

High Potassium Foods Should be limited

Fruits	Vegetables	Juices	Other Foods
Apricot	Artichoke	Very High	Beans (e.g. pinto, black,
Avocado	Asparagus (canned)	Carrot	navy, kidney)
Banana	Bamboo Shoots (cooked)	Coconut Water	Black Licorice (natural)
Cantaloupe	Beet Greens	Orange	Bran Buds
Currants (dried)	Bok Choy	Passion Fruit	Bran Muffin
Dates	Broccoli (cooked)	Pomegranate	Chickpeas
Durian	Brussels Sprouts	Prune	Chocolate
Figs (dried)	Cassava	Tangerine	Coconut Milk
Guava	Daikon Radish (cooked)	Tomato	Coffee
Honeydew	Kohlrabi	Vegetable	(limit to 2 cups/day)
Jack Fruit	Lotus Root		Dried/Split Peas
Kiwi Fruit	Mushrooms (dried/cooked)		Edamame
Orange (whole)	Parsnips	(65)	French Fries
Passion Fruit	Potatoes (not double boiled)		Granola
Papaya	Pumpkin		Lentils
Persimmon (Japanese)	Red Cabbage (cooked)		Milk & Dairy Products (limit to 1 cup/day)
Plantain	Rutabaga	*	Milk, Chocolate
Pomegranate	Spinach (cooked/frozen)		Molasses
Pomelo	Squash		Nuts and Seeds
Prunes	(Acorn, Hubbard, Butternut)		Nut Butter
Raisins	Sweet Potato		Ovaltine®/Malted Milk
Tamarind	Swiss Chard (cooked)		Peanut Butter
	Taro		Peanuts
	Tomato (raw/canned)		Potato Chips
	Tomato Sauce / Paste		Salt Substitute
- Little	Yams		(e.g. Nu-Salt [®] , NoSalt [®] ,
	Zucchini (cooked)		Half Salt®)

Warning People with low kidney function or on dialysis should **not** eat Starfruit (carambola)

What is the desired blood potassium level?

Good = 3.5 to 5.0

Caution = 5.1 to 5.9

Danger = 6.0 or higher

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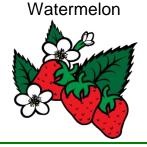
Better Choices: Low and Moderate Potassium Foods

Note: Almost all foods contain some potassium Potassium adds up with larger portion sizes

One Serving = $\frac{1}{2}$ cup (unless stated differently)

Fruits Suggest 1 to 2 servings a day **Apple Applesauce** Apricot (canned) Blackberries Blueberries Boysenberries Casaba Melon Cherries (10) Cranberries Currants (fresh) Fig (fresh) Fruit Cocktail (canned) Grapes (16) Gooseberries Lemon / Lime Longan Fruit (15) Lychee (10) Mandarin Orange Mango (½ medium) Nectarine (½ medium)

Kale Leeks Peach Lettuce Pear Okra **Pineapple** Onion Plum Raspberries **Peppers** Rhubarb



Strawberries

Tangerine

Vegetables Suggest 2 to 4 servings a day Alfalfa Sprouts

Arugula Asparagus (fresh/boiled) Bamboo Shoots (canned)

> **Bean Sprouts Beets**

Bitter Melon

Broccoli (raw)

Cabbage

Carrots

Cauliflower

Celery

Chayote

Corn

Cucumber

Daikon Radish (raw)

Eggplant

Gai Lan (Chinese Broccoli)

Green Beans

Jicama (Yambean)

Mushrooms (raw/canned)

Peas (Green, Snow, Snap)

Potatoes* (double-boiled)

Radishes

Spinach (raw)

Squash (Crookneck, Spaghetti)

Sui Choy (Napa)

Tomato (2 slices)

Turnip/Turnip Greens

Water Chestnuts (canned)

Watercress

Zucchini (raw)

Juices

Suggest limiting to ½ cup a day

Apple

Apricot Nectar

Grape

Peach Nectar

Pear Nectar

Pineapple

Very Low Potassium ©

Cranberry Cocktail Lemonade Limeade



*Tip for Potatoes Double boil potatoes to lower potassium

- 1. Peel, cube or slice potatoes and add double the amount of water.
- 2. Bring to a boil, and then drain the water.
- 3. Add fresh water. Finish cooking and drain again.
- *Limit to ½ cup serving or as discussed with your dietitian.

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