

Foods High in Potassium

Foods with more than 200mg per serving Based on ½ cup servings (Unless indicated otherwise)

Fruits	Vege	etables	Other foods
Apricots (fresh) Avocado Banana Breadfruit Cantaloupe Coconut dried (unsweetened) Dried Fruits Durian Guava Honeydew Jack fruit Kiwi Nectarines Orange (1 medium) Passion fruit Peach (medium) Pear (medium) Persimmon, Japanese (medium) Plantain Pomegranate Pummelo Rhubarb Tangerine	Artichoke (cooked) Asparagus (boiled) Beets Beet Greens (boiled) Bok Choy (cooked) Broccoli Brussels Sprouts Celery (cooked) Corn (cooked) Carrots (raw or grated) Kohlrabi Mushrooms (dried and cooked) Parsnips (cooked) Potatoes Pumpkin Rutabaga Seaweed (dried) Spinach (cooked) Squash (acorn, butternut, hubbard, zucchini) Sweet Potato	Swiss Chard (cooked) Tomatoes (medium, raw) Tomato Paste Tomato Sauce Yams Juices Carrot Coconut water Grapefruit * check with your health care provider before taking as it may interact with your heart pills Orange Passion fruit Pomegranate Prune Tomato Vegetable	Black licorice Bran muffin Bran cereals Chocolate Coconut milk (1/2 cup, 249 mg) Dried Beans Dried Peas Edamame Lentils Milk and Dairy products (limit to 1 cup/day = 366mg) Maple Syrup Molasses Nuts Salt Substitute Seeds Soya flour

What should your blo	ood Potassium level be?
Danger - too low ->	Lower than 3 mmol/L
Safe (Normal) →	3.5-5.0 mmol/L
Caution ->	5.0-6.0 mmol/L
Danger - too high ->	Higher than 6.0 mmol/L

Foods with Less Potassium

Note: Almost all foods contain some potassium.

Watch your serving size. A larger serving of a low potassium food can make it a high potassium food. To check the amount of potassium in food not on this list, check http://ndb.nal.usda.gov/ndb/search/list

One serving = 1/2 cup

Enjoy up to 5 servings per day

Fruits	Vegetables		
Apples	Alfalfa Sprouts	Okra	
Applesauce	Asparagus (fresh)	Onions	
Apricots (canned)	Bamboo shoots, (canned)	Parsley	
Berries (blackberries, blueberries, boysenberries,	Bean Sprouts	Peas, green (raw)	
cranberries, gooseberries, loganberries, raspberries, strawberries)	Beet greens (raw)	Peppers (Raw: Red, Green)	
Casaba Melon	Bitter melon	Potato (when double boiled)	
Cherries	Bokchoy (raw)	Radicchio	
Coconut (raw/shredded)	Broccoli (raw)	Radishes	
Crabapple	Cabbage	Seaweed (raw)	
Currants, fresh	Collards	Shallots	
Figs fresh	Carrots (when double boil)	Spinach (raw)	
Fruit Cocktail (canned)	Cauliflower	Summer squash	
Grapes (red/green)	Celery (raw)	Spaghetti Squash	
Grapefruit	Cilantro	Swiss Chard (raw)	
★ check with your health care provider	Corn (canned)	Turnip (when double boiled)	
before taking as it may interact with your heart pills	Cucumber	Water chestnuts (canned)	
Kumquat	Eggplant		
Lemon /Lime	Fennel bulb (when double boiled)	Juices	
Longans	Gai lan (Chinese Broccoli)		
Lychee	Green beans	Apple juice	
Mandarin Orange	Green onions	Apricot Nectar	
Mango	Jicama (when double boiled)	Papaya nectar	
Oranges (1/2cup only)	Kale (boiled)	Peach Nectar	
Pineapple	Leeks	Pear Nectar	
Plums	Lettuce	Pineapple Juice	
Watermelon	Mushrooms, raw	Grape Juice	
	Mustard Greens		

Double boiling root vegetables lowers the amount of potassium



- Peel, cube or slice vegetables
- Add double the amount of water
- Bring to a boil, then drain the water
- Add fresh water, finish cooking, and drain again

Limit servings of root vegetables to 1/2 cup per day (or as discussed with your dietitian)