

# HIGH POTASSIUM FOOD

## Fruits

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



Oranges &  
Oranges Juice



Bananas



Kiwi



Mango



Cantaloupe



Nectarines



Dried Fruits



Raisins



Pomegranate

## Vegetables

Serving size: ½ cup cooked or 1 cup raw



Greens  
(Beet / Spinach)



White & Sweet  
Potatoes



Tomatoes &  
Tomato Juice



Artichoke



Avocado



Broccoli



Squash  
Winter & Summer



Pumpkin



Bok Choy

## Other



Chocolate



Nuts & Seeds



Milk & Soy Milk



Yogurt



Raisin Bran



French Fries &  
Potato Chips



Salt Substitute



Coconut Water  
& Coconut Milk