

# The KidneyKorner<sup>®</sup>

for people on dialysis from the makers of *Nepro*<sup>®</sup> with Carb Steady<sup>®</sup>

## What's Inside:

### The Scoop on Potassium

What is Potassium? ..... Page 2

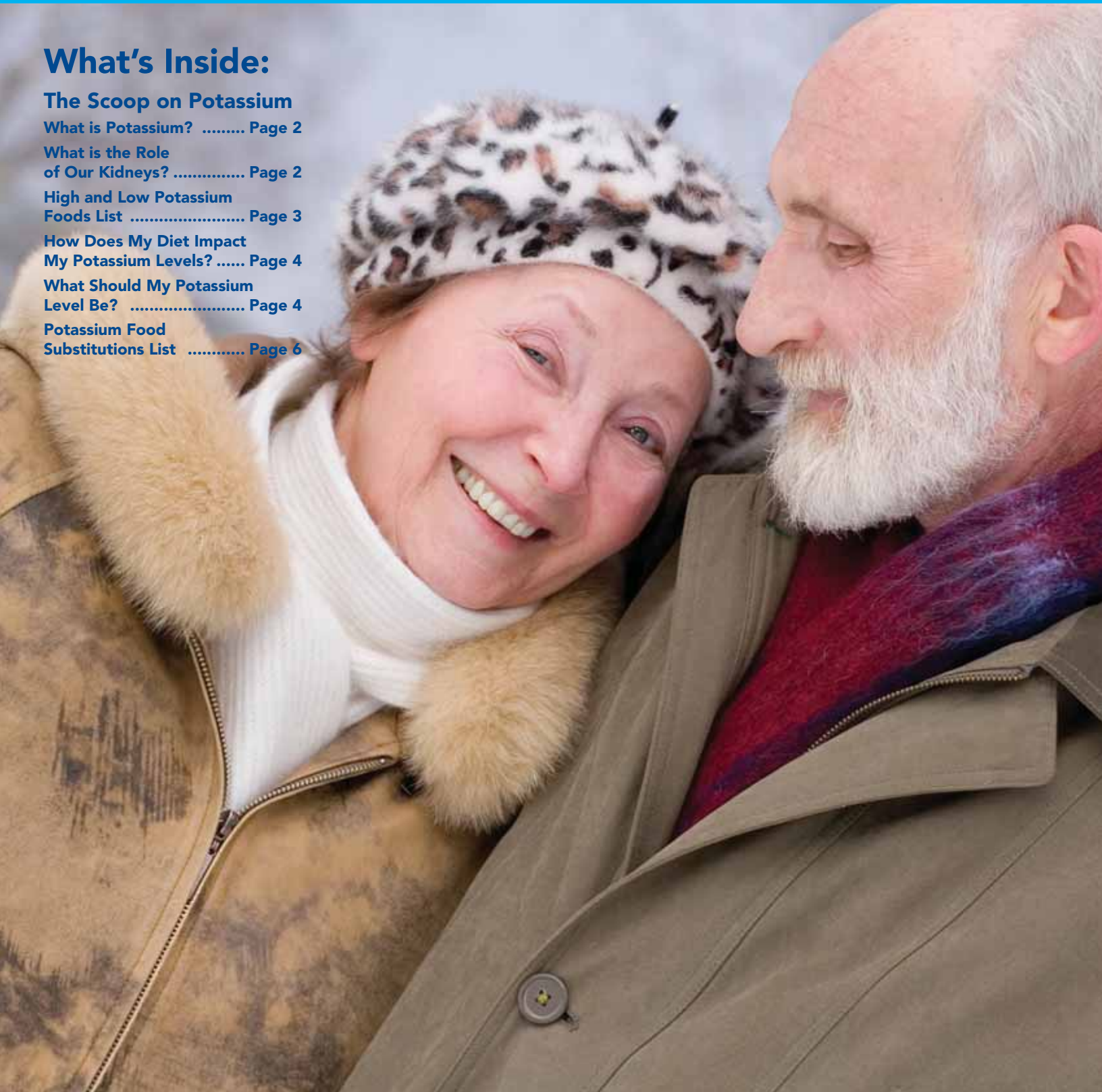
What is the Role  
of Our Kidneys? ..... Page 2

