

2013

Foods High in Potassium

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(Normal blood potassium level: 3.4-5.0)

All fruits and vegetables have potassium.

If you have **high potassium levels**, **avoid** the foods listed below.

If your potassium is **low**, **choose more** of these foods daily.

Fruits highest in potassium:

- Apricot (raw)
- Avocado
- Banana
- Cantaloupe
- Currants
- Dried fruits (all)
- Grapefruit juice
- Guava
- Honeydew melon
- Kiwi
- Mango
- Nectarine
- Orange, Orange juice
- Papaya
- Pomegranate, pomegranate juice
- Prune juice
- Tamarind
- Tangelo

Vegetables highest in potassium:

- Artichoke
- Bamboo shoots
- Beet greens
- Broccoli
- Brussels sprouts
- Dandelion greens
- Lima beans
- Parsnips
- Potato (except small boiled)
- Pumpkin

- Spinach
- Squash
- Sweet potato
- Swiss chard
- Tomato
- Vegetable juice

Other foods high in potassium:

- Black strap molasses (1 teaspoon)
- Brown sugar (1 Tablespoon)
- Cereals:
 - › All Bran®
 - › Bran Flakes®
 - › Oat Bran®
 - › Raisin Bran®
 - › Red River Cereal®
 - › Vita B Cereal®
 - › Wheat germ (1/4 cup)
- Chocolate (1 ½ oz.)
- Coconut
- Coconut milk (1/4 cup)
- Dried peas, beans and lentils
- French fries
- Gravy (1/4 cup)
- Low sodium baking powder
- Milk
- Molasses (1 Tablespoon)
- Nuts
- Potato chips
- Salt substitute (NoSalt®, NuSalt®, HalfSalt®)
- Unsalted cheddar cheese

If you have any questions, please ask.
 We are here to help you.

