

Low Potassium Diet for Infants

Why does my infant need a low potassium diet?

Potassium is a nutrient found in food. It helps the body keep a regular heartbeat, contract muscles and control blood pressure. It also helps to control the body's water balance.

In kidney disease, and some other medical conditions, potassium levels build up in the blood. High levels may cause heart and muscle problems. A low potassium diet may help avoid these problems.

What about baby foods?

This chart gives examples of low and high potassium baby foods.

Food type	Low potassium	High potassium
Fruits	<ul style="list-style-type: none"> • Apples & apple juice • Peaches • All Berries • Grapes • Pears & pear juice • Pineapple • White grape juice 	<ul style="list-style-type: none"> • Apricots • Bananas • Mangos • Oranges • Orange juice • Plums • Prunes
Vegetables	<ul style="list-style-type: none"> • Corn • Green beans • Green peas • Zucchini 	<ul style="list-style-type: none"> • Beets • Broccoli • Carrots • Potatoes, sweet and white • Spinach • Squash • Tomatoes
Meats	<ul style="list-style-type: none"> • Beef • Chicken • Ham • Pork • Turkey • Meats in gravy 	<ul style="list-style-type: none"> • None
Dinners	<ul style="list-style-type: none"> • Dinners with noodles or rice and low potassium fruits & vegetables 	<ul style="list-style-type: none"> • Dinners with potatoes, cheese or tomatoes and high potassium fruits & vegetables
Cereal & other foods	<ul style="list-style-type: none"> • Rice cereal • Toddler Puffs 	<ul style="list-style-type: none"> • Barley • Mixed cereal • Oatmeal • Custard • Yogurt

Feed no more than one high potassium food every other day unless you are told otherwise. Follow the directions of your baby's renal dietitian, nurse or doctor about formula and other liquids for your baby.

Many baby foods do have potassium information on the nutrition labels. Use these numbers as guidelines to help you choose lower potassium infant foods:

- Less than 150 mg per 4 ounces= low potassium.
- 151 to 225 per 4 ounces = moderate potassium.
- More than 226 mg per 4 ounces = high potassium.

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.