Nutrition for People With Chronic Kidney Disease (CKD): Potassium

Control Your Potassium Intake. Potassium is a mineral found in many fruits and vegetables, and it helps your nerves, muscles, and heart work properly. For people with CKD, the kidneys can no longer remove excess potassium, so high levels can build up in the blood, leading to nausea, weakness, irregular heartbeat, and even heart failure. So it's important to control the amount of high-potassium foods you eat.

Good Choices

Apples, berries, grapes, peaches, plums, pineapple, watermelon
Cranberry juice, apple juice, grape juice
Carrots, green beans, cauliflower, eggplant, cucumbers, lettuce, mushrooms
Non-dairy whipped topping, non-dairy creamer, sherbet, sorbet
Unenriched rice milk, non-dairy creamer

Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

Poor Choices

Bananas, oranges, avocado, cantaloupe, honeydew, apricots, nectarines, papaya, kiwi, mangoes
Tomatoes, spinach, potatoes, greens, pumpkin
Nuts, cooked dried beans, peas, seeds
Yogurt, ice cream, milk
Chocolate

Nepro® with Carb Steady®
Homemade Vanilla - #62094
Butter Pecan - #62090
Mixed Berry - #62092

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For supplemental or sole-source nutrition.
Available in 4-packs, 6-packs, and cases of 24 bottles* and cans.
*Homemade Vanilla bottles only available at retail locations