

Keep track of your potassium for better kidney health

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When kidneys can no longer work properly on their own, dialysis is needed to filter waste and extra water from your blood. There are a few types of dialysis and different locations where treatment can occur. Dialysis that is done at a dialysis center is called in-center dialysis. We'll help you understand in-center dialysis and what happens during and after a treatment session there.



We'll help you understand how potassium affects your body. And to make it easier for you when you go food shopping, we'll show you which foods are good for you to have and which you should avoid.

What is potassium?

Potassium is a mineral that helps nerves and muscles work properly. It also keeps your heart beating in a regular rhythm. Potassium comes from the foods we eat every day and can also come from some medications.

Because you have dialysis three days a week in a center, wastes and fluid build up in between treatments and are then removed during your treatment. This treatment schedule may make you feel tired and nauseated after your treatment and for part, or all of, the rest of your day.

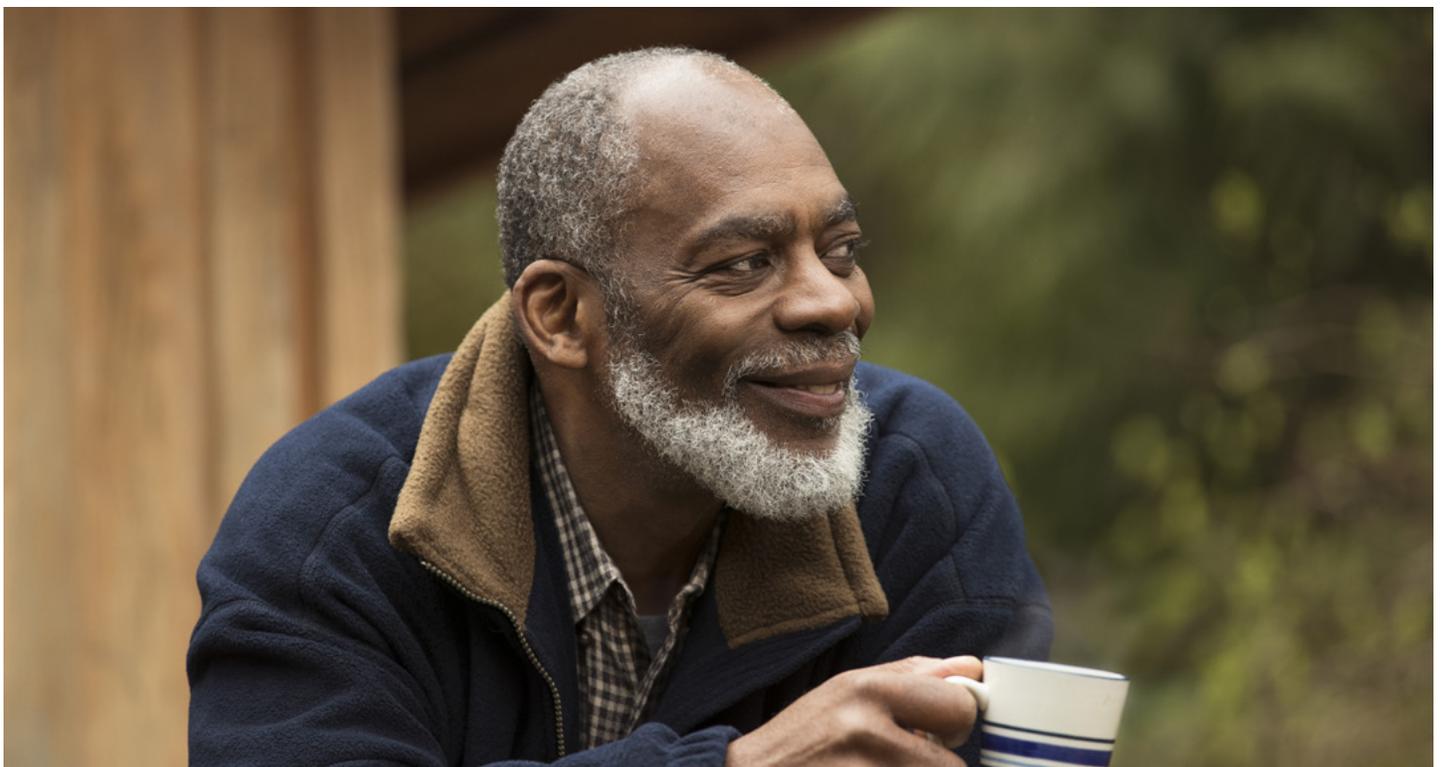
Why potassium matters for kidney disease

Healthy kidneys keep the right level of potassium in your blood. But when they fail, they can no longer remove extra potassium. Potassium helps the body regulate fluid, send nerve impulses and regulate muscle contractions. Although some people do not notice any symptoms, too much potassium in your blood can result in muscle weakness, paralysis, an irregular heartbeat or even a heart attack.¹ That's why it's important to know which foods to have and which ones to leave behind.

How much potassium you need

People with kidney disease need to limit their potassium intake from foods and drinks to below 2,000 mg daily. Your health care team will tell you how much you can have per day. This depends on your stage of kidney disease, medications and, if you're on dialysis, the type of dialysis you use. Once you know your potassium number, you can choose the right foods to keep you healthier.

Potassium is a mineral that helps nerves and muscles work properly.



Nutrition Facts

Before you put a food item in your cart, be sure to read the Nutrition Facts label. Find potassium on the list and read the number of milligrams (mg) it has. Based on the potassium mg you see on the Nutrition Facts label, use the table below to see if the food is high or low in potassium.

Amount	Potassium level
Less than 3% or 100 mg	Low
3% to 6% or 101 mg to 200 mg	Medium
6% to 9% or 201 mg to 300 mg	High
More than 9% or 300 mg	Very high

Ingredients

Under the Nutrition Facts label is the ingredients list. The ingredients are always listed by weight, from most to least. If you see potassium chloride on the list, it means this food has a high amount of potassium. Talk to your health care team before consuming any foods that have potassium chloride.

If you have any questions about your diet, just speak with your health care team.

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g	10g
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
<hr/>	
Vitamin D 2mcg	10%
Calcium 260mg	
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

¹National Kidney Foundation. Potassium and Your CKD Diet. Available at: [Kidney.org/atoz/content/potassium](https://www.kidney.org/atoz/content/potassium). June 2020. Accessed on February 28, 2022.

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