High and Low Potassium  
Foods List ..... Page 3

How Does My Diet Impact  
My Potassium Levels? ..... Page 4

What Should My Potassium  
Level Be? ..... Page 4

Potassium Food  
Substitutions List ..... Page 6



# The Scoop on Potassium



## What is Potassium?

Potassium is an essential mineral that is found in many of the foods that you eat. Potassium is important for proper functioning of your body and plays an important role in keeping your heart-beat regular and your muscles working right. It is also important for maintaining fluid and electrolyte balance. The level of potassium in our blood must be kept in the right range to perform these important functions in the body. Too much or too little potassium in the blood can be dangerous. Your body gets potassium from the food you eat. While almost all foods contain some potassium, foods high in potassium include milk and dairy products and certain fruits and vegetables, like oranges, bananas, potatoes and tomatoes.

## What is the Role of Your Kidneys?

It is the job of healthy kidneys to keep the right amount of potassium in your blood. Healthy kidneys do this by removing excess potassium from the blood. For people with CKD, their kidneys no longer work properly and cannot remove excess potassium. As a result, high levels can build up in the blood. A high level of potassium in the blood is known as hyperkalemia. You may feel nausea, weakness, numbness and tingling if your potassium is at a high level. If your potassium becomes too high, it can cause an irregular heartbeat or a heart attack. High potassium levels can result from skipped or shortened dialysis treatments or eating too many foods high in potassium.

# High Potassium Foods List



## Fruits

Apricots, fresh  
 Avocado  
 Banana  
 Cantaloupe  
 Dates  
 Dried Fruits  
 Figs, dried  
 Grapefruit Juice  
 Honeydew  
 Kiwi  
 Mango  
 Nectarine  
 Orange/Orange Juice  
 Papaya  
 Pomegranate/  
 Pomegranate Juice  
 Prunes/Prune Juice  
 Raisins

## Vegetables

Acorn Squash  
 Artichoke  
 Bamboo Shoots  
 Baked Beans  
 Butternut Squash  
 Refried Beans  
 Beets  
 Black Beans  
 Broccoli, cooked  
 Brussels Sprouts  
 Chinese Cabbage  
 Carrots, raw  
 Dried Beans and Peas  
 Greens, except Kale  
 Hubbard Squash  
 Kohlrabi  
 Lentils  
 Legumes  
 Mushrooms, canned  
 Parsnips  
 Potatoes, white and sweet  
 Pumpkin  
 Rutabagas  
 Spinach  
 Tomatoes/Tomato Juice  
 Vegetable Juice

## Other Foods

Bran/Bran Products  
 Chocolate  
 Granola  
 Molasses  
 Nuts and Seeds  
 Peanut Butter  
 Salt Substitutes/Lite Salt  
 Salt Free Broth  
 Milk  
 Yogurt  
 Ice cream

# Low Potassium Foods List



## Fruits

Apple/Apple Juice  
 Applesauce  
 Apricots, canned  
 Blackberries  
 Blueberries  
 Cherries  
 Cranberries  
 Fruit Cocktail  
 Grapes/Grape Juice  
 Grapefruit  
 Mandarin oranges  
 Peaches, fresh or canned  
 Pears, fresh or canned  
 Pineapple/  
 Pineapple Juice  
 Plums  
 Raspberries  
 Strawberries  
 Tangerine  
 Watermelon

