

LOW POTASSIUM

FRUITS

APPLES (SAUCE & JUICE)
APRICOTS (NECTAR)
BLUEBERRIES
CHERRIES
CRANBERRIES (JUICE)
FRUIT COCKTAIL
GRAPEFRUIT (SECTIONS, ½ FRESH)
GRAPES (JUICE)
LEMON OR LIME
MANDARIN ORANGES
PEACHES (CANNED, NECTAR, FRESH –
SMALL 2" DIAMETER
PEARS (CANNED, NECTAR)
PINEAPPLE (JUICE)
PLUMS
RASPBERRIES
STRAWBERRIES
TANGERINE
WATERMELON

VEGETABLES

ALFALFA SPROUTS
BEAN, GREEN & WAX
BEAN SPROUTS
CABBAGE
CARROTS
CAULIFLOWER
CELERY
CORN
CUCUMBER
EGGPLANT
GREEN PEAS
GREEN PEPPER
LEEKS
LETTUCE (ICEBURG, ENDIVE, ESCAROLE,
ROMAINE)
MUSHROOMS (CANNED, FRESH)
ONIONS
RHUBARB
SNOW PEAS
SPINACH, CHARD (RAW)
SQUASH, SUMMER, ZUCCHINI
TOMATO: ½ SMALL
½ CUP CANNED
¼ CUP SAUCE
TURNIPS
WATER CHESTNUTS

HIGH POTASSIUM

FRUITS

AVACADO
BANANA

CATALOUPE
GRAPEFRUIT JUICE
HONEYDEW
KIWI
NECTARINE
ORANGES (JUICE)
PEARS, FRESH
PRUNES (JUICE)
TOMATO OR V-8 JUICE

DRIED FRUITS

APRICOTS
DATES
FIGS
PRUNES
RAISINS

VEGETABLES

ARTICHOKES
ASPARAGUS
BAKED BEANS
BUTTER BEANS
KIDNEY BEANS
LIMA BEANS
NAVY BEANS
PINTO BEANS
SOY BEANS
BLACK EYED PEAS
CHICK PEAS
SPLIT PEAS
BEETS
BROCCOLI
BURSSEL SPROUTS
GREENS
KALE
LENTILS
POTATOES
PUMPKIN
SPINACH, CHARD (COOKED)
SQUASH, WINTER TYPE:
(CORN OR BUTTERNUT)
SWEET POTATOES