

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

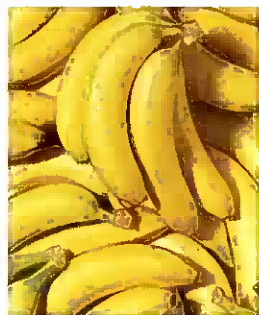


Unenriched rice milk, non-dairy creamer

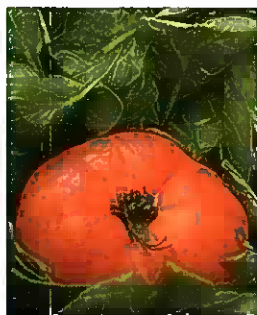


Also a good choice when oral nutritional supplements are necessary to meet dietary needs. Use under medical supervision.

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
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*Homemade Vanilla bottles only available at retail locations

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