

Lower-Potassium Swaps That Still Feel Like Real Food

1. Fruit snack

Banana



Orange / kiwi
(portion-smart)



Grapes / berries



2. Breakfast bowl

Raisin bran / granola with raisins



Cheerios / shredded wheat
(portion-smart)



Corn flakes / rice cereal



3. Veg side

Potato (baked / mashed / fries)



Winter squash / cooked broccoli
(portion-smart)



Cauliflower / cabbage / cucumber salad



4. Tomato base

Tomato paste / tomato soup



Small portion tomato sauce OR mixed veg juice
(portion-smart)



Cabbage / pepper / onion base + herbs
(non-tomato)



5. Protein add-on

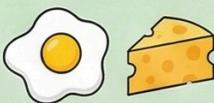
Lentils / beans / edamame
(bigger portions)



Peanut butter (2 Tbsp) / chicken / shrimp

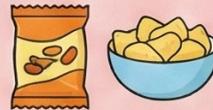


Egg / small portion cheese



6. Snack craving

Trail mix / potato chips



Pretzels / milk chocolate
(portion-smart)



Popcorn / small fruit cup



Try 'flavor upgrades' that don't add potassium:
lemon, vinegar, garlic, pepper, herbs.



Your best potassium plan = your labs + your meds + your portions.