

# Potassium in Your CKD Diet

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Medically reviewed by [NKF Patient Education Team](#)

Potassium is vital for many body functions, and people with kidney disease must monitor their levels. Learn how to manage potassium intake to stay healthy.

## About Potassium

Potassium is an important mineral found in your body that is responsible for many functions. People living with kidney disease are at risk for having potassium levels outside of the goal range (either too high or too low). To keep your potassium levels in the goal range, you may need to watch how much potassium you are eating throughout the day. For more information about potassium, please visit the [NKF Potassium AtoZ](#) page.

If you have high potassium (hyperkalemia), your healthcare provider may advise you to limit certain foods that are higher in potassium. If you have low potassium (hypokalemia), you may be advised the opposite – increase the amount of potassium you eat in your diet.

**One day, no one's life will be lost to kidney disease.**

Extraordinary progress is made possible by YOU. Your gift today will help revolutionize kidney health and transform lives for the next 75 years and beyond by helping to:

- Equip patients and families with knowledge, resources, and access to high-quality care.
- Advocate for policies that address disparities and prioritize kidney health for all.
- Fund research and technology to advance early detection, improve treatment, and expand transplant access.



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\$17

\$5

USD

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FAQs ▲

# High-Potassium Foods and Low-Potassium Choices

Almost all foods have some potassium. A food that is considered “high-potassium” generally has 200 mg or more potassium per serving. While any food that meets this criteria is considered “high potassium”, some will have more potassium than others. This means the size of the serving that you eat is very important. A large amount of a low-potassium food can easily turn it into a high-potassium food.

The table below includes some of the most common foods that are high in potassium (on the left) and some choices that are lower in potassium (on the right). Your dietitian can also help you identify how much potassium is in your favorite foods. Together, you can put together a healthy eating plan that helps you get the right amount of potassium in your diet.

Foods that are <b>HIGHER</b> in potassium		Foods that are <b>LOWER</b> in potassium	
(More than 200 mg of potassium per serving)		(Less than 200 mg of potassium per serving)	
<b>FRUITS</b> 1 serving = ½ cup (unless otherwise stated)			
Apricots (raw = 2 medium-sized; dried = 5 halves)		Apple (1 medium-sized)	
Avocado (1/4 of a whole)		Applesauce and apple juice	
Banana (1/2 of a whole)		Apricots (canned in juice)	
Cantaloupe		Blackberries	
Dates (5 whole)		Blueberries	
Dried figs		Cherries	
Dried fruits		Cranberries	
Grapefruit juice		Fruit cocktail	
Honeydew melon		Grapes and grape juice	
Kiwi (1 medium-sized)		Grapefruit (1/2 of a whole)	
Mango (1 medium-sized)		Mandarin oranges	
Nectarine (1 medium-sized)		Peaches (raw = 1 small-sized; canned = ½ cup)	
Orange (1 medium-sized)		Pears (raw = 1 small-sized; canned = ½ cup)	
Orange juice		Pineapple and pineapple juice	
Papaya (1/2 of a whole)		Plum (1 whole)	
Pomegranate (1 whole)		Raspberries	
Pomegranate juice		Strawberries	
Prunes and prune juice		Tangerine (1 whole)	
Raisins		Watermelon (limit to 1 cup)	

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**VEGETABLES** 1 serving = ½ cup (unless otherwise stated)

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Acorn squash	Alfalfa sprouts
Artichoke	Asparagus (raw = 6 spears)
Bamboo shoots	Beans (green or wax)
Beans (baked, black, dried, or refried)	Broccoli (raw)
Butternut squash	Cabbage (green or red)
Beets	Cauliflower
Broccoli (cooked)	Celery (1 stalk)
Brussels sprouts	Corn (fresh = ½ ear; frozen = ½ cup)
Carrots, raw	Cucumber
Chinese cabbage	Eggplant
Greens (except kale)	Kale
Hubbard squash	Lettuce
Kohlrabi	Mixed vegetables
Lentils	White mushrooms (raw)
Legumes	Onions
White mushrooms (cooked)	Parsley
Okra	Peas (green)
Parsnips	Peppers
Peas, dried	Radish
Potatoes (white and sweet)	Rhubarb
Pumpkin	Water chestnuts (canned)
Rutabagas	Watercress
Seaweed	Yellow squash
Spinach (cooked)	Zucchini squash
Tomatoes and tomato products	
Vegetable juices	

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**OTHER FOODS** 1 serving = ½ cup (unless otherwise stated)

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Beef (3 ounces)	Bread and bread products (not whole grains)
Bran and bran products	Cake (yellow or angel)
Chicken (3 ounces)	Coffee (limit to 8 ounces)

Chocolate (1.5-2 ounces)

Granola

Milk (all types = 1 cup)

Molasses (1 tablespoon)

Nuts and seeds (1 ounce)

Peanut butter (2 tablespoons)

Salmon (3 ounces)

Salt substitutes / lite salt

Salt-free broth

Yogurt

Wheat germ

Pie (without chocolate or high-potassium fruit)

Cookies (without nuts or chocolate)

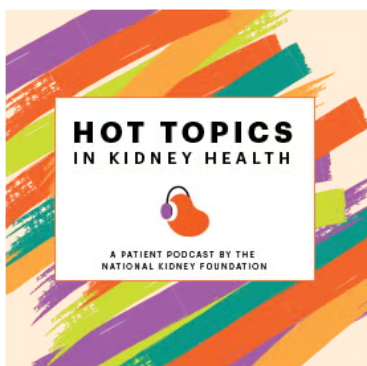
Noodles

Pasta

Rice

Tea (limit to 16 ounces)

The size of the serving that you eat is very important. A large amount of a low-potassium food can easily turn it into a high-potassium food.



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## Additional Considerations

## **Tips to lower the amount of potassium in your food**

If you want to include high-potassium vegetables in your diet, leach them first. Leaching helps lower the amount of potassium in a vegetable by pulling some (but not all) of the potassium out of the vegetable.

To leach vegetables:

1. Peel and place the vegetable in cold water so they won't darken
2. Slice vegetable 1/8 inch thick
3. Rinse in warm water for a few seconds
4. Soak for a minimum of 2 hours in warm unsalted water using ten times the amount of water to the amount of vegetable. For example, 1 cup of vegetable requires 10 cups of water. If soaking longer, change the water every four hours.
5. Rinse under warm water again for a few seconds.
6. Cook vegetable with five times the amount of unsalted water to the amount of vegetable. For example, 1 cup of vegetable requires 5 cups of water.

If your favorite vegetables are high in potassium, ask your dietitian whether leaching can help you eat some while keeping your potassium level within the goal range. Since leaching does not remove all the potassium, you still must limit the amount of leached high-potassium vegetables you eat.

Another easy way to lower the amount of extra potassium you get from food is to avoid drinking or using the liquid from canned fruits, canned vegetables, or the juices from cooked meat.

## **Resources**

### **NKF Council on Renal Nutrition CKD Kidney Dietitian Directory**

<https://www.kidney.org/ckdrd>

### **NKF Your Guide to Potassium**

Download the Potassium guide

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