

High Potassium Foods

Fruits

Avocado
Banana
Cactus
Cherimoya
Coconut
Dates
Dried fruit
Figs
Guava
Jackfruit
Kiwi
Mango
Melons
Nectarine
Orange
Papaya
Passion fruit
Peach, fresh
Pear, fresh
Persimmons
Plantain
Pomegranate
Prunes
Pumpkin
Pummelo
Raisins
Soursop
Tamarind



**Any juices made from these fruits*

Vegetables

Artichoke
Bamboo shoots
Beets, raw
Beet greens
Bok choy
Broccoli
Brussel sprouts
Burdock root
Carrots
Cassava (yucca root)
Chard
Chili peppers, raw (Pasilla)
Chinese cabbage, Pak choi
Chipotle peppers in adobo sauce
Collard greens
Kohlrabi
Lima beans
Mushrooms
Mung beans
Parsnips
Peas (split, black-eyed)
Potato
Rutabaga
Salsify (oyster plant)
Spinach
Squash (acorn, butternut, hubbard, zucchini)
Sweet potato
Taro root
Tomato
Yam



Other

Beans (pinto, black, etc)
Chocolate
Cocoa
Custard
Flan
Granola
Lentils
Milk
Milk shakes
Molasses
Mole sauce (Poblano)
Nuts
Nut butters
Pudding
Salt substitute (e.g. Nu-Salt[®], Morton's Salt Substitute[®])
Soy milk
Tempeh
Tofu
Wheat bran
Yogurt

