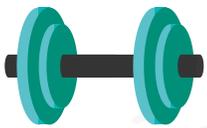


March

Kidney Health & Diabetes Prevention

Healthy Kidneys, Vibrant Communities

Healthy kidneys filter the blood, help regulate blood pressure, and clear waste products, keeping the body in balance. For Native people, making daily choices to care for our kidneys helps prevent Type 2 Diabetes.



Physical

- Drink plenty of water throughout the day
- Eat fewer sugary foods and drinks
- Get 30 minutes of any movement you're able most days



Mental

- Learn one new aspect of kidney health this month
- Notice how water, diet, and activity make your body feel



Emotional

- Talk openly and support others in living a healthy life
- Support one another in making small, healthy changes without pressure or judgement



Spiritual

- Spend time outdoors to reconnect with land
- Practice gratitude for the body's ability to heal



KNO QOTI
NATIVE WELLNESS, INC.



Potassium: Tips for People with Chronic Kidney Disease

▶ What is potassium?

Potassium is a mineral that helps your nerves and muscles work the right way. Problems can occur when potassium levels are too high or too low.

▶ Why is potassium important?

In some people with Chronic Kidney Disease (CKD), the kidneys may not remove extra potassium from the blood. Some medicines can also raise your potassium level. Ask your health care team if you need a low potassium diet.

▶ How do I know if my potassium is high?

People often do not feel any different when their potassium is too high. Your health care provider will check your blood potassium level and review your medications. The potassium level should be between 3.5 to 5.0 mmol/L.

If your potassium is too high, you may be advised to reduce your intake of foods high in potassium.

Nutrition Facts

4 servings per container
Serving size 1 1/2 cup (208g)

Amount per serving
Calories 240

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 4g | 5% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 5mg | 2% |
| Sodium 430mg | 19% |
| Total Carbohydrate 46g | 17% |
| Dietary Fiber 7g | 25% |
| Total Sugars 5g | |
| Includes 2g Added Sugars | 4 |
| Protein 11g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 6mg | 35% |

Potassium 240mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This food is a higher potassium choice because it is greater than 200 mg.

EAT THESE FOODS

- ◆ Rice or Corn Cereal
- ◆ Oat/Rice/Almond Milk
- ◆ White Rice
- ◆ Hummus and Soft Tofu



INSTEAD OF THESE FOODS

- ◆ Bran Cereal
- ◆ Milk or Yogurt
- ◆ Brown or Wild Rice
- ◆ Dried Beans: Pinto/Lentils



TIPS

- Salt substitutes can be high in potassium and generally should not be used.
- Eat smaller portions of these foods: meat, poultry, fish, beans, dairy, and nuts.
- Drain and rinse canned fruits and vegetables to remove some potassium.
- Foods labeled "low sodium" may contain salt substitutes high in potassium.
- Use spices and herbs to flavor food in cooking and at the table.



Produced by the IHS Division of Diabetes Treatment and Prevention
For more diabetes information and materials, visit www.ihs.gov/diabetes
07/2024

[Free Diabetes Education Materials](#)

Scan Now!



► **Choose fruits and vegetables that are lower in potassium.**

Have very small portions of foods that are higher in potassium, like one slice of tomato on a sandwich.

Fruits *lower* in potassium (200mg or less)

- | | | | |
|--------------|-------------------|---------------------|----------------|
| ◆ Cherries | ◆ Cranberry juice | ◆ Rhubarb | ◆ Tangerines |
| ◆ Pears | ◆ Fruit cocktail | ◆ Apples/juice | ◆ Lemons/limes |
| ◆ Watermelon | ◆ Grapes/juice | ◆ Apricots (canned) | ◆ Pineapple |
| ◆ Berries | ◆ Plums | ◆ Mangoes | ◆ Peaches |

Fruits *higher* in potassium (more than 200mg)

- | | | | |
|--------------------|------------------------------------|--------------|-------------------------|
| ◆ Kiwi | ◆ Oranges/juice | ◆ Nectarines | ◆ Honeydew |
| ◆ Dates | ◆ Raisins and other dried fruit | ◆ Bananas | ◆ Pomegranate/ juice |
| ◆ Prunes/juice | | ◆ Cantaloupe | |
| ◆ Apricots - fresh | | | |

A serving of fruit is one small piece; ½ cup fresh or canned fruit; ¼ cup dried fruit; or ½ cup juice.

