

Potassium Food Guide for CKD

High Potassium (Limit/Avoid)	Medium Potassium (Use in Moderation)	Low Potassium (Safer Choices)
Bananas, oranges, mango, avocado	Applesauce, pears, peaches, plums	Apples, grapes, berries, pineapple
Cantaloupe, honeydew, papaya	Nectarines, grapefruit	Cherries, watermelon, cranberries
Potatoes (white, red, sweet)	Carrots (cooked), broccoli, zucchini	Lettuce, cabbage, cucumbers, onions
Tomatoes (fresh, sauce, juice)	Asparagus, corn, green peas	Cauliflower, eggplant, green beans
Spinach, Swiss chard, beet greens	Oatmeal, whole-grain rice/pasta	White bread, white rice, tortillas
Pumpkin, butternut squash	Rice cakes, some cheeses	Unsalted popcorn, crackers, pretzels
Beans, lentils, chickpeas	Moderate dairy (small cheese portions)	Rice milk (unfortified), clear sodas
Nuts, seeds, peanut butter	Blackberries, raspberries	Tea, lemonade (unsweetened)
Dried fruits (raisins, prunes)		
Dairy (milk, yogurt, ice cream)		
Coconut water, orange/prune juice		

Tips for Patients with CKD

- Watch **portion sizes**: even low-potassium foods can add up.
- Try **double boiling** potatoes and other starchy vegetables to lower potassium.
- Avoid **salt substitutes** with potassium chloride.
- Always follow your **doctor or dietitian's guidance**. Your potassium needs may differ depending on your CKD stage or if you're on dialysis.