

# Low Potassium Low Sodium Diet Tips



The right amount of sodium and potassium in your diet is important for your heart. Your healthcare provider has prescribed low sodium *and* low potassium diet for you.

Daily sodium goal: \_\_\_\_\_ mg or less

Daily potassium goal: \_\_\_\_\_ mg or less



**Sodium** can cause your body to retain water, which puts a burden on your heart. Sodium is found in many forms. Avoiding salt is important. Most of our sodium intake comes from processed, packaged and restaurant foods, so limiting these foods is important.

*Aim for 500-600 mg sodium per meal.* Don't forget to count sodium from snacks.

Refer to the handouts provided on following a low sodium diet.



**Potassium** is a mineral found in most foods and is important for heart health. In some conditions, the levels of potassium can become higher than normal. Eating a lower potassium diet can help to keep your potassium levels in a healthy range.

Use the lists on the next page to identify higher potassium foods and lower potassium foods.

If potassium is listed on a food label, look for products that have 6% or less potassium. Per serving, these foods fall into the lower potassium range. Be aware that potassium is not always listed on a food label. *It does not mean that potassium is not in that food* – it's just not listed on the label.

For foods not listed, you can often look up potassium amounts at [www.myfitnesspal.com](http://www.myfitnesspal.com) or [www.calorieking.com](http://www.calorieking.com). Some kidney health websites ([www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca) or [www.davita.com](http://www.davita.com)) are good resources to find low potassium, low sodium recipes.

Eating a diet that is both low in potassium *and* low in sodium can be challenging. This handout can help you get you started. Consider meeting with a Registered Dietitian to personalize your goals and daily food choices. Call 303-744-1065 option 2 to schedule an appointment.

**HIGHER POTASSIUM FOODS:** *These foods average more than 200 mg per serving and should be limited or avoided. Each serving is for the ½ cup unless noted.*

Fruits	Vegetables	Dairy/alternatives	Starches/Proteins/Other
avocado (¼) banana cantaloupe coconut honeydew kiwi mango oranges orange juice papaya prune juice dried fruit	acorn squash artichoke pumpkin potatoes spinach tomatoes tomato sauce vegetable juice	ice cream milk yogurt	beef dried beans/legumes eggs fish nuts, seeds peanut butter pork soy beans (edamame) chocolate  Avoid salt substitutes and foods with potassium as an added ingredient on a food label.

**LOWER POTASSIUM FOODS:** *These foods average 200 mg or less potassium per serving. Eating larger portions of these foods can turn a lower potassium food into high potassium food. Each serving is for the ½ cup unless noted.*

Fruits	Vegetables	Dairy/alternatives	Starches/Proteins/Other
apples (1) applesauce apricots (canned) blueberries cranberries grapes grapefruit (½) lemon peaches pears (1) pineapple plums raspberries tangerine (1) watermelon (1 cup)	alfalfa sprouts asparagus carrots cabbage cauliflower celery cucumber eggplant green beans kale lettuce onion peppers radishes summer squash	cottage cheese cheddar cheese (1 oz) swiss cheese (1 oz) rice milk soy milk	bread, one slice* chicken, 3 oz corn crackers, 1 oz* green peas Noodles* popcorn, 3 cups (unsalted) pretzels, 1 oz (unsalted) tofu tortilla chips, 1 oz (unsalted) turkey, 3 oz rice* oils  * Whole grains have more potassium than processed grains, so vary them.

*Nutrient amounts can vary depending on brand, processing, and additives. Please check food labels or contact manufacturers for amounts in foods if you are unsure.*

## **LOW POTASSIUM MEAL PLANNING GUIDE**

1. Pick one *protein*:

- 1-2 eggs    ½ cup beans/lentils    ½ oz nuts    1 tbsp PB    3 oz chicken/turkey

2. Choose ½-1 cup of lower potassium *vegetables*:

- green beans    cauliflower    green pepper    cucumber    spaghetti squash

3. Choose ½ cup or 1 piece of lower potassium *fruit*:

- apple    berries    grapes    watermelon (1 cup)    pineapple

4. Add in lower potassium *starches/grains*:

- corn tortilla    bread    couscous    rice    pasta

5. Use good fats, such as olive oil, and add flavors with salt-free herbs and spices.

For variety, substitute other lower potassium foods for the ones listed here by referring to the “lower potassium food list”.

