






# Lower Potassium Fruits

Less than 200mg per 1/2 cup fresh, canned, or 1 small fruit  
(unless otherwise listed)

	Apple		Grapes
	Applesauce		Lemon or lime
	Apricot, fresh		Pear
	Berries		Pineapple
	Cherries		Plum
	Clementine		Tangerine or mandarin orange
	Dried apples, blueberries, cherries, or cranberries (1/4 cup)		Watermelon (1 cup)
	Fruit cup: any fruit, fruit cocktail		

## Juices (1/2 cup)

	Apple juice
	Cranberry juice
	Grape juice
	Lemon or lime juice
	Pineapple juice
	Nectars: apricot, mango, papaya, peach, or pear

# Higher Potassium Fruits

More than 200mg per 1/2 cup fresh, canned, or 1 small fruit  
(unless otherwise listed)



Avocado



Nectarine



Banana



Orange



Cantaloupe



Papaya



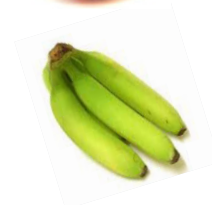
Dried fruit: raisins, dates, figs, apricots, bananas, peaches, pears, or prunes (1/4 cup)



Peach



Honeydew



Plantain



Kiwi



Pomegranate



Mango

## Juices (1/2 cup)



Pomegranate juice



Prune juice



Orange juice

# Lower Potassium Vegetables

Less than 200mg per 1 cup leafy greens or 1/2 cup fresh, cooked, or canned vegetable (unless otherwise listed)

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Alfalfa sprouts



Cauliflower



Jicama/yambean



Radish



Asparagus



Celery



Kale



Rhubarb



Bamboo shoots (canned)



Corn (1/2 cup)



Lettuce: all types



Spinach (raw)



Bean sprouts



Cucumber



Mushrooms (raw or canned)



Spaghetti squash



Beets (canned)



Eggplant



Okra



Cherry tomatoes



Broccoli



Garbanzo beans/  
chickpeas (canned)



Onion or leek



Turnip



Cabbage



Green or wax beans



Peas: green, sugar  
snap, or snow peas



Yellow summer  
squash



Carrots



Greens: collard,  
mustard, or turnip



Peppers: green,  
red, or yellow





























Water chestnuts  
(canned)

Foods listed are based on USDA Nutrient Database averages.

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# Higher Potassium Vegetables

More than 200mg per 1 cup leafy greens or 1/2 cup fresh, cooked, or canned vegetable (unless otherwise listed)

	Acorn squash		Edamame		Tomato
	Artichoke		Hubbard squash		Tomato sauce or tomato paste
	Beans: such as black, kidney, pinto, or white beans		Kohlrabi		Yams
	Beet greens		Lentils		Zucchini
	Brussel sprouts		Parsnips		
	Butternut squash		Potatoes		
	Chard (cooked)		Pumpkin	<u>Juices (1/2 cup)</u>	
	Chinese cabbage (cooked)		Rutabaga		Carrot
	Corn (1 ear)		Spinach (cooked)		Tomato
			Sweet potatoes		Vegetable