
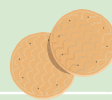




# Potassium Swaps

Following a low potassium diet can sometimes be hard. These tables show how you can make changes to your diet by swapping high potassium foods and drinks for low potassium foods.

High potassium foods and drinks	Alternative lower potassium foods and drinks
 <p>Potatoes (all types)</p>	 <p>Pasta, rice, couscous, cornmeal</p>
 <p>Cow's milk</p>	 <p>Cow's milk alternatives such as soy, rice*, almond drinks</p>
 <p>Breakfast cereals with chocolate or dried fruit</p>	 <p>Plain, honey-coated or sugar-coated breakfast cereals, oatmeal</p>
 <p>Potato chips and other snacks containing potato</p>	 <p>Rice snacks, popcorn and pretzel</p>
 <p>Chocolate cookies</p>	 <p>Plain, fruit-filled or wafer cookies</p>
 <p>Chocolate cake, chocolate pudding, brownies, fruit cake</p>	 <p>Plain cake filled with cream or jam, toaster pastry, doughnuts, scones</p>
 <p>Fruit juices</p>	 <p>Lemonade, cranberry cocktail, flavored water</p>
 <p>Chocolate spread, peanut butter</p>	 <p>Jam, jelly, honey**</p>
 <p>Chocolate, licorice, chocolate toffee, fudge</p>	 <p>Jelly beans, gummies, mints, marshmallows, taffy</p>
 <p>Ketchup</p>	 <p>Mayonnaise</p>

\*Per the American Academy of Pediatrics, it is not advised to give rice milk drinks to young children.

\*\*Do not feed honey to children younger than 12 months.

Be sure to check with your healthcare professional before making changes to your diet.



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