





Kidney disease & potassium in diet

Low Potassium Food Chart

(Potassium in 100 g)

 بلوہیری BLUEBERRIES 77mg	 سیب APPLE 107mg	 اناناس PINEAPPLE 109mg
 تریوز WATERMELON 112mg	 ناشپاتی PEARS 116mg	 لیمون LEMON 138mg
 پیاز ONION 146mg	 کھیرا CUCUMBER 147mg	 سٹرابیری STRAWBERRIES 153mg
 بیر PLUMS 157mg	 کیتو ORANGES 181mg	 انگور GRAPES 191mg

High Potassium Food Chart

(Potassium in 100 g)

 پالک SPINACH 540mg	 آلو POTATOES 515mg	 گرناشپاتی AVOCADOS 485mg
 دالیں LENTILS 369mg	 کیلا BANANA 358mg	 کدو PUMPKINS 340mg
 مشروم MUSHROOM 318mg	 ناریل کا پانی COCONUT WATER 250mg	 مٹر PEAS 244mg
 انار POMEGRANATE 236mg	 خوبانی APRICOT 259mg	 کشش RAISINS 749mg

People with **moderate to severe** chronic kidney disease, defined as kidney function (ie, glomerular filtration rate, or "GFR") **below 45 mL/min** (normal is 100 to 120 mL/min), should eat **less than 3000 mg** of potassium per day.



Video



Blog



Pdf chart



0304-1117060 , 042-32324710 , 0310-7870073



www.kidneyblogs.com

www.expertconsultclinic.pk



info@expertconsultclinic.pk



627 Khayaban-e-Jinnah, Iqbal avenue society, Lahore