

High Potassium Grocery List

<i>Bread/Grains</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> black beans	610mg	1 cup	
<input type="checkbox"/> edamame	680mg	1 cup	
<input type="checkbox"/> kidney beans	600mg	1 cup	
<input type="checkbox"/> white beans	830mg	1 cup	

<i>Meat</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> clams	530mg	3 oz	
<input type="checkbox"/> salmon	310mg	3 oz	
<input type="checkbox"/> tuna	500mg	3 oz	

<i>Dairy</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> milk	380mg	1 cup	
<input type="checkbox"/> yogurt	350mg	1 cup	

<i>Snacks</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> chocolate	330mg	3 oz	
<input type="checkbox"/> figs (dried)	1g	1 cup	
<input type="checkbox"/> raisins	1.2g	1 cup	

<i>Miscellaneous</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> coconut water	600mg	1 cup	
<input type="checkbox"/> molasses	5g	1 cup	
<input type="checkbox"/> orange juice	500mg	1 cup	
<input type="checkbox"/> tomato sauce	810mg	1 cup	

TOTAL POTASSIUM GOAL:

<i>Produce</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
<input type="checkbox"/> apricots	430mg	1 cup	
<input type="checkbox"/> avocados	700mg	1 cup	
<input type="checkbox"/> bananas	800mg	1 cup	
<input type="checkbox"/> beets	520mg	1 cup	
<input type="checkbox"/> bok choy	600mg	1 cup	
<input type="checkbox"/> carrots	350mg	1 cup	
<input type="checkbox"/> chard	960mg	1 cup	
<input type="checkbox"/> kiwi	560mg	1 cup	
<input type="checkbox"/> orange	330mg	1 cup	
<input type="checkbox"/> parsnips	570mg	1 cup	
<input type="checkbox"/> pomegranates	410mg	1 cup	
<input type="checkbox"/> potatoes	630mg	1 cup	
<input type="checkbox"/> prunes	1.2g	1 cup	
<input type="checkbox"/> spinach (frozen)	540mg	1 cup	
<input type="checkbox"/> squash	580mg	1 cup	
<input type="checkbox"/> sun-dried tomatoes	1.8g	1 cup	
<input type="checkbox"/> sweet potatoes	450mg	1 cup	
<input type="checkbox"/> watermelon	170mg	1 cup	
<input type="checkbox"/> zucchini	440mg	1 cup	

TOTAL POTASSIUM GOAL: