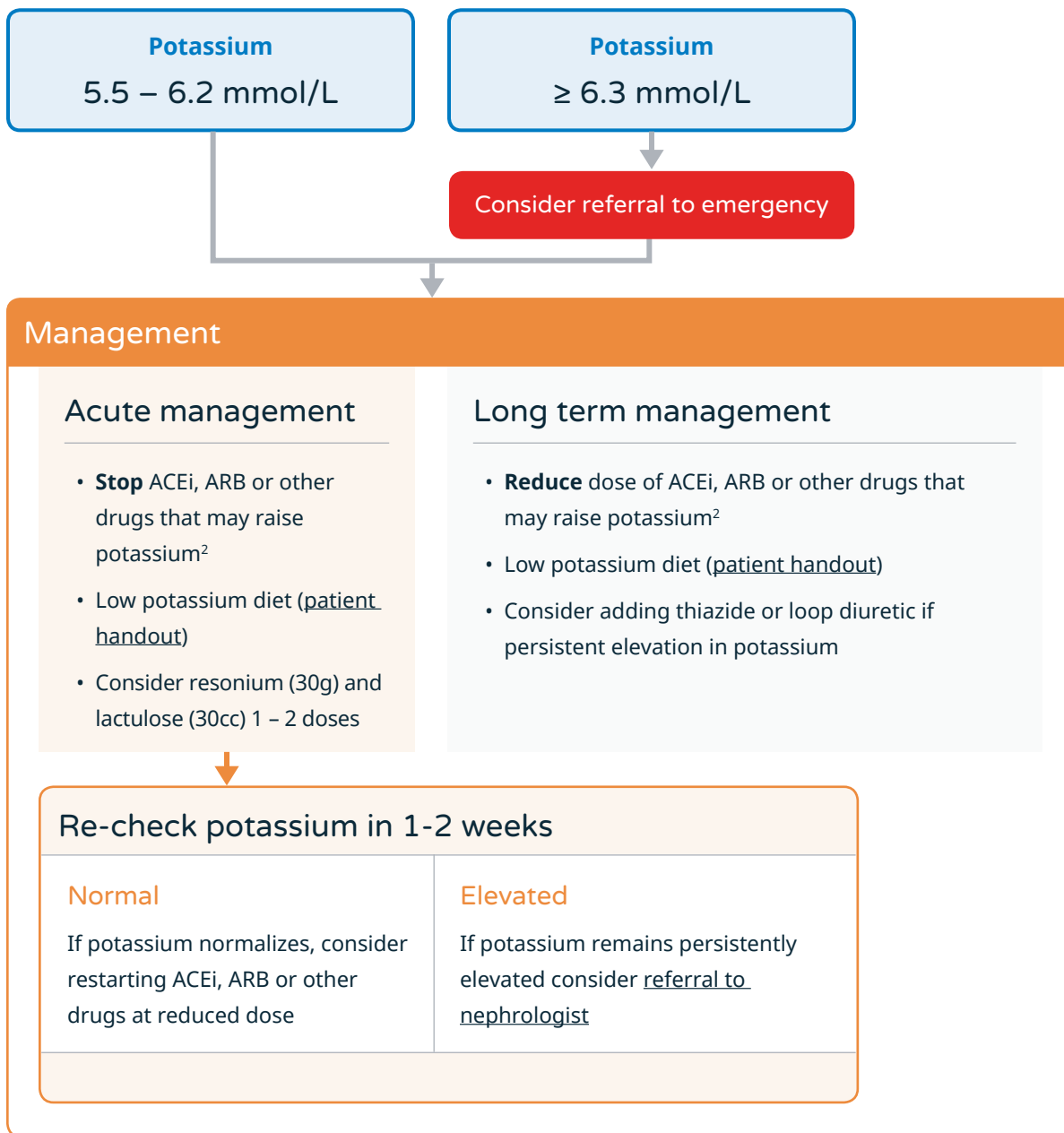


# Management of Elevated Serum Potassium<sup>1</sup>



<sup>1</sup>Increases in serum potassium of up to 0.5 mmol/L can be expected when ACEi or ARB initiated or with dose increase.





























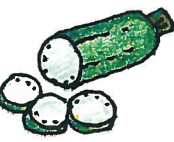
<sup>2</sup>**Drugs that may raise potassium:** ACE inhibitors, ARBs, Selective Aldosterone Receptor Antagonists (e.g. eplerenone), Trimethoprim – sulfamethoxazole, NSAIDs, Beta Blockers, Potassium-sparing diuretics (e.g. amiloride or spironolactone) and Antifungals (e.g. fluconazole)

# Potassium Foods

Ask your dietitian how many servings of potassium foods you should have from each group.




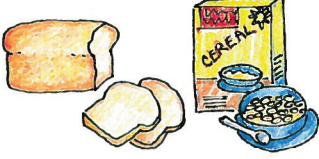







## Low potassium foods

Serving sizes are  $\frac{1}{2}$  cup or 1 medium unless another amount is listed.

					
Apple	Apricots (2 raw, 1 canned)	Berries (strawberries, blueberries, blackberries, raspberries)	Cherries (10)	Grapes (20)	Lemon, lime
					
Mango ( $\frac{1}{2}$ )	Mandarin orange, tangerine	Peach	Pear	Pineapple	Plum
					
Prunes (3 dried or canned)	Watermelon	Beans (green, yellow)	Broccoli	Cabbage	Carrot
					
Celery	Corn	Cucumber	Eggplant	Garlic	Leeks
					
Mushrooms (3 raw or cooked, $\frac{1}{2}$ cup canned)	Onion	Peas	Peppers	Potato (peeled, cut into small pieces, then boiled)	
					
Tomato ( $\frac{1}{2}$ raw, 2 Tbsp ketchup, $\frac{1}{4}$ cup/60 mL sauce)	Turnip	Zucchini			





















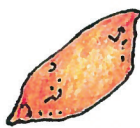


## Medium potassium foods

Serving sizes are ½ cup or 1 medium unless another amount is listed.

 Milk (½ cup/125 mL)	 Yogurt (½ cup/125 mL)	 Ice cream (½ cup/125 mL)	 Whole grain breads and cereals	 Bran muffin, bran cereal	 Coffee, tea (2 to 3 cups/ 500 to 700 mL)
 Nuts, seeds, nut butters (2 Tbsp/30 mL)	 Dried beans, peas, lentils (½ cup/125 mL per week)	 Coconut, raisins (2 Tbsp/30 mL)	 Chocolate (15 grams)	 Juice (½ cup/125 mL grape, pineapple, apple, ¼ cup/60 mL prune)	

## High potassium foods

Serving sizes are ½ cup or 1 medium unless another amount is listed.

 Avocado	 Banana	 Cantaloupe	 Guava	 Kiwi	 Nectarine	 Oranges, orange juice
 Papaya	 Persimmon	 Plantain	 Artichoke	 Beet, beet greens	 Bok choy	 Brussel's sprouts
 Parsnip	 Salt substitute (No Salt®, Half-Salt®)	 Potato (baked, fries, chips)	 Pumpkin	 Spinach (cooked)		
 Squash (acorn, butternut, hubbard)	 Sweet potato, yam	 Juice (tomato, Clamato®, V-8®)	 Tomato (canned or cooked ½ cup/125 mL paste, ½ cup/125 mL sauce)			