### **Diet tip: Leaching potassium out of potatoes:**

A *small potato (2-inch diameter)* with skin contains over 700 mg potassium. If you want to include potatoes in your diet, you can remove some of the potassium by using the “double-cook technique” below. Leached potatoes will have 100-200 mg per ½ cup. This is similar to the amount of potassium in ½ cup prepared potato flakes.

- Peel potatoes and cut into thin slices, diced small or shred for hash browns.
- Place potato pieces in a pot of water and bring to a boil.
- Drain water then add fresh water.
- Bring water to a boil and cook potatoes until tender.
- Drain water and prepare potatoes as desired.

## Hawaiian-style Pork Chops

**Serving size:** 1 pork chop

**Portions:** 2

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|----------------------------|--|
| 2 slices red onion         | 4 canned pineapple slices              |
| 2 slices green bell pepper | 2 boneless pork chops, 4 ounces each   |
| 2 teaspoons teriyaki sauce | 2 tablespoons trans-fat free margarine |
| 1/8 teaspoon black pepper  |  |

1. Slice red onion and bell pepper into 1/4" thick slices.
2. Trim fat from pork chops. Lay each pork chop on a separate square of aluminum foil.
3. Top each pork chop with a slice of red onion, bell pepper and two pineapple slices.
4. Drizzle each with 1 teaspoon teriyaki sauce.
5. Divide margarine and place half on each pork chop.
6. Sprinkle with black pepper if desired.
7. Wrap foil tightly around each chop, rolling ends to seal.
8. Cook on barbeque or in 350°F oven for 15 to 20 minutes or until done.

*Nutrients per serving: 357 calories/24 g protein/28 g carbohydrates/17 g fat/328 mg sodium/486 mg potassium/1.5 g fiber*

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Recipe online at [www.davita.com/recipes](http://www.davita.com/recipes). This is a good site for low potassium, low sodium recipes.

## Lisa's Awesome Burgers

**Serving size:** 1 burger

**Portions:** 4

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|---|-------------------|
| 1 pound lean ground beef or lean ground turkey    | 1 cup sweet onion |
| 1 large egg                                       | 4 hamburger buns  |
| 3 tablespoons Mrs. Dash® Hamburger Grilling Blend |                   |

1. Preheat the grill.
2. Finely chop the onion.
3. In a large bowl, combine ground beef, onion, egg and Mrs. Dash® seasoning until all ingredients are mixed throughout.
4. Divide ground beef mixture into 4 equal size patties
5. Grill to desired temperature and doneness.
6. Serve on hamburger buns. Add red onion, thin tomato slice and lettuce if desired.

Hints: These burgers need no ketchup or mustard. They are full of flavor! One large onion = 1 cup chopped.

*Per serving: 352 calories, 27 g protein, 27 g carbohydrates, 15 grams fat, 292 mg sodium, 458 mg potassium, 1.5 g fiber*

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## Omelet with Summer Vegetables

**Serving size:** 1 omelet **Portions:** 1

nonstick cooking spray                      1/4 cup frozen whole kernel corn, thawed  
1/3 cup zucchini, chopped                    3 tablespoons green onion, chopped  
2    tablespoons water                        1/4 teaspoon Extra Spicy Mrs. Dash® herb seasoning blend  
      2 large egg whites                        1 ounce low fat sharp cheddar cheese, shredded  
1 large egg

