

## Potassium Food List

	LOW POTASSIUM		HIGH POTASSIUM	
<p><b>Fruits</b></p> <p>1 serving equals:</p> <ul style="list-style-type: none"> <li>- 1 medium fruit</li> <li>- ½ cup fruit</li> <li>- ½ grapefruit</li> <li>- 2 plums</li> <li>- 1 slice melon</li> <li>- ½ cup juice</li> </ul>	<p>Apples, applesauce Blackberries Blueberries Cherries Fruit cocktail Grapefruit Grapes Mandarin oranges</p> <p><b>Juices</b> Apple Grapefruit</p>	<p>Peaches Pears Pineapple Plums Raspberries Rhubarb Strawberries Tangerine Watermelon</p> <p>Grape Pineapple</p>	<p>Apricots Avocado Banana Cantaloupe Dried fruits Honeydew melon Kiwi</p> <p><b>Juices</b> Orange Carrot Mixed Vegetable</p>	<p>Mangoes Nectarine Orange Papaya Prunes</p> <p>Tomato Prune</p>
<p><b>Vegetables</b></p> <p>1 serving equals:</p> <ul style="list-style-type: none"> <li>- ½ cup vegetables</li> <li>- 1 small potato</li> <li>- ½ cup mashed potato</li> </ul>	<p>Alfalfa sprouts Bean sprouts Green/Wax beans Broccoli Cabbage Carrots Cauliflower Celery Kernel corn Corn on the cob</p>	<p>Cucumber Lettuce Mushrooms Onions Green peas Green pepper Radish Summer Squash Turnip Zucchini</p>	<p>Asparagus Dried beans/peas Baked potato Beets Boiled potato Brussel sprouts French fries Kale Kohlrabi Okra</p>	<p>Parsnips Rappini Rutabagas Spinach Swiss chard Sweet potato Tomato Tomato sauce Winter squash Yam</p>
<p><b>Miscellaneous</b></p>	<p>Butter, Margerine, Oil Mayonnaise, Salad dressing Gravy, Cream cheese Artificial cream substitutes White sugar, Corn syrup, Table syrup Honey, Jam, Jelly, Marmalade Hard candy, Marshmallows, Jello Jelly beans, Gumdrops</p> <p>Tea, Coffee, Cranberry juice/cocktail Lemonade, Fruit flavoured drinks Popsicles, soft drinks (no cola) Vanilla &amp; other flavouring extracts White vinegar, Herbs &amp; spices, Corn Starch</p>		<p>Chocolate, Cocoa, Licorice Molasses, Pure maple syrup, Maple sugar Malt beverages (Ovaltine, Postum, Malted milk) Nuts &amp; seeds, Salt substitutes Potato chips Brown sugar (limit 1tbsp daily)</p>	