

POTASSIUM

Potassium is needed for your muscles to work. Your heart is a muscle. Eating too much potassium can be very dangerous to your heart and may even cause death. If your potassium level gets too high, this is very dangerous and may cause weakness, nausea, tingling in your toes and fingers, diarrhea, and difficulty breathing.



- To control potassium levels in your blood, choose foods and beverages carefully. Potassium is found in many foods, especially milk, fruits, and vegetables. Canned fruits are lower in potassium if the juice/syrup is not consumed.
- Avoid salt substitutes and use herbs or spices to season foods such as garlic powder or onion powder. If you are using spice blends check the label to make sure there is no sodium. For example, Old bay, Tiger Seasoning and Tony Chachere's Creole Kitchen are all seasonings with sodium in them.
- Check labels carefully for added potassium especially products labeled "low sodium," "reduced sodium" or "low salt".

HOW TO REDUCE POTASSIUM AMOUNTS

You can reduce the amount of potassium in potatoes and other root vegetables by using this process:



- Peel and thinly slice vegetables
- Using twice the amount of water per amount of vegetables, place the vegetable slices in room temperature water
- Bring the water to a boil
- Drain the water and rinse the vegetables
- Place the vegetable slices in clean, room temperature water that is twice the amount of water to vegetables
- Bring the water to a boil
- Cook until tender then drain and prepare as desired

Double boiling method recommended per "Leaching Potassium from Tuberous Root Vegetables." Jerrilynn D. Burrowes, PhD, RD, CDN. Renal Nutrition Forum, Summer 2007, Vol. 26 No.3 www.renalnutrition.org

SPEAK WITH YOUR DIETITIAN ABOUT YOUR INDIVIDUAL NEEDS.