

DEPARTMENT OF PEDIATRIC NUTRITION

Portioning Your Potassium

The Secret To Portion Size is In Your Hands!

Potassium is a major mineral that needs to be limited due to possible heart complications if levels get too high. Servings should be limited to **less than 200 mg**. visualizing what 200 mg looks like in your food is important. You can do this by looking at your hands! You can consume foods which you enjoy that are higher in potassium by having a smaller portion than one serving.



One Fist= 1 cup

One Cupped Hand= 1/2 cup



Fruits which one serving is **Lower** in Potassium

1/2 cup fresh, canned or cooked fruit

1/2 cup juice

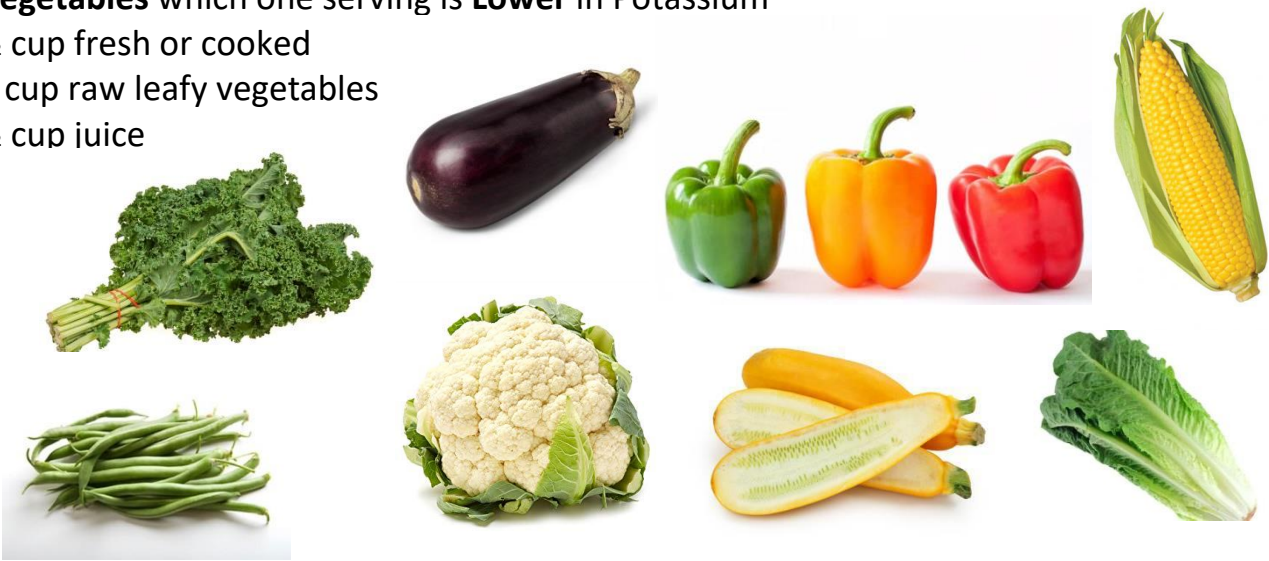


Vegetables which one serving is **Lower** in Potassium

½ cup fresh or cooked

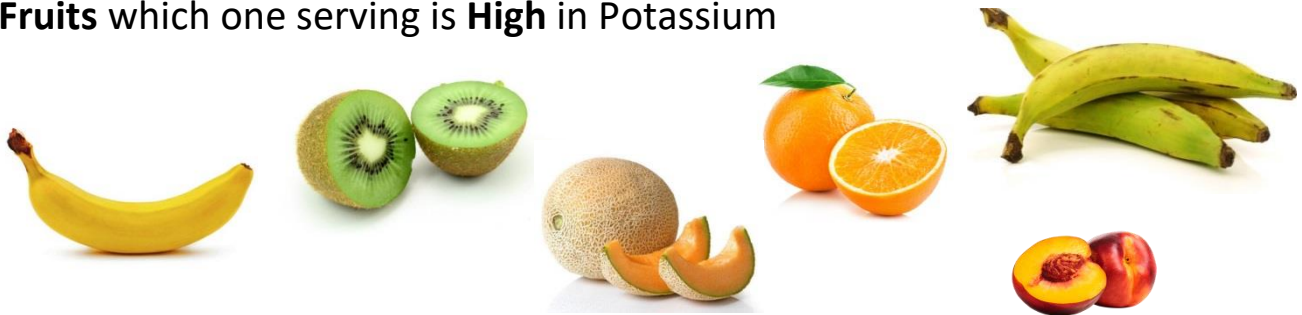
1 cup raw leafy vegetables

½ cup juice



***Tip:** You can consume foods which you enjoy that are higher in potassium by having a smaller portion than one serving.

Fruits which one serving is **High** in Potassium



Vegetables which one serving is **High** in Potassium



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