



POTASSIUM RICH FOODS

If your doctor has told you to decrease the potassium in your diet, use high potassium foods sparingly.

If your doctor has told you to increase the potassium in your diet, try adding more of the high potassium foods. If you need further assistance, contact your dietitian for an appointment.

High Potassium Fruits

- Apricots
- Banana
- Cantaloupe
- Figs
- Grapefruit Juice
- Honeydew Melon
- Oranges and Orange Juice
- Peaches
- Prunes and Prune Juice
- Raisins
- Watermelon

High Potassium Protein & Dairy

- Dried Beans
- Fish
- Meats
- Peanut Butter
- Poultry

Miscellaneous

- Molasses

Note: Potassium is lost in cooking; heat foods quickly and in minimal water.

High Potassium Vegetables

- Artichoke
- Avocado
- Bamboo Shoots
- Brussel Sprouts
- Carrots
- Lima Beans
- Mushrooms
- Parsnips
- Potato
- Spinach
- Sweet Potato
- Tomatoes and Tomato Juice
- Winter Squash

High Potassium Grains

- Boston Brown Bread
- Bran Cereals
- Pumpernickel Bread