



Potassium

High Potassium Foods

If your blood potassium level is high, AVOID THESE HIGH POTASSIUM FOODS

FRUITS	VEGETABLES	OTHER
Apricots Avocados Bananas Dates Figs Kiwi Mangos Melons Nectarines Oranges Papayas Peaches, fresh Pears, fresh Prunes *Any fruit juices made from these fruits	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	Chocolate Cocoa Custard Lentils Milk Milk drinks Milkshakes Nut butters Nuts Peanut butter Peanuts Pudding Salt Substitutes Yogurt

Lower Potassium Foods

If your blood potassium level is high, YOU MAY CHOOSE THESE LOW POTASSIUM FOODS MORE OFTEN

FRUITS	VEGETABLES	OTHER
Peaches, canned Peach nectar Pears, canned Pear nectar Pineapple Pineapple juice Raspberries Strawberries Strawberry nectar Apples Apple juice Applesauce Blackberries Blueberries Cranberries Cranberry juice Grapes Grape juice	Beans: green, wax Cabbage Celery Corn Crookneck squash Cucumber Eggplant Lettuce Onions Peas, green Peppers Radish Summer squash	Bread products Nondairy creamer Pasta Rice Tortillas