15 Low-Potassium Diet

Patient name: _____ **Admission:** _____

DATE	NRS INITIAL

I. The client/caregiver can list causes of high potassium (hypercalcemia) and need for reduced-potassium diets.

A. Renal (kidney) disease and failure
B. Diabetic acidosis
C. Severe dehydration
D. Excessive cell destruction resulting from traumas such as burns or crushing injuries
E. Excessive potassium intake (intravenous potassium or potassium supplements)
F. Massive and severe infections
G. Potassium-sparing diuretics
H. Overuse of salt substitutes (contains potassium instead of sodium)

II. The client/caregiver can list signs and symptoms of high potassium.

A. Diarrhea or nausea
B. Muscle weakness followed by flaccid paralysis beginning in the legs
C. Sensation of numbness and tingling (paresthesias)
D. Changes in the heart rhythm
E. Cardiac fibrillation and arrest

III. The client/caregiver can list high-potassium foods to avoid.

A. Vegetables—bamboo shoots, beet greens, baked potato (with skin), fresh sweet potato, and cooked spinach
B. Fruits—avocado, bananas, fresh orange or mango, nectarines, papayas, and dried prunes
C. Others—bran cereals and bran products, chocolate, cocoa, molasses, salt substitute, low-sodium broth, low-sodium baking powder, low-sodium baking soda, and nuts

DATE	NRS INITIAL

IV. The client/caregiver can list low potassium foods and beverages to use when potassium is restricted.

A. Low-potassium foods are hard, clear candy, nondairy toppings, jams and jellies, jelly beans, lollipops, marshmallows, lifesavers, chewing gum, and cornstarch.
B. Low-potassium beverages are carbonated beverages, lemonade, cranberry juice, popsicles, Hawaiian punch, Kool-aid.

RESOURCE

My Pyramid—United States Department of Agriculture
www.mypyramid.gov

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