



Understanding Potassium in Your Diet

A food guide for managing your potassium intake

Potassium is a mineral found naturally in many foods. If you have been advised to manage your potassium intake — for example, due to elevated blood potassium levels, acute kidney injury or stage 3b–5 chronic kidney disease — this guide can help you choose foods more confidently. Foods are grouped into three simple categories based on their typical potassium content per serve.

Lower potassium foods *generally less than 200 mg per serve*

Fruits • Apple • Pear • Grapes • Blueberries • Strawberries • Raspberries • Pineapple • Watermelon • Peach • Plum • Mandarin	Vegetables • Lettuce • Cabbage • Cauliflower • Green beans • Cucumber • Capsicum • Celery • Onion • Mushroom • Zucchini • Radish • Eggplant	Grains & cereals • White rice • Pasta • Noodles • White bread • English muffin • Rice crackers • Cornflakes • Weet-Bix • Oats (moderate portion)
Dairy & alternatives • Rice milk (not potassium-fortified) • Small serves of milk (moderate potassium) • Small serves of yoghurt (moderate potassium)	Protein • Chicken • Turkey • Lean beef • Pork • Fish • Eggs • Tofu (firm)	

Moderate potassium foods *approximately 200–400 mg per serve*

Fruits • Orange • Kiwifruit • Cherries • Mango • Nectarine • Rockmelon (cantaloupe) • Papaya	Vegetables • Broccoli • Carrot • Pumpkin • Corn • Snow peas • Beetroot • Asparagus	Dairy • Milk • Yoghurt • Cottage cheese
Protein • Salmon • Tuna • Lean beef • Lentils (small portions) • Chickpeas (small portions)	Nuts & seeds • Almonds • Cashews • Peanuts • Walnuts • Chia seeds • Pumpkin seeds	

High potassium foods *generally more than 400 mg per serve*

Fruits - Banana - Avocado - Dried fruit (dates, raisins, apricots, prunes) - Custard apple - Jackfruit - Large serves of melon - Fruit juice (especially orange juice)	Vegetables - Potato - Sweet potato - Tomato - Tomato paste - Spinach - Silverbeet - Bok choy - Brussels sprouts - Mushrooms (large serves) - Beetroot - Parsnip	Legumes - Kidney beans - Baked beans - Black beans - Soybeans - Lentils (large serves)
Dairy - Large serves of milk - Large serves of yoghurt	Nuts & seeds - Large serves of nuts - Nut butters - Large amounts of seeds	Other - Coconut water - Chocolate - Cocoa powder - Potassium-containing salt substitutes - Electrolyte drinks containing potassium

Tips to reduce potassium intake

- Choose lower-potassium fruits and vegetables more often.
- Limit portion sizes of high-potassium foods rather than eliminating them completely, unless advised by your healthcare team.
- Leach potatoes and some root vegetables by peeling, slicing thinly, soaking in warm water for at least 2 hours (or overnight), then boiling in fresh water.
- Avoid potassium-containing salt substitutes, which can significantly increase potassium intake.
- If you have CKD, avoid taking potassium supplements unless specifically prescribed.