



Medical Nutrition Therapy: Low Potassium

What is a low potassium diet?

A low potassium diet is a diet for people who are managing chronic kidney disease and associated symptoms. People must sometimes, under the direction of their clinician, limit the amount of potassium in their diet to keep their potassium level close to normal. The diet provides less than 2000 mg of potassium per day.

Why do I need a low potassium diet?

Potassium is an important mineral that is found in many foods. It keeps the heart beating regularly, helps to maintain fluid balance, and allows the nerves and muscles to work properly. The kidneys are the main organ that controls the level of potassium in the blood. When the kidneys are not working well, potassium levels may rise above normal. A low potassium diet is essential for helping your kidneys controlling correct potassium levels.

Standard meals can be enjoyed with the following exceptions:

- Small portions of protein.
- Limit soup to one serving per day (must contain 300 mg or less potassium) prepared with allowed ingredients
- 2 servings only of low or medium potassium vegetables per day.
- One small, 120 mL, serving of milk per day, or a portion of cheese.
- 3 servings of low or medium potassium fruit per day. White bread only, whole wheat products are high in potassium.
- Potatoes must be double boiled to drain potassium. Boiled and mashed potatoes are a better choice.

How can Therapeutic Meals help?

- Our meals are offered in individual portions of 75 g (2.65 ounce).
- All food items have complete nutrition information on our website.
- Our website allows you to search veggies and starches by "low", "medium" or "high potassium", and you can order your protein, veggies and starches separately.

To order, please visit www.therapeuticmeals.com, or call us at 250 415 5444 (Victoria, British Columbia). Therapeutic Meals also offers private Registered Dietitian services to assist you with your Diet, no meal purchases are required for this service.

Our dietitian can assist you with creating meal plans for you, based on our menu, and your food preferences and requirements. The menu's can be created on a weekly, bi-weekly or monthly cycle. With meal plans, we automatically re-order your meals for you. You can change your menu at any time you wish.