

POTASSIUM AND YOUR DIET

Potassium is substance that is crucial to the human body. A normal potassium level is between 3.5 and 5

A low potassium level (less than 3.5) can result from excessive sweating, severe diarrhea, diuretics (water pills), laxatives and some weight-loss diets. A low potassium level can cause weakness and fatigue. People with a low potassium level should eat foods HIGH in potassium.

A high potassium level (greater than 5) can result from kidney problems, muscle breakdown and some medications. A very high potassium level can cause weakness, numbness, and serious heart rhythm problems. People with a high potassium level should eat foods LOW in potassium.

| High in Potassium | Moderate in Potassium | Low in Potassium |
|--|--|--|
| (More than 225 milligrams per ½ cup serving) | (125 to 225 mg milligrams per ½ cup serving) | (Less than 125 milligrams per ½ cup serving) |
| Apricots, raw or dried | Apple juice | Apple sauce |
| Artichoke | Asparagus | Apples |
| Avocado | Beets | Bell peppers |
| Banana | Blackberries | Blueberries |
| Broccoli | Carrots | Cabbage |
| Brussel Sprouts | Cherries | Cranberries |
| Cantaloupe | Corn | Cranberry juice |
| Dried Beans | Eggplant | Cucumber |
| Dried Fruits, Raisins | Grapefruit | Fruit cocktail |
| Figs, Dates | Green peas | Grapes |
| Honeydew | Loose-leaf lettuce | Green beans |
| Kiwi | Mushrooms, fresh | Iceberg lettuce |
| Lima beans | Onions | Mandarin oranges, canned |
| Milk | Peach | Mushrooms |
| Nectarines | Pears | Peaches, canned |
| Nuts | Pineapple | Pineapple, fresh |
| Oranges and orange juice | Potatoes: peeled, sliced and soaked overnight before cooking | Plums |
| Potatoes, Sweet Potatoes, Yams | Raspberries | Watermelon |
| Prunes | Strawberries | |
| Spinach | Summer squash | |
| Tomatoes, Tomato products | Tangerines | |
| Vegetable juices | Zucchini | |
| Winter squash | | |
| Yogurt, low fat | | |