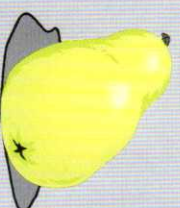


High Potassium Foods

FRUITS



Oranges

Orange Juice

Bananas

Apricot

Kiwi

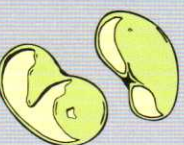
Pear

Nectarine

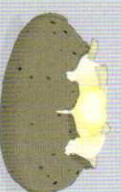
Cantaloupe/
Melon



Dried Fruit: Dates,
Figs, Prunes &
Prune Juice



Dried Beans,
Peas & Lima Beans



White & Sweet
Potato (baked,
boiled, mashed)



French Fries

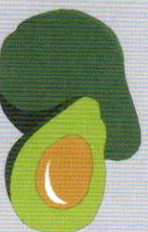


Potato Chips

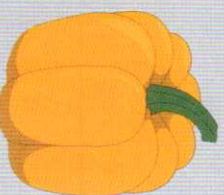
VEGETABLES



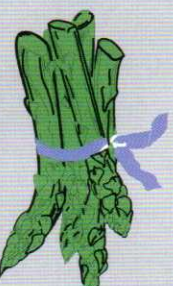
Mushrooms



Avocado



Pumpkin



Asparagus



Tomato



Winter Squash

OTHER



Peanuts, Almonds & Pecans



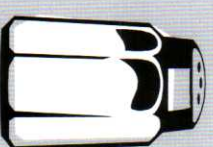
Milk



Coffee, Cocoa



Tomato Sauce/
Spaghetti Sauce



Salt
Substitute



Chocolate