BEVERAGES

Such as water, cranberry juice, club soda, cream soda, ginger ale, grape soda, lemonade

Diet options available for Diabetics

ALWAYS CHECK THE LABEL TO MAKE SURE THERE ARE NOT ANY HIDDEN PHOSPHORUS ADDITIVES



High Potassium – Limit These Choices



BEVERAGES

LIMIT CHOICES SUCH AS:

Milk, orange juice, prune juice, soy milk



BEANS, NUTS & SEEDS

LIMIT THESE CHOICES



VEGETABLES

LIMIT CHOICES SUCH AS:

Potatoes/potato products, sweet potatoes, tomatoes/tomato products, winter squash



FRUITS

LIMIT CHOICES SUCH AS:

Avocado, bananas, cantaloupe, dried fruit, honey dew melon, oranges



SALT SUBSTITUTE

LIMIT THESE CHOICES

Many substitute potassium chloride in place of sodium chloride