



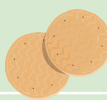
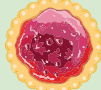




Potassium Swaps

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

*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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