



# Potassium Food List

## Vegetables

### Low Potassium

Asparagus  
Bell Peppers  
Bok Choy  
Broccoli  
Cabbage  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Eggplant  
Endive  
Green Beans  
Green Peas  
Kale  
Lettuce  
Mushrooms  
Okra  
Onions  
Spaghetti Squash  
Sugar Snap Peas  
Turnips  
Yellow Beans  
Yellow Squash  
Water Chestnuts

### High Potassium

Acorn Squash  
Artichokes  
Avocado  
Beets  
Butternut Squash  
Brussels Sprouts  
Greens (turnip, collard, mustard)  
Kohlrabi  
Parsnips  
Potatoes (baked, mashed, boiled, French fries)  
Pumpkin  
Rutabaga  
Spinach  
Sweet Potato  
Tomato (raw, juice, sauce)  
Zucchini



# Potassium Food List

## Fruits

### Low Potassium

Apple (fresh, juice, applesauce)  
Apricots  
Blackberries  
Blueberries  
Cherries  
Cranberries (fresh, canned, juice)  
Fruit cocktail  
Grapes (fresh, juice)  
Honeydew Melon  
Lemons  
Limes  
Peaches  
Pears  
Pineapple (fresh, canned, juice)  
Plums  
Raspberries  
Rhubarb  
Strawberries  
Tangerines  
Watermelon

### High Potassium

Bananas  
Cantaloupe  
Dried Fruits  
Figs  
Kiwi  
Mango  
Nectarine  
Oranges (fresh, juice)  
Papaya  
Pomegranate (fresh, juice)  
Prunes (fresh, juice)