

Western Kentucky Kidney Specialists, dba

Potassium

High Potassium Foods

If your potassium level is high, avoid these foods. If your potassium level is low, choose these foods.

Fruits

Apricots
Avocados
Bananas
Dates
Figs
Kiwi
Mangos
Melons
Nectarines
Oranges
Papayas
Peaches, fresh
Pears, fresh
Prunes
*Any fruit juices
made from these.

Vegetables

Artichokes
Beans (dried): black
kidney, lima, pinto
red, white, refried, etc.
Greens: beet, chard,
collard, kale, mustard,
spinach, turnip
Parsnips
Potatoes: sweet, white,
French fries, chips, etc.
Pumpkins
Tomatoes: fresh, canned,
paste, sauce, soup, juice
Winter squash
Yams
Zucchini

Other

Chocolate
Cocoa
Custard
Lentils
Milk
Milk drinks
Milkshakes
Nut butters
Nuts
Peanut butter
Peanuts
Pudding
Salt Substitutes
Yogurt

Low Potassium Foods

If your potassium level is high, choose these foods more often.

Fruits

Apples
Apple juice
Applesauce
Blackberries
Blueberries
Cranberries
Cranberry juice
Grapes
Grape juice
Peaches, canned
Peach nectar
Pears, canned
Pear nectar
Pineapple
Pineapple juice
Raspberries
Strawberries
Strawberry nectar

Vegetables

Beans: green, wax
Cabbage
Celery
Corn
Crookneck squash
Cucumber
Eggplant
Lettuce
Onions
Peas, green
Peppers
Radish
Summer squash

Other

Bread product
Non-dairy
creamer
Pasta
Rice
Tortillas