

Get the Tools to Monitor Your Potassium Intake

Several tools can help you stay on top of your potassium.



Printable forms.

You can get printable potassium tracking forms online to fill out each week. Record how much potassium you get at each meal and when you take your potassium binder. Find the forms at kitchen.kidneyfund.org.



Nutrition apps. These smartphone apps let you log everything you eat. The app then shows you how much of each nutrient, including potassium, you get each day to help you stay on target.

Some of these apps are:

- MyFitnessPal
- MyNetDiary
- Cronometer



Apps for potassium levels. These smartphone apps track potassium specifically. One app is DecideDiet. Unlike other health apps, this one is specifically for people with chronic kidney disease.