

## 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
- Yogurt
- Milkshakes
- Nut butters
- Nuts
- Peanut butter
- Peanuts
- Pudding
- Salt Substitutes

## 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

### 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

