

EXAMPLES OF HIGH POTASSIUM FOODS

VEGETABLES:

Artichoke
Baked Potato
Beans (black, white, mung, kidney)
Beets (>½ cup)
Bok Choy
Broccoli (>½ cup)
Brussel Sprouts
Carrots (raw > 8 mini sized)
Cassava
French Fries
Kale
Kohlrabi
Lentils
Parsnips
Portabella mushrooms
Potatoes (not presoaked)
Potato Chips
Rutabaga
Squash (acorn, butternut, hubbard)
Sweet Potato or Yam
Swiss Chard
Tomato (whole)
Tomato Paste
Tomato Sauce
Water chestnuts (raw)

VEGETABLE JUICES:

Clamato Juice
Tomato Juice
V-8 Juice

FRUIT:

Apricots
Avocado
Banana
Cantaloupe
Cherries (>½ cup)
Coconut & Coconut Milk
Dried Fruit
Durian
Figs
Guava
Honeydew Melon
Jackfruit (raw)
Kiwi
Mango
Nectarines
Oranges
Papaya
Passion fruit
Pears (fresh)
Persimmon
Plantain
Pomegranate
Pumpkins
Raisins
Rhubarb (>½ cup)
Strawberries (>½ cup)
Tamarind

FRUIT JUICES:

Orange Juice
Passion Fruit Juice
Prune Juice

OTHER FOODS:

Multigrain products
All Bran or Bran muffins
Milk (>1 cup)
Yogurt (>½ cup)
Nuts and Sunflower Seeds
Salt substitutes
No Salt or Half Salt
Ketchup (>1 Tbsp)
Brown Sugar (>½ cup in a recipe)
Molasses
Chocolate (>1 ounce)
Coffee (>4 cups)

AVOID:

Star fruit — may be dangerous for some people with kidney disease

Check ingredient lists for these additives:

- **Potassium acetate and diacetate**
- **Potassium chloride**
- **Potassium lactate**
- **Potassium phosphates** (eg: Potassium tripolyphosphate)

EXAMPLES OF LOWER POTASSIUM VEGETABLES AND FRUIT

Please remember that any food in large amounts could become a high potassium food!
A serving is ½ cup unless otherwise indicated.

VEGETABLES:

Alfalfa Sprouts
Asparagus
Bamboo shoots (canned)
Bean sprouts
Beans (green or yellow)
Broccoli (<½ cup)
Cabbage
Carrots, raw
(< 8 mini sized)
Carrots (boiled in water)
Cauliflower
Celery
Chives
Corn
Cucumber
Dandelion greens
Eggplant
Jicama
Leeks
Lettuce
Mushrooms
Mustard greens
Okra
Onions
Peas
Peppers (green, red
or yellow)
Potatoes (pre-soaked and
boiled)
Radish
Snow peas
Spinach (raw <½ cup)
Squash (spaghetti or
scalloped)
Turnip
Water chestnuts (canned)
Watercress
Zucchini

FRUIT:

Apples
Applesauce
Apricots (canned)
Blackberries
Blueberries
Boysenberries
Canned fruit (drained)
Casaba melon
Cherries (<½ cup per day)
Chokecherry
Crab apples
Cranberries
Fruit Cocktail
Grapes
Grapefruit (check
medications)
Jackfruit (canned and
drained)
Lemon
Lime
Lychees
Mandarin oranges
(canned)
Peaches
Pears (canned) or Asian
Pineapple
Plums
Prunes (2 only)
Prickly pear
Raspberries
Saskatoon berries
Strawberries (<½ cup)
Watermelon

FRUIT JUICES (½ cup)

Apple Juice
Apricot Nectar
Blackberry juice
Cranberry Juice
Grape Juice

To Reduce Potassium Content Of Potatoes (Pre soak)

1. Peel & cut potato into small pieces or thin slices
2. Rinse in warm water
3. Soak in large amount of water for 2 to 4 hours.
4. Drain water. Do not use this water!
5. Prepare vegetables as desired.

Keep portion size to ½ cup serving size.

Reducing Potassium Content (Double Boiling)

1. Peel & dice the potato
2. Place in room temperature water (2x amount of water to amount of vegetable)
3. Bring water to boil
4. Drain & add fresh water (same amount as above)
5. Bring the water to a boil again & finish the cooking process.

Keep portion size to ½ cup serving size

OTHER FOODS:

Remember that other food groups not listed in the high potassium section can still be included—discuss with your dietitian if you are unsure of these foods.