

HIGH POTASSIUM FOODS

FRUITS

Apricot

Avocado

Banana

Cantaloupe

Dates

Dried fruits

Figs, dried

Grapefruit Juice

Honeydew

Kiwi

Mango

Nectarine

Orange

Orange Juice

Papaya

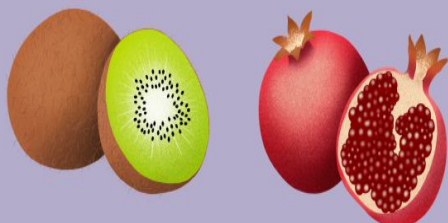
Pomegranate

Pomegranate Juice

Prunes

Prune Juice

Raisins



VEGETABLES

Acorn Squash Artichoke

Bamboo Shoots

Baked Beans

Butternut Squash

Refried Beans

Beets, fresh then boiled

Black Beans

Broccoli, cooked

Brussels Sprouts

Chinese Cabbage

Carrots, raw

Dried Beans and Peas

Greens, except Kale

Hubbard Squash

Kohlrabi

Lentils

Legumes

Mushrooms, canned

Parsnips

Potatoes, white and sweet

Pumpkin

Rutabagas

Spinach, cooked

Tomatoes/Tomato products

Vegetable Juices



OTHER FOODS

Bran/Bran products

Chocolate

Granola

Milk, all types

Molasses

Nutritional Supplements: Use only under the direction of your doctor or dietitian.

Nuts and Seeds

Peanut Butter

Salt Substitutes/Lite Salt

Salt Free Broth

Snuff/Chewing Tobacco

Yogurt

