

## What about potassium in my diet?

We talk a lot about sodium, but your body also needs potassium to work properly. Some heart failure medicines can cause potassium levels to go either up or down. Your provider will check your blood potassium level regularly and tell you if you need to change your diet to keep your potassium level normal.

### Foods high in potassium (more than 200mg/serving):



Artichoke



Avocado



Bananas



Broccoli



Bok Choy



Cantaloupe



Chocolate



Coconut Water  
& Coconut Milk



Dried Fruit



Greens  
(Beet & Spinach)



Kiwi



Mango



Milk & Soy Milk



Nectarines



Nuts & Seeds



Orange Juice  
& Oranges



Pomegranate



Potatoes  
(White & Sweet)



Pumpkin



Raisin Bran



Raisins



Salt Substitute



Squash  
(Winter & Summer)



Tomatoes &  
Tomato Juice



Yogurt



Zucchini



If you are told to limit potassium in your diet, be very cautious about using salt substitutes such as NuSalt®. Most contain some form of potassium.

Check with your provider or RDN before using a salt substitute.