

HIGH POTASSIUM FOODS

Vegetables

Artichoke
Asparagus
Avocado
Baked beans
Bamboo shoots
Beet greens
Beets
Black-eyed peas
Broad beans
Brussels sprouts
Celery, cooked
Chard
Chickpeas (Garbanzo beans)
Chinese cabbage
Cow peas
Kidney beans
Kohlrabi
Legumes (dried beans and peas)
Lima beans
Mushrooms (fresh)
Okra
Parsnips
Potatoes (all forms)
Squash
Sweet potatoes
Tomatoes/Tomato juice
Tomato paste/puree
V-8 juice
Pumpkin
Rutabaga
Spinach

Fruits

Apricots
Bananas
Cantaloupe
Casaba melon
Dates
Dried fruits
Elderberries
Figs (dried)
Guava
Honeydew melon
Kiwi fruit
Nectarines
Orange juice
Oranges
Pears (fresh)
Plantain
Pomegranates
Prune Juice
Prunes

Milk Products

Limit to one, four-ounce serving
a day unless more is approved
by a dietitian.

Breads and Cereals

Bran breads and cereal
Cereals containing fruit

Miscellaneous

Salt substitutes*
Brown sugar
Chocolate
Cream of tartar
Low sodium baking powder
Low sodium baking soda
Molasses
Nuts (all types)
Potato chips