

HIGH POTASSIUM FOODS (> 200 mg per serving)

Portion size =1/2 cup unless otherwise stated

FRUITS	VEGETABLES	OTHER
Apricot: raw (2 medium)	Acorn Squash	Bran/Brand products
Apricot: dried (5 halves)	Artichoke	Chocolate (1.5-2 oz)
Avocado (1/4 whole)	Bamboo Shoots	Granola
Banana (1/2 whole)	Baked Beans	Milk, all types
Cantaloupe	Butternut Squash	Molasses (1 Tbsp)
Dates (5 whole)	Refried Beans	Nutritional Supplements
Dried Fruits	Beets, fresh then boiled	Nuts and Seeds (1 oz)
Figs (dried)	Black Beans	Salt Substitutes/Lite salt
Grapefruit Juice	Broccoli, cooked	Salt Free Broth
Honeydew	Brussels Sprouts	Yogurt
Kiwi (1 medium)	Chinese Cabbage	Snuff/Chewing Tobacco
Mango (1 medium)	Carrots, raw	
Nectarine (1 medium)	Dried Beans and Peas	
Orange (1 medium)	Greens, except Kale	
Orange Juice	Hubbard Squash	
papaya (1/2 whole)	Kohlrabi	
Pomegranate (1 whole)	Lentils	
Pomegranate Juice	Legumes	
Prunes	Mushrooms, canned	
Prune Juice	Parsnips	
Raisins	Potatoes, white and sweet	
	Pumpkin	
	Rutabagas	
	Spinach, cooked	
	Tomatoes, tomato products	
	Vegetable Juices	