

# Food High in Potassium

## Fruits

Serving size: ½ cup fresh or canned or 1 small piece  
1/4c dried fruit



Cantaloupe



Mango



Dried Fruits



White &  
Sweet Potatoes



Artichoke



Avocado



Bananas



Kiwi



Nectarines



Broccoli



Bok Choy



Pumpkin



Pomegranate



Raisins



Oranges



Tomatoes &  
Tomato Juice



Squash  
Winter & Summer



Greens  
(Beet / Spinach)



Chocolate



Nuts & Seeds



Raisin Bran



Yogurt



French Fries  
& Potato Chips



Milk & Soy Milk



Salt Substitute



Coconut Water  
& Coconut Milk