

1. LIMIT YOUR INTAKE OF FRUIT, VEGETABLES AND JUICES TO 4-5 SERVINGS EACH DAY.  
\*\*ONE SERVING = ½ CUP OR SMALL PIECE OF FRUIT\*\*
2. LIMIT YOUR INTAKE OF MILK AND DAIRY PRODUCTS TO ½ CUP EACH DAY.

POTATOES ARE HIGH IN POTASSIUM. PREPARE THEM THIS WAY:

1. PEEL AND CUT INTO SMALL SLICES OR CUBES
2. PLACE IN A LARGE POT OR BOWL AND FILL WITH LARGE AMOUNT OF WATER
3. SOAK POTATOES AT LEAST 2 HOURS. (OVERNIGHT IS OKAY)
4. DRAIN AND RINSE THE POTATOES
5. BOIL THE POTATOES IN A LARGE AMOUNT OF NEW WATER
6. DRAIN AND PREPARE YOUR FAVORITE WAY (MASHED, FRIED, POTATO SALAD, ETC.)

POTASSIUM IS A MINERAL FOUND IN MANY OF THE FOODS YOU EAT. IT PLAYS A ROLE IN KEEPING YOUR HEARTBEAT REGULAR AND YOUR MUSCLES WORKING RIGHT. THE KIDNEYS HELP TO KEEP THE RIGHT AMOUNT OF POTASSIUM IN YOUR BODY. HOWEVER, WHEN YOUR KIDNEYS NO LONGER WORK WELL, YOU MUST WATCH THE AMOUNT OF POTASSIUM IN YOUR DIET. EATING TOO MUCH OR TOO LITTLE POTASSIUM CAN BE VERY DANGEROUS TO YOUR HEART!!