

Potassium



Potassium: To Restrict or Not?

Don't restrict potassium unless instructed by your doctor!

Potassium plays an important role in many of your body's functions and it's important to maintain a healthy level of potassium in your body. When kidneys don't work properly, though, you can hold too much potassium.

- Potassium is used in every heartbeat!
- Helps your muscles be able to contract.

POTASSIUM RISK

Potassium that is too high in your blood can cause an irregular heartbeat or a heart attack

POTASSIUM LABS

3.5–5 = normal
5.1–6 = alert/elevated
>6 = high/need to eat lower potassium foods

POTASSIUM EVERYWHERE!

Potassium is in nearly all foods. Check food labels and try to choose foods with 6% or less of your daily allowance.



Meat Check!

Don't eat more than 3 oz. of meat in a sitting



Absorption

Plant-based (50-60%), animal-based (70-90%), food additive (90%).



Moderation

Eat a variety of food groups and control your portions – it all adds up