

POTASSIUM CONTENT IN FOODS

食物中的鉀質含量



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

Potassium is a mineral that helps your nerves to function, muscles to contract and keep the heartbeat regular. High levels of potassium in the blood can cause irregular heartbeats and can be life threatening. A low blood level can cause severe muscle weakness and cramps. The key to selecting foods with potassium is having the right balanced for your needs. Your registered Dietitian Nutritionist (RDN) can help create a daily plan that is right for you.

TIPS TO MANAGE YOUR POTASSIUM:

- Check your portion sizes. The amount of potassium you consume depends on the amount you eat. A low-potassium food can become a high potassium food if you eat a large amount.
- Check the Nutrition Facts label. The Nutrition Facts label shows the amount of potassium per serving.
- Check the “low salt” or “low sodium” label. These products may have more potassium because potassium is used as a salt substitute.
- Check the ingredient list for sources of potassium, such as potassium chloride, potassium sorbate, tetrapotassium phosphate, dipotassium phosphate.
- Consider your cooking method. Potassium levels may change if a food is fresh, cooked, or canned. For example, if a vegetable is boiled with plenty of water, the potassium of this vegetable will reduce compared to when it was fresh.

THE POTASSIUM CONTENT OF FOOD:

	LOWER POTASSIUM FOOD (Less Than 200 mg per serving)	HIGHER POTASSIUM FOOD (200 mg or more per serving)
FRUIT (Serving Size: 1 small fruit, or 1 cup)	<ul style="list-style-type: none"> • Apple, applesauce • Berries: Blackberries, blueberries, cranberries, raspberries, strawberries • Cherries • Grapefruit (½ fruit) • Grapes • Lemon, lime • Mandarin orange, tangerine • Pear • Watermelon 	<ul style="list-style-type: none"> • Banana • Kiwi • Cantaloup, honeydew • Nectarine • Papaya • Peach • Plantain • Pomegranate • Date • Raisin • Durian • Jackfruit • Juice: prune juice, pomegranate juice, orange juice

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

POTASSIUM CONTENT IN FOODS

食物中的鉀質含量



CONTACT NEMS 聯絡東北: (415) 391-9686 (650) 550-3923 (408) 573-9686 WWW.NEMS.ORG

<p>VEGETABLE (Serving Size: ½ cup)</p>	<ul style="list-style-type: none"> • Asparagus • Broccoli • Cabbage (red or green) • Celery • Cucumbers • Eggplant • Green bean • Green salad (kale, mustard greens, watercress) (1cup) • Lettuce • Mushrooms • Onions • Summer squash • Sweet peppers: green, red, or orange pepper 	<ul style="list-style-type: none"> • Avocado • Beets • Brussels sprouts • Chinese cabbage/Bok choy • Juice: tomato juice, carrot juice, vegetable juice • Pumpkin • Spinach • Tomato • White potatoes, sweet potatoes, yams • Winter squash, acorn squash, butternut squash
<p>PROTEIN (Serving Size: 3 oz)</p>	<ul style="list-style-type: none"> • Egg (1) • Firm, soft, or silken tofu • Peanut butter (1 tablespoon) 	<ul style="list-style-type: none"> • Beef, fish, and poultry • Dry beans (black beans, kidney bean, pinto beans, white beans, black-eye peas, slit peas, lentils, chickpeas, soybeans) • Extra firm tofu, lite tofu • Nuts
<p>GRAINS (Serving Size: ½ cup or 1 slice bread)</p>	<ul style="list-style-type: none"> • Bread: white bread, whole grain bread, bagel, English muffin • Cereal: whole grain cereal, plain cereal • Oatmeal • Pasta: whole grain pasta, spaghetti, macaroni • Rice: white rice, brown rice, or wild rice 	<ul style="list-style-type: none"> • Bran cereals • Granola
<p>DAIRY & ALTERNATIVES (Serving Size: ½ cup)</p>	<ul style="list-style-type: none"> • Cheddar cheese and Swiss cheese (1 ounce) • Rice milk, almond milk, or oat's milk 	<ul style="list-style-type: none"> • Coconut milk • Cottage cheese • Cow's milk: fat free, low fat, whole milk • Soy milk • Yogurt
<p>BEVERAGES (Serving Size: 1 cup)</p>	<ul style="list-style-type: none"> • Fresh brewed tea • Lemonade 	<ul style="list-style-type: none"> • Coconut water • Instant tea or bottled tea • Low-sodium broths and soup

Sources: Nutrition Care Manual

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.

