

High Potassium Grocery List

<i>Bread/Grains</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ black beans	610mg	1 cup	
☐ edamame	680mg	1 cup	
☐ kidney beans	600mg	1 cup	
☐ white beans	830mg	1 cup	

<i>Meat</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ clams	530mg	3 oz	
☐ salmon	310mg	3 oz	
☐ tuna	500mg	3 oz	

<i>Dairy</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ milk	380mg	1 cup	
☐ yogurt	350mg	1 cup	

<i>Snacks</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ chocolate	330mg	3 oz	
☐ figs (dried)	1g	1 cup	
☐ raisins	1.2g	1 cup	

<i>Miscellaneous</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ coconut water	600mg	1 cup	
☐ molasses	5g	1 cup	
☐ orange juice	500mg	1 cup	
☐ tomato sauce	810mg	1 cup	

TOTAL POTASSIUM GOAL:

<i>Produce</i>	<i>Amt.</i>	<i>Per</i>	<i>Goal</i>
☐ apricots	430mg	1 cup	
☐ avocados	700mg	1 cup	
☐ bananas	800mg	1 cup	
☐ beets	520mg	1 cup	
☐ bok choy	600mg	1 cup	
☐ carrots	350mg	1 cup	
☐ chard	960mg	1 cup	
☐ kiwi	560mg	1 cup	
☐ orange	330mg	1 cup	
☐ parsnips	570mg	1 cup	
☐ pomegranates	410mg	1 cup	
☐ potatoes	630mg	1 cup	
☐ prunes	1.2g	1 cup	
☐ spinach (frozen)	540mg	1 cup	
☐ squash	580mg	1 cup	
☐ sun-dried tomatoes	1.8g	1 cup	
☐ sweet potatoes	450mg	1 cup	
☐ watermelon	170mg	1 cup	
☐ zucchini	440mg	1 cup	

TOTAL POTASSIUM GOAL: