

Potassium Foods

Low Potassium Foods



Fruits: Cherries, apples, pears, grapefruits, grapes, lemon, strawberries, plums, watermelon, berries and peaches are examples of fruits that are considered low potassium in 1/2 cup portions



Vegetables: Carrots, green beans, eggplant, sweet peppers, cauliflower, corn, summer squash such as zucchini, cabbage, onions, broccoli and mushrooms are examples of some vegetables that are considered low potassium in 1/2 cup portions

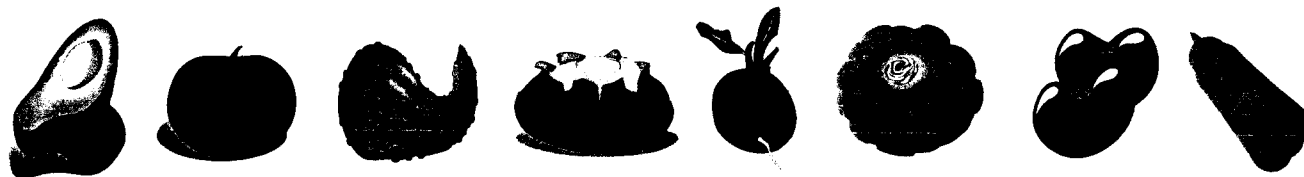


If you are not diabetic snacks such as plain cake, jelly beans, lifesavers, plain donuts, red licorice, ju-jubes as well as unsalted popcorn and pretzels are low in potassium and are safe to enjoy in moderation

High Potassium Foods



Fruits: Bananas, apricots, kiwis, cantaloupe, honey dew, papaya, coconut and ALL DRIED FRUITS are some examples of fruits considered high in potassium.



Avocados, tomatoes, winter squash, potatoes, beets, artichokes, kidney beans, and asparagus are some examples of vegetables that are considered high in potassium.



All of the above foods are considered high in potassium.