

HIGH POTASSIUM FOODS

Fruits

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



Oranges &
Orange Juice



Kiwi



Cantaloupe



Dried Fruits



Pomegranate



Bananas



Mango



Nectarines



Raisins

Vegetables

Serving size: ½ cup cooked or 1 cup raw



Greens
(Beet/Spinach)



Tomatoes &
Tomato Juice



Avocado



Squash
Winter & Summer



Bok Choy



White & Sweet
Potatoes



Artichoke



Broccoli



Pumpkin

Other



Chocolate



Nuts & Seeds



Milk & Soy Milk



Yogurt



Raisin Bran



French Fries &
Potato Chips



Salt Substitute



Coconut Water
& Coconut Milk