Potassium is widely available in the foods we eat. If you need to limit potassium in your diet, select more foods that have lower levels of potassium and limit or avoid foods that are higher in potassium.

**Milk and Yogurt** - limit to one 1 cup serving per day

**Meats, Fish, Eggs, Cheese, Dried Peas and Beans, Nuts and Seeds** - limit to 3-4 ounces per day

**Vegetables** -
**Low Potassium choices:**
- green beans
- wax beans
- raw cabbage
- cucumber (peeled)
- lettuce
- watercress
- green pepper
- water chestnuts

**Medium Potassium Vegetables (1 serving per day):**
- broccoli
- cooked cabbage
- carrot
- cauliflower
- celery
- collards
- corn
- eggplant
- plantain
- kale
- mushroom
- mustard greens
- onion
- radish
- spinach (raw)
- peas
- (green or snow)
- summer squash
- turnip
- turnip greens

**High Potassium Vegetables** (occasional)
LOW POTASSIUM DIET (continued)

FRUITS-

Low Potassium Fruits:
- applesauce
- blueberries
- grape juice
- lemon
- cranberries & juice
- papaya
- nectar
- peach nectar
- pear (canned)
- pear nectar

Medium Potassium Fruits (eat 1 serving a day):
- apple & juice
- blackberries
- cherries
- fruit cocktail
- grapes
- grapefruit & juice
- mango
- papaya
- peach
- pineapple
- plum
- raspberries
- rhubarb
- strawberries
- tangerine
- watermelon

High Potassium Fruits (occasional small servings only):
- apricot
- avocado
- banana
cantaloupe    dates    figs

honeydew melon    kiwi

nectarine

orange & juice    pear (fresh)    prunes & juice

raisins

Breads, Cereals and Starches -
whole grains and bran - limit to occasional servings

Miscellaneous Food Items (avoid or limit to occasional small servings) -
chocolate
molasses
nuts, especially peanuts and peanut butter
commercial soups
salt substitutes with potassium chloride
packaged foods containing high amounts of potassium chloride

Following these guidelines should keep potassium intake to under 60 mEq per day.

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If you would like personal instruction on how to incorporate nutritional guidelines
into your life and improve your health, schedule an appointment with:
Karen Youket, Dietitian / Nutritionist
by calling The Family Health Centers at 828-258-8681