

beyond bananas

Potassium and your kidneys

Keeping your potassium in balance

What is potassium?

Potassium is a nutrient your body needs for your nerves and muscles (including your heart) to work the way they should.

Having **too much potassium** (hyperkalemia) can be **dangerous**, and cause:

- **Heart problems**, including a heart attack
- **Trouble breathing**
- **Inability to move your muscles**



What causes high potassium or hyperkalemia?



Kidney disease

If you have kidney disease, your kidneys may not filter out extra potassium, which can build up in your body.



Foods and drinks that are high in potassium

Avocados, potatoes, tomatoes, many juices, bananas, and many other foods.



Certain medicines

Some medicines make your potassium go up, including **RAAS inhibitors** (a blood pressure medicine that protects your heart). ACE inhibitors and ARBs are common RAAS inhibitors.

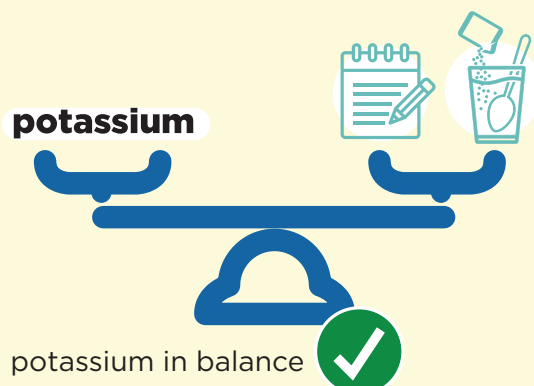
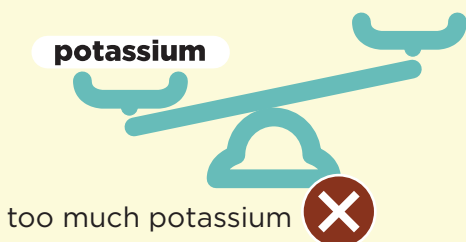
Keeping your potassium in balance for life



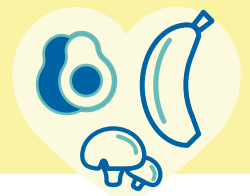
Track what you eat and drink so you do not take in too much potassium.



Take medicines called potassium binders. These keep your body from absorbing potassium in your food or drinks.



- **Potassium binders** can help you get the benefits of RAAS inhibitors without raising your potassium levels.
- Binders can also give you the freedom to eat more nutritious, potassium-rich foods that are **good for your heart**.



For more information and free resources to help control your potassium, visit [KidneyFund.org/BeyondBananas](https://www.kidneyfund.org/BeyondBananas).