

Acceptable Potassium Foods

(Serving size is ½ cup unless otherwise noted)

Vegetables (Low Potassium Choices)

- Cabbage
- Lettuce (1 cup)
- Celery (1 stalk)
- Cucumber
- Pepper (green or red)
- Carrots (cooked, ½ cup)
- Onion
- Radish
- Green Beans or Wax Beans
- Eggplant
- Squash (summer, zucchini, crookneck)
- Green Peas (½ cup canned or ½ cup cooked)

Fruits (Low Potassium Choices)

- Apple (1 small)
- Grapes (15 small)
- Peach (½ cup canned or 1 small fresh)
- Plum (1 medium or ½ cup canned)
- Pineapple
- Watermelon (1 cup)
- Cherries
- Raspberries, Cranberries, Blueberries, Blackberries
- Strawberries (½ cup)
- Canned Pear (½ cup)

Acceptable Juices

- Apple Juice
- Pear Juice
- Cranberry Juice
- Lemonade
- Pineapple Juice