



## Foods High in Potassium

Foods with more than 200mg per serving  
Based on ½ cup servings  
(Unless indicated otherwise)

Fruits	Vegetables		Other foods (only limit if necessary)	
Apricots	Acorn Squash	Spinach (cooked)	Black licorice	
Avocado	Artichoke (cooked)	Sweet Potato	Bran muffin	
Banana	Asparagus (boiled)	Swiss Chard (cooked)	Bran cereals	
Breadfruit	Beets	Tomatoes	Chocolate	
Cantaloupe	Beet Greens (cooked)	- paste, sauce, juice, or crushed	Coconut (dried, desiccated)	
Dried Fruits (all types)	Bitter Melon	Yams	Coconut milk (canned)	
Durian	Bok Choy (cooked)	Zucchini (cooked)	Coconut water	
Guava	Broccoli (cooked)		Dried Beans	
Honeydew	Brussels Sprouts		Dried Peas	
Jack fruit	Butternut Squash		Edamame	
Kiwi	Carrot (raw)		Lentils	
Nectarines (whole)	Cassava		Hemp seeds (2 tablespoons)	
Orange (whole)	Celery (cooked)		Nuts and Seeds	
Passion fruit	Corn (cooked)			Maple Syrup
Peach (whole)	Fennel Bulb (cooked)			Molasses
Persimmon, Japanese (whole)	Hubbard Squash			Soya flour
Plantain	Kohlrabi			Milk and Dairy products
Pomegranate	Mushrooms	Meal replacements ** (e.g. Boost, Ensure)		
Pummelo	- white and Portobello (cooked)	** Ask your Registered Dietitian for low potassium options		
	Parsnips			
	Peas, green (cooked)			
	Potatoes			
	Pumpkin			
	Rutabaga			
		Juices		
		Carrot		
		Orange		
		Passion fruit		
		Pomegranate		
		Prune		
		Tomato		
		Vegetable		

**Avoid:** **Grapefruit and Grapefruit juice** – They can interfere with your heart medicines  
**Salt Substitutes** (e.g. No Salt or Half Salt) – They are very high in potassium

### What should your blood Potassium level be?

<b>Danger to low</b>	➔	<b>Lower than 3 mmol/L</b>
<b>Safe (Normal)</b>	➔	<b>3.5-5.0 mmol/L</b>
<b>Caution</b>	➔	<b>5.0-6.0 mmol/L</b>
<b>Danger to high</b>	➔	<b>Higher than 6.0 mmol/L</b>

# Foods with less Potassium – Better Food Choices

**Note:** Almost all foods contain some potassium.



A larger serving of a low potassium food can make it a high potassium food.

Watch your serving size – no more than 5 servings a day.

To check the amount of potassium in food not on this list, call 8-1-1 and ask to speak to a dietitian

**One serving = 1/2 cup (unless indicated)**

**Enjoy up to 5 servings per day**

Fruits	Vegetables			
Apples	Alfalfa Sprouts	Lettuce (1 cup)		
Applesauce	Asparagus (4 spears)	Mushrooms, Shiitake (cooked), white (raw)		
Asian Pear	Bamboo shoots (canned)	Mustard Greens		
Berries (blackberries, blueberries, cranberries, gooseberries, strawberries)	Bean Sprouts	Okra		
Casaba Melon	Beet greens (raw)	Onions		
Cherries (10)	Bokchoy (raw)	Parsley		
Coconut meal (raw)	Broccoli (raw)	Peas, green (raw, canned)		
Crabapple	Cabbage	Peppers (all colours)		
Currants (fresh)	Collards	Potato (double boil)		
Figs (fresh)	Carrots (cooked)	Radicchio (1 cup)		
Fruit Cocktail (canned)	Cauliflower	Radish		
Grapes (16)	Celery (raw)	Seaweed		
Kumquat (5)	Cilantro	Shallots (1/4 cup)		
Lemon / Lime	Corn (canned)	Snap Peas		
Longan (15)	Corn on the cob (1/2 small)	Snow Peas		
Lychee (10)	Cucumber	Spinach (raw)		
Mandarin Orange	Eggplant	Spaghetti Squash		
Mango	Fennel bulb (raw)	Swiss Chard (raw)		
Nectarine (1/2 only)	Gai lan / Chinese Broccoli (cooked)	Tomato (1/2 medium, 1/2 cup Cherry, 1 Plum)		
Orange (1/3 small only)	Green beans	Turnip		
Papaya	Green onions	Water chestnuts (canned)		
Peach (1/2 only)	Jicama	Zucchini (raw)		
Pear	Kale			
Pineapple	Leeks			
Plum				
Rhubarb (cooked)				
Tangerine				
Watermelon (1 cup)				
<b>Other:</b> Chia Seeds (2 tablespoons)				
	Juices and Other Drinks			
	Apple	Apricot	Cranberry	Grape
	Papaya	Peach	Pear	Pineapple
	Soya Milk	Rice Milk	Almond Milk	

## Double boiling root vegetables lowers the amount of potassium



- Peel, cube or slice vegetables
- Add double the amount of water
- Bring to a boil, then drain the water
- Add fresh water, finish cooking, and drain again

Limit servings of root vegetables to 1/2 cup per day (or as discussed with your dietitian).