




## High Potassium Foods Should be limited

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

**\*\*\*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**

# Better Choices: Low and Moderate Potassium Foods

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

**One Serving = ½ cup (unless stated differently)**

| <b>Fruits</b><br>Suggest 1 to 2 servings a day  | <b>Vegetables</b><br>Suggest 2 to 4 servings a day   | <b>Juices</b><br>Suggest limiting to ½ cup a day  |
|---|--|---|
| Apple<br>Applesauce<br>Apricot (canned)<br>Blackberries<br>Blueberries<br>Boysenberries<br>Casaba Melon<br>Cherries (10)<br>Cranberries<br>Currants (fresh)<br>Fig (fresh)<br>Fruit Cocktail (canned)<br>Grapes (16)<br>Gooseberries<br>Lemon / Lime<br>Longan Fruit (15)<br>Lychee (10)<br>Mandarin Orange<br>Mango (½ medium)<br>Nectarine (½ medium)<br>Peach<br>Pear<br>Pineapple<br>Plum<br>Raspberries<br>Rhubarb<br>Strawberries<br>Tangerine<br>Watermelon<br> |  Alfalfa Sprouts<br>Arugula<br>Asparagus (fresh/boiled)<br>Bamboo Shoots (canned)<br>Bean Sprouts<br>Beets<br>Bitter Melon<br>Broccoli (raw)<br>Cabbage<br>Carrots<br>Cauliflower<br>Celery<br>Chayote<br>Corn<br>Cucumber<br>Daikon Radish (raw)<br>Eggplant<br>Gai Lan (Chinese Broccoli)<br>Green Beans<br>Jicama (Yambean)<br>Kale<br>Leeks<br>Lettuce<br>Mushrooms (raw/canned)<br>Okra<br>Onion<br>Peas (Green, Snow, Snap)<br>Peppers<br>Potatoes* (double-boiled)<br>Radishes<br>Spinach (raw)<br>Squash (Crookneck, Spaghetti)<br>Sui Choy (Napa)<br>Tomato (2 slices)<br>Turnip/Turnip Greens<br>Water Chestnuts (canned)<br>Watercress<br>Zucchini (raw) | Apple<br>Apricot Nectar<br>Grape<br>Peach Nectar<br>Pear Nectar<br>Pineapple<br><br><b>Very Low Potassium 😊</b><br>Cranberry Cocktail<br>Lemonade<br>Limeade<br><br><br><b>*Tip for Potatoes</b><br><b>Double boil potatoes to lower potassium</b> <ol style="list-style-type: none"> <li>1. Peel, cube or slice potatoes and add double the amount of water.</li> <li>2. Bring to a boil, and then drain the water.</li> <li>3. Add fresh water. Finish cooking and drain again.</li> </ol> *Limit to ½ cup serving or as discussed with your dietitian. |

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This information does not replace the advice given to you by your healthcare provider.