## Vegetables

Alfalfa Sprouts  
 Asparagus  
 Beans, green or wax  
 Cabbage, green and red  
 Carrots, cooked  
 Celery  
 Corn, fresh, frozen  
 Cucumber  
 Eggplant  
 Kale  
 Lettuce  
 Mixed Vegetables  
 Mushrooms, fresh  
 Okra  
 Onions  
 Peas, green  
 Peppers  
 Radishes  
 Rhubarb  
 Water Chestnuts, canned  
 Watercress  
 Yellow Squash  
 Zucchini Squash

## Other Foods

Rice  
 Noodles  
 Pasta  
 Bread\*  
 Cake: angel, yellow  
 Coffee (limit to 8 oz)  
 Pies\*\*  
 Cookies  
 Tea (limit to 16 ounces)  
 Popcorn  
 Pretzels

\* Including bread products (not whole grains)  
 \*\* Without chocolate or high potassium fruit

# How Does My Diet Impact My Potassium Level?

Potassium comes from the foods you eat. Dialysis treatments help remove excess potassium from the blood, but levels can still rise between treatments, so it is important to watch your diet and intake of certain foods. You can help control your potassium level by limiting the foods you eat that are high in potassium. There are some general guidelines you can follow to help limit the amount of potassium in your diet, as well as foods you can choose more often and less often based on potassium content.

## Diet Recommendations to Help Limit Potassium Intake:

- Choose foods low in potassium (see Low Potassium Foods List on the previous page)
- Limit foods high in potassium (see High Potassium Foods List on the previous page)
- Do not use or consume liquids from canned fruits and vegetables
- Avoid salt substitutes and other seasonings that contain potassium
- Read labels on “low salt” or “low sodium” foods to be sure

potassium ingredients, like potassium chloride, are not added

- Pay attention to serving sizes – some low potassium foods can become high potassium foods if larger serving sizes are eaten
- Try substituting certain low potassium fruits, vegetables and other foods for high potassium foods (see Potassium Food Substitutions List on the next page)
- Leach high potassium vegetables



## What Should My Potassium Level Be?

In order for potassium to perform its functions in the body, blood levels must be kept to the right range. Levels that are too high or too low can be dangerous. Blood tests are performed regularly to help your doctor and dietitian evaluate your potassium levels.

Recommended Level:	3.5-5.0 mEq/L
High Level:	5.1-6.0 mEq/L
Dangerous Level:	>6.0 mEq/L

Be sure to ask your doctor and/or dietitian about your monthly blood potassium level so you can know how well you are keeping it in line.

# Potassium Food Substitutions List:

## Try these

Apple, Grape or Cranberry juice .....	Orange juice
Apple .....	Banana
Mandarin oranges .....	Fresh orange
Watermelon .....	Cantaloupe
Pineapple .....	Papaya
Plum .....	Nectarine
Green Beans.....	Dried Beans and Peas
Zucchini .....	Acorn Squash
Peppers .....	Tomatoes
Nondairy creamer or unenriched rice milk .....	Milk
Sherbet.....	Ice cream
Unsalted popcorn .....	Nuts

## Instead of these



## What is leaching vegetables?

Leaching is a cooking method that helps you enjoy some of your favorite high potassium vegetables. The process of leaching will help pull some potassium out of high potassium vegetables. It is important to remember that this process does not pull out all of the potassium. You must still limit the amount of leached high potassium vegetables you eat.

### How to leach vegetables:

For potatoes, carrots, beets, and rutabagas:

1. Peel the vegetable and place in cold water
2. Slice the vegetable 1/8 inch thick
3. Rinse in warm water for a few seconds

4. Soak for a minimum of two hours in warm water. Use ten times the amount of water to the amount of vegetables. If soaking longer, change the water every four hours.
5. Rinse under warm water again for a few seconds.
6. Cook vegetable with five times the amount of water to the amount of vegetable.

For squash, mushrooms, cauliflower, and frozen greens:

1. Allow frozen vegetable to thaw to room temperature and drain.
2. Rinse fresh and frozen vegetables in warm water for a few seconds.
3. Follow steps 4 through 6 on "How to leach vegetables."

