

High Potassium Foods to Avoid

FRUITS

Apricots
Banana
Dates
Orange
Honeydew melon
Kiwi fruit
Nectarine
Orange juice
Prune juice
Prunes
Raisins



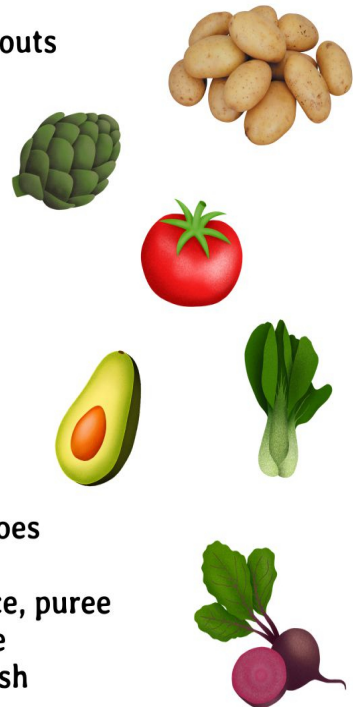
MISCELLANEOUS

Bran buds or 100% bran
Dried beans and peas
Nuts
Soy milk and nuts
Potato chips
Salt substitute
Yogurt



VEGETABLES

Artichokes
Avocado
Bamboo shoots, fresh or raw
Beets, fresh
Brussels sprouts
Chard
Greens
Beet
Collard
Mustard
Kohlrabi
Okra
Parsnips
Potatoes
Pumpkin
Rutabagas
Spinach
Sweet potatoes
Tomatoes
Tomato sauce, puree
Tomato juice
Winter squash
Yams



Remember that potassium needs for each person may vary, talk to your dietitian about the right level of intake and whether to limit or add the following foods.