

## Potassium

Potassium is a mineral in many foods. It is sometimes shown as its symbol, the letter K.

Potassium:

- Balances fluid in your body
- Helps your muscles work
- Affects your heartbeat



Healthy kidneys help keep potassium in balance. When your kidneys are not working well, your potassium level may be too low or too high. Many people with kidney disease have potassium levels that are too high.

Too much potassium can cause:

- Cramps
- Weak muscles
- Irregular heart beat
- Heart attack

To help keep your potassium in a healthy range, you may want to limit some of the foods you eat that have a lot of potassium, like:

- Avacados
- Bananas
- Beans
- Cheese
- Melons
- Milk
- Nuts
- Oranges
- Potatoes
- Prunes
- Spinach
- Tomatoes
- Yogurt

Talk to your doctor or dietitian about how much potassium you should have each day.

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