1. Heat a small saucepan over medium-high heat. Coat pan with cooking spray. Add corn, zucchini and onions to pan; sauté 4 minutes or until vegetables are crisp-tender. Remove from heat.
2. Heat a 10" nonstick skillet over medium-high heat. Combine water, pepper (or Mrs. Dash®), egg whites and egg in a bowl, stirring well with a whisk.
3. Coat pan with cooking spray. Pour egg mixture into pan; cook until edges begin to set (about 2 minutes). Gently lift the edges of the omelet with a spatula, tilting the pan to allow uncooked egg mixture to come into contact with the pan.
4. Spoon vegetable mixture onto half of omelet, sprinkle cheese over vegetable mixture. Loosen omelet with a spatula and fold in half. Cook 2 minutes more or until cheese melts. Carefully slide omelet onto a plate.

*Per serving: 187 calories/22 g protein/12 g carbohydrates/6 g fat/270 mg sodium/352 mg potassium/2.2 g fiber*

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## Grilled Salmon

**Portions:** 4

**Serving size:** 3-1/2 ounces

1 pound fresh salmon fillets  
1 teaspoon salt-free lemon pepper seasoning  
1/4 cup lemon juice  
liquid margarine spray

1. Prepare fresh salmon by sprinkling with salt-free lemon pepper seasoning. Squeeze a small amount of lemon juice over the fish. Spray with 3-4 spritzes of liquid margarine spray.
2. Place on preheated grill and cook over medium heat for 15 to 20 minutes or until fish reaches desired doneness. Serve hot.

Note: Cooking time varies depending on thickness of salmon fillets.

*Per serving: 161 calories/23 g protein/0 g carbohydrates/8 g fat/49 mg sodium/556 mg potassium/0 g fiber*

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## Lemon Yogurt Parfait

**Portions: 4**

**Serving size: 1 cup**

16 ounces vanilla Greek yogurt      1 teaspoon vanilla extract  
4 teaspoons lemon juice      1/2 teaspoon lemon zest  
3/4 cup fat-free dairy whipped topping      1 cup fresh raspberries

1. Mix Greek yogurt, vanilla extract, lemon juice and lemon zest together until smooth. Fold in 1/2 cup of the whipped topping.
2. Divide half of the mixture into 4 portions in parfait glasses. Top each with 1/4 cup raspberries. Top each with 2 tablespoons of raspberries. Top each with the remaining yogurt mixture. Chill.
3. When ready to serve, top the parfait with 1 tablespoon whipped topping and remaining raspberries.

*Per serving: 137 calories/10 g protein/22 g carbohydrates/2 g fat/45 mg sodium/197 mg potassium/3 g fiber*

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## Berry Oatmeal Muffins

**Portions: 12**

**Serving size: 1 muffin**

1 cup unbleached all purpose flour      1/2 cup canola oil  
1/2 cup quick oats      1 lemon, grated zest only  
2/3 cup lightly packed brown sugar      1 orange, grated zest only  
1/2 tsp baking soda      1 tsp lemon juice  
2 eggs      1/2- 3/4 cup raspberries (fresh or frozen)  
1/2 cup applesauce      1/2- 3/4 cup blueberries (fresh or frozen)

1. With the oven rack in the middle position, preheat the oven to 350 °F. Line 12 muffin cups with paper or spray tins with nonstick spray.
2. In a bowl, combine the flour, oatmeal, brown sugar, and baking soda. Set aside.
3. In a large bowl, whisk the eggs, applesauce, oil, citrus zest and lemon juice. With a wooden spoon, stir in the dry ingredients. Add the berries and stir gently.
4. Scoop into the muffin cups. Bake for 20 to 22 minutes or until a toothpick inserted in the center of a muffin comes out clean. Let cool.

*Per serving: 173 calories/3 g protein/28 g carbohydrates/6 g fat/68 mg sodium/86 mg potassium/2 g fiber*

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Recipe at [www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca). This is a good site for low potassium, low sodium recipes.