

Foods High in Potassium

My target blood potassium level: _____

- All fruits and vegetables have potassium.
- If you have **high blood potassium levels**, **avoid** the foods listed below.
- If you have **low blood potassium levels**, **choose more** of these foods daily.

Fruits highest in potassium (per 1/2 cup or 1 small fruit):

- | | |
|----------------------|----------------|
| › Avocados | › Mangoes |
| › Bananas | › Nectarines |
| › Cantaloupes | › Oranges |
| › Currants | › Papayas |
| › Dates | › Persimmons |
| › Dried fruits (all) | › Plantains |
| › Guavas | › Pomegranates |
| › Honeydew melons | › Tangelos |
| › Kiwis | |

Juices: Apple, grapefruit, orange, prune

Starfruit: People with kidney disease **should not** eat starfruit. It can cause serious illness, such as nausea (feeling sick to your stomach), vomiting (throwing up), seizures, coma, and death.

Vegetables highest in potassium (per 1 cup leafy greens or 1/2 cup fresh, cooked, or canned):

- | | |
|---------------------------------|-----------------------|
| › Artichokes | › Broccoli |
| › Bamboo shoots, fresh | › Brussels sprouts |
| › Beets (including beet greens) | › Corn (fresh, 1 ear) |
| › Bok choy, cooked | › Dandelion greens |

Vegetables highest in potassium (per 1 cup leafy greens or 1/2 cup fresh, cooked, or canned) (continued):

- › Kohlrabi
- › Napa cabbage, cooked
- › Parsnips
- › Potatoes (except double-boiled)
- › Pumpkin
- › Rutabagas (yellow turnip)
- › Spinach
- › Squash (acorn, butternut, buttercup, hubbard)
- › Sweet potatoes and yams
- › Swiss chard
- › Tomatoes (including tomato paste and sauce)
- › Zucchini, cooked

Juices: All vegetable juices

Dairy (per 1/2 cup):

- › Milk (white, chocolate, soy, buttermilk)
- › Yogurt

Other foods high in potassium:

- › Cereals made with bran, dried fruit, nuts or seeds, or granola
- › Chocolate (1 ½ oz.)
- › Coconut milk and coconut water (1/2 cup)
- › Dried peas, beans, and lentils (1/2 cup)
- › French fries
- › Low sodium baking powder, cream of tartar
- › Molasses, black strap (1 teaspoon)
- › Molasses, fancy (1 tablespoon)
- › Nuts and seeds (1/4 cup)
- › Potato chips
- › Protein drinks or meal replacement drinks: ask your dietitian what drinks are best for you
- › “Salt-free” foods: check the label for potassium additives
- › Salt substitutes (NoSalt[®], Nu-Salt[™], Half Salt[®], Herbamare[®] Sodium Free)
- › Specialty coffee drinks (such as a mocha or latte)

Making changes to your diet can be hard. If you have any questions, please ask to see a dietitian. We are here to help you.