

Low Potassium Diet

Common Foods

► Use this handout if you have been told to eat less potassium in your diet.



Choose these acceptable potassium foods every day.
Portion size = ½ cup.



Apple



Berries:
Blueberries
Raspberries
Blackberries
Strawberries



Cherries (10)



Grapes



Mandarin/
Clementine/
Tangerine



Pear



Peach



Pineapple



Plum



Watermelon



Bell pepper



Broccoli (raw)



Cabbage



Carrot



Corn on the cob
(yellow)



Cucumber



Green Beans



Kale



Lettuce



Onion



Avoid (or limit) these higher potassium foods.



Avocado



Banana



Cantaloupe



Dried Fruit:
Prunes, Apricots
Dates, Figs



Honeydew



Kiwi



Orange Juice



Beets



Bok Choy
(cooked)



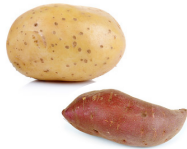
Brussel Sprouts



Leafy Greens:
Spinach,
Swiss Chard,
Beet Greens



Mushrooms



Potatoes, Sweet
Potatoes and
Yams



Winter Squash/
Pumpkin



Coconut Milk/
Coconut Water



Coffee -
More than 2
cups



Milk/ Soy Milk-
Limit to 1 cup
per day



Potato Chips



Salt Substitutes
(No salt™)



Tomato Sauce/
Paste/Juice



Starfruit (or Carambola) is low in potassium but should be completely avoided in kidney disease and dialysis.