

## Low Potassium

## Medium Potassium

### **Fluids:**

#### **To 150mg**

Apple juice, 1/2 cup	148
Coffee, 6/12 ounces	124/248
Cranberry juice, 1/2 cup	31
Ginger ale, 12 ounces	4
Tea, 6/12 ounces	27/54

#### **From 151 to 200mg**

Grape juice, cnd or bottle, 1/2 cup	187
Grapefruit juice, cnd, unsw, 1/2 cup	189
Pineapple juice, cnd, unsw, 1/2 cup	168

### **Fruits:**

#### **To 120 mg**

Apples, peeled, sliced	62
Applesauce, cnd, swd/unsw	78/92
Apricot, 1 medium	105
Blueberries, raw	65
Cherries, sour, red, cnd	120
Cranberries, raw	39
Cranberry sauce, cnd, swtd	36
Fig, fresh, 1 medium	116
Fruit cocktail, cnd, heavy syrup	112
juice pack	118
Grapes, ten	93-105
Lemon, 1 medium	80
Lime, 1 medium	68
Peaches, cnd, heavy syrup	118
Pears, ckd, heavy syrup/juice	119
Pineapple, raw, 1 medium	114
Plums, cnd, heavy syrup	118
Plums, raw, 1 medium	114
Raspberries, raw	94
Rhubarb, ckd, with sugar	115
Watermelon, diced	93

#### **From 121 to 250 mg**

Apricots, cnd, heavy syrup	181
juice pack	205
Blackberries, raw	141
Cherries, sweet, ten	152
Elderberries, raw	209
Grapefruit, 1/2 medium	167
Grapefruit, cnd, with syrup	164
Orange, 1 medium	237
Peach, 1 medium	171
Peaches, cnd, juice pack	159
Pear, 1 medium, Asian/Bosc	148/176
Pear, 1 medium, Bartlett, D'Anjou	208/250
Pineapple, cnd, pieces, heavy syrup	133
Pineapple, cnd, pieces, juice pack	153
Plums, cnd, juice pack	194
Pricklypear, 1 medium	226
Raspberries, frozen, sweetened	143
Strawberries, raw	124
Strawberries, frozen, sweet, sliced	125
Tangerine, 1 medium	132