鉀是一種礦物質，可幫助您的神經正常運作、肌肉收縮並保持心跳規律。血液中的鉀含量過高，會導致心律不齊，並可能危及生命。低濃度則會導致嚴重的肌肉無力和痙攣。選擇含鉀食物的關鍵是根據您的需要進行均衡選擇。您的註冊營養師 (RDN) 可以幫助您制定適合每日食用計劃。

鉀進食量的管理建議：

- 檢查您的食物份量。您攝入的鉀的含量取決於您的食物份量。如果您大量地吃某種低鉀食物，它也會變成高鉀食物。

- 檢查營養成分標籤。營養成分標籤顯示每份食品中鉀的含量。
- 檢查“低鹽”或“低鈉”標籤。這些產品可能含有更多的鉀，因為鉀被用作了鹽的替代品。
- 檢查鉀源的成分表，如氯化鉀、山梨酸鉀、磷酸四鉀、磷酸氫二鉀。
- 考慮您的烹飪方法。當食物是新鮮的、煮熟的或罐裝的，鉀含量可能會因此發生變化。例如：如果用大量的水來煮蔬菜，這種蔬菜的鉀含量與新鮮時相比會減少。

食物中的鉀質含量：

	低鉀食物 (每份少於 200 毫克)	高鉀食物 (每份 200 毫克或更多)
水果 (每份含量：1 個小水果，或 1 杯)	<ul style="list-style-type: none"> • 蘋果、蘋果醬 • 漿果：黑莓、藍莓、蔓越莓、紅莓、草莓 • 櫻桃 • 西柚 (½ 個) • 葡萄 • 檸檬、青檸 • 橘子、桔子/柑橘 • 梨 • 西瓜 	<ul style="list-style-type: none"> • 香蕉 • 獼猴桃/奇異果 • 哈密瓜、蜜瓜 • 油桃 • 木瓜 • 桃 • 大蕉/芭蕉 • 石榴 • 大棗 • 葡萄乾 • 榴蓮 • 菠蘿蜜/大樹菠蘿 • 果汁：西梅汁、石榴汁、橙汁

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.



<p>蔬菜 (每份含量: ½ 杯)</p>	<ul style="list-style-type: none"> • 蘆筍 • 西蘭花 • 卷心菜/高麗菜 (紅色或綠色) • 芹菜 • 黃瓜 • 茄子 • 綠豆角 • 蔬菜沙拉 (羽衣甘藍、芥菜、西洋菜) (1 杯) • 生菜 • 蘑菇 • 洋蔥 • 意大利瓜 • 甜椒: 青椒、紅椒或橙椒 	<ul style="list-style-type: none"> • 牛油果 • 甜菜 • 孢子甘藍/球芽甘藍 • 大白菜/白菜 • 果汁: 番茄汁、紅蘿蔔汁、蔬菜汁 • 南瓜 • 菠菜 • 番茄 • 土豆、番薯/地瓜、山藥 • 冬南瓜、橡子南瓜、奶油南瓜
<p>蛋白質 (每份含量: 3 盎司)</p>	<ul style="list-style-type: none"> • 雞蛋 (1 個) • 硬豆腐、軟豆腐、絹豆腐/嫩豆腐 • 花生醬 (1 湯匙) 	<ul style="list-style-type: none"> • 牛肉、魚肉和家禽肉 • 干豆 (黑豆、腰豆、斑豆、白豆、眉豆、豌豆、扁豆、鷹嘴豆、黃豆) • 特硬豆腐、低鹽豆腐 • 堅果
<p>穀物 (每份含量: ½ 杯或 1 片麵包)</p>	<ul style="list-style-type: none"> • 麵包: 白麵包、全麥麵包、貝果麵包圈、英式鬆餅 • 早餐五穀片: 全麥五穀片、普通五穀片 • 燕麥片 • 意大利麵: 全麥意大利麵、意大利細麵、通心粉 • 大米: 白米、糙米或野米 	<ul style="list-style-type: none"> • 含麥麩的早餐五穀片 • 混合堅果和水果乾的燕麥片
<p>乳製品和替代品 (每份含量: ½ 杯)</p>	<ul style="list-style-type: none"> • 車達芝士/奶酪和瑞士芝士/奶酪 (1 盎司) • 米奶、杏仁奶或燕麥奶 	<ul style="list-style-type: none"> • 椰奶 • 茅屋芝士 • 牛奶: 脫脂奶、低脂奶、全脂奶 • 豆奶 • 酸奶
<p>飲料 (每份含量: 1 杯)</p>	<ul style="list-style-type: none"> • 新鮮沖泡的茶 • 檸檬汽水 	<ul style="list-style-type: none"> • 椰子水 • 即沖茶或瓶裝茶 • 低鹽清湯

資料來源: Nutrition Care Manual

請注意, 此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定, 東北醫療中心不會就此承擔任何責任。
Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional.
North East Medical Services disclaims any liability for the decisions you make based on this information.