

# High Potassium Foods

## Fruits

Avocado  
Banana  
Cactus  
Cherimoya  
Coconut  
Dates  
Dried fruit  
Figs  
Guava  
Jackfruit  
Kiwi  
Mango  
Melons  
Nectarine  
Orange  
Papaya  
Passion fruit  
Peach, fresh  
Pear, fresh  
Persimmons  
Plantain  
Pomegranate  
Prunes  
Pumpkin  
Pummelo  
Raisins  
Soursop  
Tamarind



*\*Any juices made from these fruits*

## Vegetables

Artichoke  
Bamboo shoots  
Beets, raw  
Beet greens  
Bok choy  
Broccoli  
Brussel sprouts  
Burdock root  
Carrots  
Cassava (yucca root)  
Chard  
Chili peppers, raw (Pasilla)  
Chinese cabbage, Pak choi  
Chipotle peppers in adobo sauce  
Collard greens  
Kohlrabi  
Lima beans  
Mushrooms  
Mung beans  
Parsnips  
Peas (split, black-eyed)  
Potato  
Rutabaga  
Salsify (oyster plant)  
Spinach  
Squash (acorn, butternut, hubbard, zucchini)  
Sweet potato  
Taro root  
Tomato  
Yam



## Other

Beans (pinto, black, etc)  
Chocolate  
Cocoa  
Custard  
Flan  
Granola  
Lentils  
Milk  
Milk shakes  
Molasses  
Mole sauce (Poblano)  
Nuts  
Nut butters  
Pudding  
Salt substitute (e.g. Nu-Salt<sup>®</sup>, Morton's Salt Substitute<sup>®</sup>)  
Soy milk  
Tempeh  
Tofu  
Wheat bran  
Yogurt

