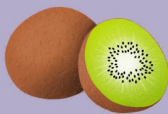


HIGH POTASSIUM FOODS

FRUITS

Apricot
 Avocado
 Banana
 Cantaloupe
 Dates
 Dried fruits
 Figs, dried
 Grapefruit Juice
 Honeydew
 Kiwi
 Mango
 Nectarine
 Orange
 Orange Juice
 Papaya
 Pomegranate
 Pomegranate Juice
 Prunes
 Prune Juice
 Raisins



VEGETABLES

Acorn Squash
 Artichoke
 Bamboo Shoots
 Baked Beans
 Butternut Squash
 Refried Beans
 Beets, fresh then boiled
 Black Beans
 Broccoli, cooked
 Brussels Sprouts
 Chinese Cabbage
 Carrots, raw
 Dried Beans and Peas
 Greens, except Kale
 Hubbard Squash
 Kohlrabi
 Lentils
 Legumes
 Mushrooms, canned
 Parsnips
 Potatoes, white and sweet
 Pumpkin
 Rutabagas
 Spinach, cooked
 Tomatoes/Tomato products
 Vegetable Juices



OTHER FOODS

Bran/Bran products
 Chocolate
 Granola
 Milk, all types
 Molasses
 Nutritional Supplements: Use only under the direction of your doctor or dietitian.
 Nuts and Seeds
 Peanut Butter
 Salt Substitutes/Lite Salt
 Salt Free Broth
 Snuff/Chewing Tobacco
 Yogurt

