

Patient Tips for Healthy Living



Network 8, Inc.

3rd Edition

What is Potassium?

Potassium is a mineral that is in many of the foods you eat and often there are no signs of high potassium. It controls nerve and muscle function. Healthy kidneys keep the right amount of potassium in the blood to keep the heart beating at a steady pace. In order for your body to function properly it is important that you monitor your potassium

intake. Potassium levels can rise between dialysis sessions and affect your heartbeat. Eating too much potassium can be very dangerous to your heart and even cause death. Dialysis removes the excessive potassium from the blood. In between dialysis potassium levels rise therefore foods high in potassium must be limited.

Your dialysis unit checks your potassium levels regularly. A safe range for your potassium is 3.5-5.5 mEq/L. If you are unsure of your potassium level or have questions talk with your dietitian. Be aware of the signs of high potassium such as muscle weakness, irregular heartbeat, numbness or tingling, slow pulse, and heart attack.

TIPS For What You Can Eat!



Vegetables

- Choose green beans, wax beans or snow peas, **instead of** dried beans or peas.
- Prepare mashed potatoes or hash browns from leached potatoes (potatoes that have been boiled to reduce the potassium), **instead of** eating baked potatoes or French fries. To leach potatoes, peel and dice, then bring to a boil using at least twice the amount of water

as potatoes, drain and rinse. Then add twice the amount of water again and finish cooking, then drain.

- Use summer squash like crookneck or zucchini, **instead of** winter squash like acorn, banana, or hubbard squash.
- Cook with onion, bell peppers, mushrooms or garlic, **instead of** tomatoes, tomato sauce or chili sauce.
- To lower the potassium content in vegetables simply cut the vegetables up into small pieces and boil them well and drain.

Fruit

- Choose apples, berries or grapes, **instead of** bananas, oranges or kiwi.
- Eat a peach, plum or pineapple, **instead of** nectarines, mangos or papaya.
- Drink apple, cranberry or grape juice, **instead of** orange juice or prune juice.

Dairy

- Eat sherbet or a popsicle, **instead of** ice cream or frozen yogurt.
- Use nondairy creamer or unenriched rice milk, **instead of** milk.
- Prepare pudding with nondairy creamer, **instead of** eating yogurt or pudding made with milk.

IT IS IMPORTANT TO SPEAK WITH YOUR RENAL DIETITIAN BEFORE MAKING ANY CHANGES TO YOUR CURRENT DIET!!

Preventing High Potassium (Hyperkalemia)

There are things you can do to keep your potassium at a safe level such as

- Limit portions of meat as directed by your dietitian
- Limit fruits and vegetables (as recommended by your dietitian)
- Limit milk and milk products
- Do not drink liquids from canned fruits or vegetables
- Avoid salt substitutes or other seasoning that contain potassium
- Read labels on "low salt" or "low sodium" packaged foods to be sure potassium ingredients like potassium chloride are not added.
- Watch your serving size
- Do not skip or shorten your dialysis treatments

Dialysis Friendly Recipes

Hot Crab Dip

Davita.com

One 8-ounce package of cream cheese softened
1 tablespoon of onion, finely minced
2 tablespoons of nondairy creamer
2 teaspoons Worcestershire sauce

1/8 teaspoon black pepper
cayenne pepper to taste
1 teaspoon of lemon juice
one 6-ounce can crab meat

Preheat oven 375 F. Place softened cream cheese in a bowl. Add onion, lemon juice, Worcestershire sauce, black pepper and cayenne pepper. Mix well. Stir in nondairy creamer. Add crab meat and stir until blended. Place mixture into an oven-safe dish. Bake uncovered for 15 minutes or until hot and bubbly. Serve warm with low-sodium crackers.

Recipe Note: Calories 96; Protein 5g; Carbohydrate: 1 g; Fat 8 g; Cholesterol: 38 mg; Sodium: 133 mg; Potassium: 91 mg; Phosphorus: 61 mg; Calcium: 18 mg; Fiber: 0 g

Steak Fingers

Menu Magic

1 pound round steak, manually tenderized
1 cup flour
Cooking oil

¼ teaspoon pepper
¼ teaspoon garlic powder

Cut meat into 2X4 inch strips. Pour cooking oil to a depth of 2 inches in skillet. Mix flour, pepper and garlic powder. Roll meat in seasoned flour and fry about 2 to 5 minutes until brown.

Recipe Note: Yield: 4 servings; Serving size 3 oz. of cooked meat; Calories 552; Protein 18 gm; Sodium 136 mg; Potassium 117 mg; Phosphorus 686 mg; Exchanges: N/A

French Fried Onion Rings

4 large onions
½ cup plain flour
¼ teaspoon paprika
Vegetable oil

¼ teaspoon coarsely ground pepper
¼ cup milk
garlic powder, to taste

Mix together flour, ground pepper and paprika; then set aside. Peel onions and cut crosswise into ¼ inch slices. Separate into rings. Dip rings in milk, drain and dip in seasoned flour mixture. Fry 4-6 minutes in deep fat heated to 370 degrees. Drain on a paper towel. Sprinkle with garlic powder. Serve hot.

Recipe Note: Yield: 8 servings; Serving size: ½ onion; Calories 160; Protein 1 gm; Sodium 5 mg; Potassium 39 mg; phosphorus 17 mg; Exchanges: 1 Vegetable + 1 Fat

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