

Food High in Potassium

Fruits

Serving size: ½ cup fresh or canned or 1 small piece
1/4c dried fruit



Cantaloupe



Mango



Dried Fruits



Bananas



Kiwi



Nectarines



Pomegranate



Raisins



Oranges

Vegetables

Serving size: ½ cup cooked or 1 cup raw



White &
Sweet Potatoes



Artichoke



Avocado



Broccoli



Bok Choy



Pumpkin



Tomatoes &
Tomato Juice



Squash
Winter & Summer



Greens
(Beet / Spinach)

Other



Chocolate



Nuts & Seeds



Raisin Bran



Yogurt



French Fries
& Potato Chips



Milk & Soy Milk



Salt Substitute



Coconut Water
& Coconut Milk