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High-Potassium Diet

Patient name: _____ Admission: _____

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- I. **The client/caregiver can list causes of low potassium levels (hypokalemia) and need for increased potassium diets.**
 - A. Inadequate diet—protein/calorie malnutrition
 - B. Diuretics and other medications
 - C. Vomiting, diarrhea, draining fistula, prolonged suctioning, and so forth
 - D. Cellular trauma such as burns
 - E. Large doses of corticosteroids
 - F. Prolonged administration of intravenous fluids without electrolytes
 - G. Laxative abuse

- II. **The client/caregiver can list signs and symptoms of low potassium.**
 - A. Muscle weakness and leg cramps
 - B. Fatigue, weakness, and loss of appetite
 - C. Nausea and vomiting
 - D. Severe losses, which can lead to respiratory arrest
 - E. Irregular heart rhythm (dysrhythmias) and cardiac arrest

- III. **The client/caregiver can list foods high in potassium.**
 - A. Vegetables—potatoes, tomatoes and tomato products, green leafy vegetables, spinach, carrots, and corn

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- B. Fruits—bananas, citrus fruits, melon, raisins, prunes, and cantaloupe
- C. Meats—veal, beef, pork, turkey, and chicken
- D. Whole grains
- E. Milk, yogurt, and ice cream
- F. Others—black beans, lentils, coffee, peanut butter, nuts, and molasses

RESOURCE

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

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