

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

Apricots
Avocados
Bananas
Dates
Figs
Kiwi
Mangos
Melons
Nectarines
Oranges
Papayas
Peaches, fresh
Pears, fresh
Prunes
*Any fruit juices made from these fruits

VEGETABLES

Artichokes
Beans (dried): black kidney, lima, pinto red, white, refried, etc.
Greens: beet, chard, collard, kale, mustard, spinach, turnip
Parsnips
Potatoes: sweet, white French fries, chips, etc.
Pumpkins
Tomatoes: fresh, canned, paste, sauce, soup, juice
Winter squash
Yams
Zucchini

OTHER

Chocolate
Cocoa
Custard
Lentils
Milk
Milk drinks
Milkshakes
Nut butters
Nuts
Peanut butter
Peanuts
Pudding
Salt Substitutes
Yogurt

Lower Potassium Foods

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

FRUITS

Apples
Apple juice
Applesauce
Blackberries
Blueberries
Cranberries
Cranberry juice
Grapes
Grape juice
Peaches, canned
Peach nectar
Pears, canned
Pear nectar
Pineapple
Pineapple juice
Raspberries
Strawberries
Strawberry nectar

VEGETABLES

Beans: green, wax
Cabbage
Celery
Corn
Crookneck squash
Cucumber
Eggplant
Lettuce
Onions
Peas, green
Peppers
Radish
Summer squash

OTHER

Bread products
Nondairy creamer
Pasta
Rice
Tortillas