

# HIGH POTASSIUM FOOD

## Fruits

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



Oranges &  
Oranges Juice



Kiwi



Cantaloupe



Dried Fruits



Bananas



Mango



Nectarines



Raisins



Pomegranate

## Vegetables

Serving size: ½ cup cooked or 1 cup raw



Greens  
(Beet / Spinach)



Tomatoes &  
Tomato Juice



Avocado



Squash  
Winter & Summer



White & Sweet  
Potatoes



Artichoke



Broccoli



Pumpkin



Bok Choy

## Other



Chocolate



Nuts & Seeds



Milk & Soy Milk



Yogurt



Raisin Bran



French Fries &  
Potato Chips



Salt Substitute



Coconut Water  
& Coconut Milk