





















## A Few Summer Tips...

... enjoy more time in the sun and  
less time in the hospital!



- Fruits and Vegetables:** Watch your portion size to keep your potassium down  
(Better to be playing in the summer and not in the hospital)

LOW Potassium	MEDIUM Potassium	HIGH Potassium
½ cup watermelon = 93 mg 	1 cup watermelon = 186 mg 	1.5 cup watermelon = 280 mg 
½ cup canned peaches = 118 mg 	1 small peach = 171 mg 	1 large size peach = 300 mg 
1 tomato slice = 50 mg 	4 cherry tomatoes = 160 mg 	1 medium tomato = 273 mg 
½ cup fresh pineapple = 88 mg 	1 cup fresh pineapple = 192 mg 	1.5 cups fresh pineapple = 258 mg 
¼ cup cantaloupe = 100 mg 	½ cup cantaloupe = 200 mg 	1 cup cantaloupe = 400 mg! 
2 Tbsp Potato Salad = 75 mg 		1 cup potato salad = 610 mg 
1 cup macaroni salad = 130 mg 	1.5 cup macaroni salad = 195 mg 	2 cups macaroni salad = 260 mg 

*What else do you love to eat during the summer?*

- Fluids:** It is hot outside, but that doesn't mean you should drink more.

- Be careful about sugary drinks and salty barbeque snacks as these will make you more thirsty.
- Try to stay cool by wearing a hat or a wet bandana around your neck to help control your thirst.
- Frozen fruit and popsicles can quench your thirst. Remember popsicles count as fluid.

