

HIGH POTASSIUM FOODS

Fruits

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



Oranges &
Orange Juice



Kiwi



Bananas



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



Pumpkin

Winter & Summer



Bok Choy

Other



Chocolate



Nuts & Seeds



Milk & Soy Milk



Yogurt



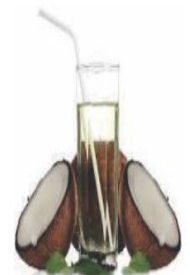
Raisin Bran



French Fries &
Potato Chips



Salt Substitute



Coconut Water
& Coconut Milk