

High Potassium Foods to Avoid

FRUITS

Apricots

Banana

Dates

Orange

Honeydew melon

Kiwi fruit

Nectarine

Orange juice

Prune juice

Prunes

Raisins



VEGETABLES

Artichokes

Avocado

Beets, fresh

Brussels sprouts

Chard

Greens

Beet

Collard

Mustard

Kohlrabi

Okra

Parsnips

Potatoes

Pumpkin

Rutabagas

Spinach

Sweet potatoes

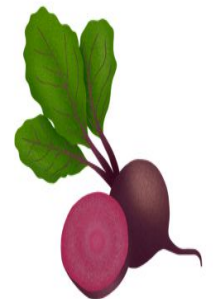
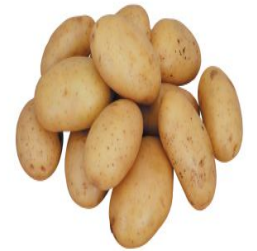
Tomatoes

Tomato sauce, puree

Tomato juice

Winter squash

Yams



MISCELLANEOUS

Bran buds or 100% bran

Dried beans and peas

Nuts

Soy milk and nuts

Potato chips

Salt substitute

Yogurt



Remember that potassium needs for each person may vary, talk to your dietitian about the right level of intake and whether to limit or add the following foods.