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