

# Potassium

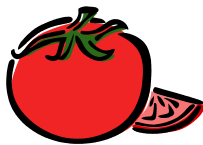
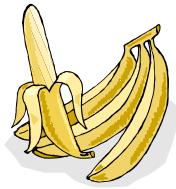
## High Potassium Foods

If your potassium level is high, avoid these foods.

If your potassium level is low, choose these foods more often.

### Fruits

Avocado  
Banana  
Cactus  
Cherimoya  
Coconut  
Dates  
Dried fruit  
Figs  
Guava  
Jackfruit  
Kiwi  
Mango  
Melons  
Nectarine  
Orange  
Papaya  
Passion fruit  
Peach, fresh  
Pear, fresh  
Persimmons  
Plantain  
Pomegranate  
Prunes  
Pumpkin  
Pummelo  
Raisins  
Soursop  
Tamarind



*\*Any juices made from these fruits*

### Vegetables

Artichoke  
Bamboo shoots  
Beets, raw  
Beet greens  
Bok choy  
Broccoli  
Brussel sprouts  
Burdock root  
Carrots  
Cassava (yucca root)  
Chard  
Chili peppers, raw (Pasilla)  
Chinese cabbage, Pak choi  
Chipotle peppers in adobo sauce  
Collard greens  
Kohlrabi  
Lima beans  
Mushrooms  
Mung beans  
Parsnips  
Peas (split, black-eyed)  
Potato  
Rutabaga  
Salsify (oyster plant)  
Spinach  
Squash (acorn, butternut, hubbard, zucchini)  
Sweet potato  
Taro root  
Tomato  
Yam

### Other

Beans (pinto, black, etc)  
Chocolate  
Cocoa  
Custard  
Flan  
Granola  
Lentils  
Milk  
Milk shakes  
Molasses  
Mole sauce (Poblano)  
Nuts  
Nut butters  
Pudding  
Salt substitute (e.g. Nu-Salt<sup>®</sup>, Morton's Salt Substitute<sup>®</sup>)  
Soy milk  
Tempeh  
Tofu  
Wheat bran  
Yogurt



# Lower Potassium Foods

If your potassium level is high, choose these foods more often.

## Fruits

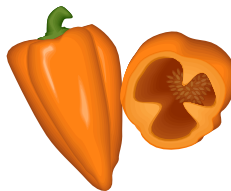


Apple  
Apricot  
Blackberries  
Blueberries  
Cherries  
Cranberries  
Fruit cocktail, canned  
Grapes  
Kumquat  
Lemon  
Lime  
Loquat  
Lychee  
Mandarin oranges, canned  
Peaches, canned  
Pears, canned  
Pineapple  
Plum  
Quince  
Raspberries  
Rhubarb  
Strawberries  
Watermelon

*\*Any juices made from these fruits*



## Vegetables



Arugula  
Asparagus  
Beans (green, wax)  
Bell peppers  
Cabbage  
Calabash  
Cauliflower  
Celery  
Chayote  
Chili peppers, canned  
Corn  
Cucumber  
Daikon  
Dandelion greens  
Eggplant  
Endive / Escarole  
Green onions (scallions)  
Hominy  
Jalapeno peppers  
Jicama  
Kale  
Leeks  
Lettuce (iceberg, Romaine)  
Mustard greens, frozen/cooked  
Okra  
Onions  
Peas (green, pod)  
Radishes  
Serrano peppers  
Squash (crookneck, straightneck, scallop, spaghetti)  
Tomatillos  
Turnip  
Turnip greens  
Water chestnuts, canned

## Other

Almond milk  
Bread  
Cereal: cornflakes, Cheerios<sup>®</sup>, puffed rice  
Cheese  
Cottage cheese  
Coffee  
Hummus  
Nondairy creamer  
Oatmeal  
Pasta / Noodles  
Rice  
Rice milk  
Salt-free seasoning (e.g. Mrs. Dash<sup>®</sup>)  
Seitan  
Sunflower seeds  
Sunflower seed butter  
Tea  
Tortillas