Vegetables *lower* in potassium (200mg or less)

- | | | | |
|----------------|----------------|-------------|-----------------|
| ◆ Broccoli | ◆ Okra | ◆ Radish | ◆ Cauliflower |
| ◆ Celery | ◆ Cabbage | ◆ Onions | ◆ Yellow squash |
| ◆ Kale/lettuce | ◆ Bell peppers | ◆ Mushrooms | ◆ Asparagus |
| ◆ Green beans | ◆ Carrots | ◆ Corn | ◆ Cucumber |

Vegetables *higher* in potassium (more than 200mg)

- | | | | |
|---------------------|-------------------------------------|---------------------------------|-----------------------------------|
| ◆ Avocado | ◆ Beets and greens | ◆ Acorn and butternut squash | ◆ Tomatoes/juice, tomato sauce |
| ◆ Broccoli (cooked) | ◆ Sweet potatoes | ◆ Spinach (cooked) | ◆ Vegetable juice |
| ◆ Brussels sprouts | ◆ Split peas, lentils, and beans | ◆ Pumpkin | ◆ Chili pepper |
| ◆ Potatoes | | | |

A serving of vegetables is ½ cup fresh or cooked vegetables, 1 cup leafy vegetables, or ½ cup juice.

Note – Potassium levels vary depending on whether a food is fresh, frozen, cooked, or canned.



Diabetes Basics, page 1

■ What is diabetes?

Diabetes means your blood sugar is too high. Your blood always has some sugar in it. Your body needs sugar for energy to keep you going. But too much sugar in the blood is not good for your health.

■ What is pre-diabetes?

Pre-diabetes means your blood sugar levels are higher than normal but not high enough for diabetes.

- People with pre-diabetes are at higher risk for getting type 2 diabetes and heart disease.
- You can reduce your risk of getting diabetes. You may even be able to have normal blood sugar levels again! This may happen if you lose a small amount of weight by eating healthy and being more physically active.

■ What is type 2 diabetes?

People get type 2 diabetes because the cells in their muscles, liver, and fat do not use insulin properly. Over time, the body also cannot make enough insulin. This leads to high blood sugar. Having high blood sugar for some time can lead to serious problems with your eyes, heart, kidneys and nerves.

Type 2 diabetes is the most common type in American Indian and Alaska Native people. This type of diabetes can happen at any age, even in children.

■ What factors increase my risk for getting pre-diabetes and type 2 diabetes?

- Being physically inactive
- Having a parent, brother or sister with diabetes
- Having had the kind of diabetes which can happen during pregnancy
- Being overweight



Diabetes Basics, page 2

■ What are the signs of type 2 diabetes?

- Signs can be severe, very mild or none at all. This depends on how high blood sugars have become. Look for these signs:
 - Increased thirst
 - Increased hunger
 - Fatigue (feeling very tired most of the time)
 - Increased urination
 - Unexplained weight loss
 - Blurred vision
- A blood test to check your blood sugar will show if you have pre-diabetes or diabetes.

■ Can type 2 diabetes be managed?

Yes. Taking care of your diabetes every day will help keep your blood sugar in a healthy range. It will help you prevent health problems that diabetes can cause over the years.

■ Where can I get help with pre-diabetes and diabetes?

- Your health care team (doctor, nurse, diabetes educator, dietitian, psychologist, fitness coach, social worker) can help you.
- Talk with them about diabetes. They can help you make a physical activity and healthy eating plan that will work for you. Many people also need medication to treat diabetes.
- Get help from others. Talk with your family and friends and ask for support.

