

What is potassium?

Potassium is a mineral. It is an electrolyte that helps the body work well. It helps with:

- Muscle and nerve function
- Normal heart rate
- Moving nutrients into cells and waste out of cells

Why does my child need a high potassium diet?

Your child is taking a medicine that causes the body to lose potassium. Medicines that can cause low blood potassium include:

- Diuretic medicines (water pills)
- Certain fungus medicines
- Corticosteroids

Your doctor may prescribe a high potassium diet if your child is taking one of these medicines.

Which foods are high in potassium?

- Most fruits, vegetables and nuts are high in potassium. Give them to your child with meals and snacks often.
- Whole grain bread and pasta are most often higher in potassium than white bread and pasta.
- Use some of the foods listed on the chart on pages 2 to 4 when you cook and bake.

How much potassium does my child need?

Potassium is measured in milligrams (mg). The amount of potassium advised each day varies by age. Look for your child's age in the chart below to see how much potassium they need each day.

Age	Girls	Boys
Birth to 6 months	400 mg	400 mg
7 to 12 months	860 mg	860 mg
1 to 3 years	2,000 mg	2,000 mg
4 to 8 years	2,300 mg	2,300 mg
9 to 13 years	2,300 mg	2,500 mg
14 to 18 years	2,300 mg	3,000 mg
19 to 21 years	2,600 mg	3,400 mg

Your child may need more than these amounts. His doctor may do a blood test to check potassium levels. The doctor can let you know if your child needs more potassium in his diet.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

High potassium diet, continued

Who should I call if I have questions about my child's high potassium diet?

Call your child's doctor or nutritionist.

Amount of potassium in foods

Use the chart on pages 2 to 4 to help you plan meals and snacks for your child that are high in potassium.

Food group	Serving size	High potassium foods (Over 200 mg per serving)	Moderate potassium foods (150 to 200 mg per serving)
Breads, cereals and starches	See serving size by food name	<ul style="list-style-type: none"> All-Bran cereal (½ cup) Bran muffin (1 small) Brown rice (½ cup) Whole wheat pancake (1 pancake that is 6 inches across) Wild rice (½ cup) Quinoa (½ cup) 	<ul style="list-style-type: none"> Bagel - cinnamon raisin, whole wheat (1 medium) Granola cereals (¼ cup) Grape Nuts cereal (¼ cup) Oatmeal (1 cup, cooked) Raisin Bran (½ cup) Whole wheat bread (2 slices)
Meat and protein	See serving size by food name	<ul style="list-style-type: none"> Beans - pinto, kidney, navy, garbanzo, black-eyed, black, refried (½ cup) Buckwheat (½ cup) Edamame (½ cup cooked) Lentils (½ cup) Split peas (½ cup) Canned salmon (½ cup) Canned tuna (½ cup) Fish - cod, trout, tilapia, halibut, flounder (3 ounces) Nut butters - peanut, almond (2 Tablespoons) Sardines (4 medium) Nuts and seeds (1 ounce) 	<ul style="list-style-type: none"> Any kind of meat (2 ounces) Lobster, cooked (3 ounces) Mixed nuts (¼ cup) Chickpeas, cooked (½ cup) Shrimp (3 ounces) Cashew butter (2 Tablespoons)
Fruits	½ cup (unless shown as something different by food name)	<ul style="list-style-type: none"> Apricot, raw (2) Apricot, dried (5 halves) Avocado (¼ medium) Banana (4 inches) Cantaloupe 	<ul style="list-style-type: none"> Apple (1 medium) Apple juice Apricot, canned Apricot nectar Blackberries

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High potassium diet, continued

Food group	Serving size	High potassium foods (Over 200 mg per serving)	Moderate potassium foods (150 to 200 mg per serving)
Fruits (continued)	½ cup (unless shown as something different by food name)	<ul style="list-style-type: none"> • Dates (¼ cup) • Dried fruits • Grapefruit (1 medium) • Grapefruit juice • Guava • Honeydew melon • Kiwi (½ medium) • Mango (1 medium) • Nectarine (1 medium) • Orange (1 small) • Orange juice • Papaya (1 small) • Passion fruit juice • Plantain • Peach (1 medium) • Plums (2 medium) • Pomegranate (1 medium) • Pomegranate juice • Prune juice • Prunes (5) • Raisins (1 small box, 1.5 ounces) • All 100% fruit juice (1 cup) 	<ul style="list-style-type: none"> • Blueberries (1 cup) • Cherries • Clementine (1 medium) • Figs, raw (1 large) • Gooseberries • Grape juice • Lemons, limes (1 medium) • Mandarin orange • Passion fruit (3) • Pear (1 medium) • Pineapple juice • Raspberries (1 cup) • Strawberries • Tangerine (1 medium) • Watermelon (1 cup)
Dairy	½ cup (unless shown as something different by food name)	<ul style="list-style-type: none"> • Almond milk (1 cup) • Buttermilk • Chocolate milk • Coconut milk • Cow's milk - whole, 2%, 1%, skim (1 cup) • Eggnog (¾ cup) • Greek yogurt • Ice cream (¾ cup) • Soy milk (1 cup) • Yogurt - fruit options 	<ul style="list-style-type: none"> • Custards • Pudding - chocolate, vanilla • Tapioca pudding • Yogurt - frozen • Yogurt - plain
Vegetables	½ cup (unless shown as something different by food name)	<ul style="list-style-type: none"> • Artichoke • Bamboo shoots, raw • Bok choy, boiled • Beet greens (¼ cup) • Beets • Broccoli • Brussels sprouts 	<ul style="list-style-type: none"> • Asparagus (5 spears) • Bamboo shoots, canned • Broccoli • Cabbage, cooked • Carrots • Cassava, boiled • Cauliflower, raw

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High potassium diet, continued

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Vegetables (continued)	½ cup (unless shown as something different by food name)	<ul style="list-style-type: none"> • Carrots, raw • Chard, cooked • Chili peppers • Collard greens • French fries • Hash browns • Home fries • Hominy • Mushrooms, white, cooked • Mustard greens • Okra • Parsnips • Potato - all types • Potato chips • Pumpkin • Spinach, cooked • Tater tots • Tomato, raw • Tomato, canned • Tomato paste (2 Tablespoons) • Tomato sauce (1/3 cup) • Vegetable juice • Winter squash - acorn, butternut, hubbard • Yams 	<ul style="list-style-type: none"> • Celery, cooked • Collard greens • Corn • Daikon radish • Eggplant • Green peas • Jicama • Kale • Mixed vegetables, frozen • Mushrooms, raw • Mustard greens • Okra • Rutabagas • Snap peas • Snow peas • Spaghetti squash • Summer squash - yellow, zucchini • Turnips, cooked • Turnip greens
Other foods and drinks	See serving size by food name	<ul style="list-style-type: none"> • Chocolate - dark, bittersweet (1 ounce) • Cookies with nuts or seeds (1 small) • Granola (½ cup) • Molasses (1 Tablespoon) • Pumpkin pie (1 medium slice) • Salt substitutes such as No Salt, Nu-Salt, Morton's Salt Substitute, Salt Sense (¼ teaspoon) 	<ul style="list-style-type: none"> • Brewed coffee (1 cup) • Brewer's yeast (1 Tablespoon) • Chocolate cake (1 slice) • Fruit cake (1 slice)

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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