

High Potassium Handout

VEGETABLES



AVOCADO



ARTICHOKES



BEETS



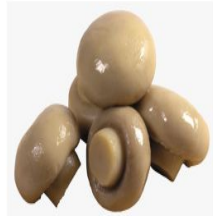
BOK
CHOY



LIMA BEANS



EDAMAME
(soybeans)



MUSHROOMS
(cooked)



FRENCH
FRIES



POTATOES



YAMS/SWEET
POTATOES



RUTABAGAS



PUMPKIN



SPINACH
(cooked)



SQUASH
(Butternut)



SQUASH
(Acorn)



SWISS
CHARD



TOMATOES

FRUITS



BANANAS



CANTALOUPE



KIWI



MANGO



HONEYDEW



FRESH
PEACHES



NECTARINE



O RANGES



ORANGE
JUICE



PAPAYA



PRUNES



PRUNE JUICE



POMEGRANATE



DRIED
FRUIT



RAISINS