Potassium is an important mineral in your diet and for your body. However, with CKD, you need to watch the amount of potassium you eat so your blood levels do not reach high levels, which can be dangerous.

Be sure to talk to your doctor and/or dietitian about how much potassium you should eat each day. As always, work with your dietitian for the best diet and eating plan for you based on your individual needs.



## WORD SEARCH

LEACHING CRANBERRY STRAWBERRIES POPCORN  
 ZUCCHINI POTASSIUM WATERMELON ASPARAGUS  
 PINEAPPLE VEGETABLE BLUEBERRIES TANGERINE  
 KIDNEYS CUCUMBER MUSHROOMS CHERRIES

L S H N W N I R Y N P O L S V R L  
 A R S E A R C C U C U M B E R A R  
 P P R M I H H M H C M A G E C P S  
 R I A S I E S I B S S E R E O G B  
 S R G K R V S P A M T R E T Z U T  
 B U E R U A Y N O A E L A B U P U  
 I R I C A R R O B A P S L N C A C  
 R E G E L P R L L P S U O R C E A  
 S E S T E H E L A I E G T A H R S  
 W H G H S A B E U B O A T A I S O  
 M K I U C L N M E N I R E G N A T  
 A I M H L I A R N V H A P S I Y G  
 N D I L P N R E G P O P C O R N R  
 A N U C T I C T S O R S C A S M R  
 G E U C E Z R A S W E A I R E N E  
 M Y U S T R A W B E R R I E S R M  
 R S T L Z P R A L P E O E B Y U U

## Renal nutrition for real life

- Excellent source of protein
- Low in phosphorus, potassium and sodium
- Carb Steady® carbohydrate blend contains ingredients shown to help manage blood sugar levels
- Tastes great

Look for Nepro next to Glucerna in the pharmacy sections of these stores:



With us, it's personal.

Or you can order Nepro online at [AbbottStore.com](http://AbbottStore.com) or by calling 1-800-986-8502



Naturally and artificially flavored.  
 Use under medical supervision.



## Zucchini Muffins

### Nutrition Facts

Serving Size: 1 Muffin  
Servings per Recipe: 12

#### Amount per Serving

Calories 210	Calories from Fat 70
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	35 mg
Sodium	280 mg
Total Carbohydrate	28 g
Dietary Fiber	1 g
Sugars	9 g
Protein	5 g
Vitamin A	125 IU
Vitamin C	4 mg
Calcium	50 mg
Iron	1.6 mg
Phosphorus	55 mg
Potassium	85 mg

Use under medical supervision.

## Zucchini Muffins

**Servings: 12**    **Serving size: 1 Muffin**

### Ingredients:

2 cups all-purpose flour	½ teaspoon ground allspice
½ cup sugar substitute for baking, such as Splenda	1 cup grated zucchini
½ teaspoon salt	1 cup (8 ounces) Homemade Vanilla Nepro with Carb Steady
2 teaspoons baking powder	2 large eggs
½ teaspoon baking soda	¼ cup vegetable oil
½ teaspoon ground cinnamon	2 teaspoons vanilla extract

### Directions

1. Preheat the oven to 400 degrees F. Line a 12-cup muffin pan with paper liners.
2. In a large mixing bowl, combine the flour, sugar substitute, salt, baking powder, baking soda, cinnamon and allspice.
3. In another bowl, whisk together the Nepro with Carb Steady, eggs, oil and vanilla extract; mix in the zucchini. Pour into the dry ingredients and mix just until the flour is no longer visible.
4. Spoon the batter into the muffin pan.
5. Place the pan on the center rack of the oven and bake for 13 to 15 minutes, or until a toothpick is inserted into the center of a muffin comes out clean.
6. Remove the muffins from the pan and allow them to cool.

Note: Muffins can be frozen individually.

**Serves:** 12 • **Serving Size:** 1 Muffin    **Exchanges:** 2 Starch, 1/2 Medium-Fat Meat, 1 Fat    **Carb Choices:** 2