

# LOWER POTASSIUM FRUITS AND VEGETABLES

All fruits and vegetables contain potassium. Below is a list of fruit and vegetables that have less than 200 milligrams of potassium per serving. One serving is equivalent to a half cup or the amount listed.

## Vegetables

Alfalfa sprouts  
 Artichoke  
 Beans-green or wax  
 Bean sprouts  
 Broccoli  
 Cabbage  
 Carrots  
 Cauliflower  
 Celery (1 stalk)  
 Collards  
 Corn (1/2 ear)  
 Cucumber  
 Eggplant  
 Endive  
 Escarole  
 Kale  
 Lettuce (1 cup portion)  
 Mushrooms, canned  
 Mustard greens  
 Onions

Peas, green  
 Pepper, green  
 Radishes  
 Snow peas  
 Squash, summer  
 Turnip greens  
 Water chestnuts, canned  
 Watercress  
 Zucchini

## Fruits

Apple (1 small)  
 Applesauce  
 Apple juice  
 Apricot nectar  
 Blackberries  
 Blueberries  
 Cherries  
 Cranberries  
 Cranberry juice cocktail  
 Fruit cocktail

Grape juice  
 Grapefruit (1/2 small)  
 Grapefruit juice  
 Grapes (15 small)  
 Lemon (1/2)  
 Lemon juice  
 Mango  
 Papaya/Papaya nectar  
 Peach, canned or fresh  
 (1 medium)  
 Pear nectar  
 Pears, canned  
 Pineapple  
 Plum, canned or fresh  
 (1 medium)  
 Raisins (2 tablespoons)  
 Raspberries  
 Rhubarb  
 Strawberries  
 Tangerine  
 Watermelon

*\* Because salt substitutes are extremely concentrated sources of potassium, the use of potassium containing salt substitutes is not recommended for patients with renal disease.*