

High-Potassium Foods

Fruits	Vegetables	Other Foods
Apricot	Acorn Squash Artichoke	Bran/Bran products
Avocado	Bamboo Shoots	Chocolate
Banana	Baked Beans	Granola
Cantaloupe	Butternut Squash	Milk, all types
Dates	Refried Beans	Molasses
Dried fruits	Beets, fresh then boiled	Nutritional Supplements: Use only under the direction of your doctor or dietitian.
Figs, dried	Black Beans	Nuts and Seeds
Grapefruit Juice	Broccoli, cooked	Peanut Butter
Honeydew	Brussels Sprouts	Salt Substitutes/Lite Salt
Kiwi	Chinese Cabbage	Salt Free Broth
Mango	Carrots, raw	Snuff/Chewing Tobacco
Nectarine	Dried Beans and Peas	Yogurt
Orange	Greens, except Kale	
Orange Juice	Hubbard Squash	
Papaya	Kohlrabi	
Pomegranate	Lentils	
Pomegranate Juice	Legumes	
Prunes	Mushrooms, canned	
Prune Juice	Parsnips	
Raisins	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes/Tomato products	
	Vegetable Juices	

FOODS ABOVE SHOULD BE AVOIDED ON A LOW POTASSIUM DIET. FOR MORE SPECIFIC DIETARY INSTRUCTIONS, WE ARE HAPPY TO REFER YOU TO A RENAL DIETICIAN.