

Low Potassium Foods List: Obtained from Buzzle.com

It is important for people with hyperkalemia (abnormally high potassium level in blood) to be aware of foods that are low in potassium as a part of their treatment. This article presents a quick guide to low potassium foods list.

A healthy body is the result of harmonious function of cells, the nervous system, muscle function, and the transmission of nerve impulses. So what does potassium do for the body? Potassium is essential to maintain body functions, prevent excess fluid retention, and is necessary for the metabolism of carbohydrates and proteins. However, when there is an imbalance in the same, it hinders various bodily processes. So it is extremely important to keep a check on high potassium (hyperkalemia) levels and low potassium levels (or potassium deficiency) to maintain a healthy body. Here we will go through food sources that score low in potassium.

People with hyperkalemia must avoid processed meat and those with high salt content. For example, pickled, salted, smoked or salted meat products must be avoided as these have high potassium content. Fresh meat and fish are the best choices for low potassium options.

Low Potassium Foods

Fresh fish, Unsalted beef or pork bacon
Oysters, Lamb, Veal and Organ meats
White flour prepared foods and white rice
Yellow or Angel cake, Hard candies or Cookies without chocolate or nuts
Swiss or Cheddar cheese (1 ounce)
Crackers and Refined cereals
Yogurt plain, skim milk
low potassium meats such as chicken and turkey (per three ounces)

Vegetables	Potassium Content (mg)	Vegetables	Potassium Content (mg)
Alfalfa sprouts (raw)	13	Onions (cut into small cubes)	124
Green beans	76	Peppers (raw)	89
Bean sprouts	63 - 78	Peppers (cooked)	113
Cabbage (raw)	72 - 86	Popcorn	20
Cauliflower	125	Turnips	106
Carrots (cooked)	114	Asparagus (cooked)	196
Collards (cooked)	84	Water chestnuts (canned)	83
Collards (raw)	214	Green beans (cooked)	185
Corn (cooked)	114	Frozen broccoli (cooked)	167
Cucumbers (sliced)	84	Raw broccoli	127
Steamed eggplant	119	Cauliflower (cooked)	202
Endive (raw)	79	Cabbage (cooked)	154
Leeks (raw)	94	Celery (diced)	171
Leeks (cooked)	46	Chickpeas (diced)	239
Lettuce	87	Kale	148
Fruits	Potassium Content (mg)	Fruits	Potassium Content (mg)
Apples, peeled & sliced	62	Lemon (1 medium)	80
Applesauce, canned	78 - 92	Peaches (canned)	118
Apricot, 1 medium	105	Pears (canned)	83
Blueberries	65	Pineapple (diced)	88
Cranberry sauce	36	Plums (raw)	118
Fig (1 medium)	116	Raspberries (raw)	94
Fruit cocktail	114	Watermelon (diced)	93
Grapes (10)	116	Blackberries	141
Sweet cherries (10)	152	Pineapple (juice pack)	153
Grapefruit (1/2 medium)	165	Plums (canned)	194
Orange (1 medium)	237	Raspberries (frozen and sweetened)	143
Asian pear (2)	148	Strawberries	124
Pineapple (canned, heavy syrup)	133	Tangerine (1 medium)	132

Low Potassium Recipes

Appetizer Meat Balls

Spicy sauce for seasoning - 2 Tbs

Egg whites - 2

Grape jelly - ½ cup

Barbecue sauce - ½ cup

Turkey breast - 454 g lean ground

Bread crumbs - 1/3 cup unseasoned

Dijon mustard - ½ tbs

Preparation:

Prepare a mixture of the turkey, sauce, egg whites, and bread crumbs in a bowl (a large one) and shape into regular sized meat balls. Preheat the oven to about 177°C. Heat the meatballs in the oven until you think it is cooked properly. Use baking sheet sprayed with non-stick cooking spray. Now it's time to mix the spicy sauce, grape jelly, Dijon mustard, and the BBQ sauce. Heat the mixture until the jelly melts. Serve hot with the baked meatballs!

Chicken Wraps

Boneless and skinless chicken breasts - cooked and chopped (115 g)

A good quality marinade - ¼ cup

Red bell pepper - ¼ cup, chopped

Flour tortilla wraps - low fat (15 cm)

Celery - chopped (¼ cup)

Shredded lettuce - 1/4 cup

Preparation:

Prepare a mixture of the marinade, egg yolks and oil and vinegar (mayonnaise). This will make a smooth sauce. Mix the celery and red bell pepper with the meat in a bowl. Spread 1 wrap on counter, with 2 tbsp of the sauce, top with ¼ chicken mixture, lettuce and roll up. Do the same with the wraps which have remained and cut each of them on the diagonal and enjoy the servings!

Cabbage Lentil Tomato Soup

Green cabbage - shredded (1 small head)

Tomatoes - cut into cubes (4 cubes)

Ground cumin - ½ to 2 tbsp

Thinly sliced carrots - 1 lb

Green onions - chopped

Green lentils - dried (1 cup)

Chicken broth - fat-free (8 cups)

Virgin olive oil - 1 tbsp

White onion - cut into small cubes (1)

Preparation:

Leaving out the green onions, mix all the other ingredients in a large pot and bring to a boil over high heat. Do not forget to keep stirring. Gradually boil slowly at a lower temperature so that the vegetables become soft. It usually takes about an hour. Lentils may get stuck to the bottom of the pot, so keep stirring every 15 minutes. Serve the mixture into bowls and top with the green onions. Serve hot and add pepper, salt and other seasoning, as you desire.

