

Foods with Less Potassium

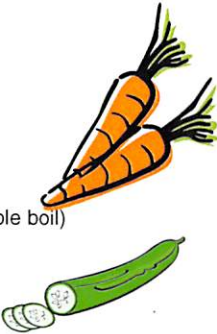

Note: Almost all foods contain some potassium.

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 Applesauce Apricots (canned) Berries (blackberries, blueberries, boysenberries, cranberries, gooseberries, loganberries, raspberries, strawberries) Casaba Melon Cherries Coconut (raw/shredded) Crabapple Currants, fresh Figs fresh Fruit Cocktail (canned) Grapes (red/green) Grapefruit * check with your health care provider before taking as it may interact with your heart pills	Alfalfa Sprouts Asparagus (fresh) Bamboo shoots, (canned) Bean Sprouts Beet greens (raw) Bitter melon Bokchoy (raw) Broccoli (raw) Cabbage Collards Carrots (when double boil) Cauliflower Celery (raw) Cilantro Corn (canned) Cucumber Eggplant Fennel bulb (when double boiled) Gai lan (Chinese Broccoli) Green beans Green onions Jicama (when double boiled) Kale (boiled) Leeks Lettuce Mushrooms, raw Mustard Greens	Okra Onions Parsley Peas, green (raw) Peppers (Raw: Red, Green) Potato (when double boiled) Radicchio Radishes Seaweed (raw) Shallots Spinach (raw) Summer squash Spaghetti Squash Swiss Chard (raw) Turnip (when double boiled) Water chestnuts (canned)
Kumquat Lemon /Lime Longans Lychee Mandarin Orange Mango Oranges (1/2cup only) Pineapple Plums Watermelon	 	<h3 data-bbox="1226 1219 1341 1251">Juices</h3> Apple juice Apricot Nectar Papaya nectar Peach Nectar Pear Nectar Pineapple Juice Grape Juice

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)