

LOW POTASSIUM FOODS

Portion size =1/2 cup unless otherwise stated

FRUITS	VEGETABLES	OTHER
Apple (1 medium)	Alfalfa Sprouts	Rice
Apple Juice	Asparagus (6 spears)	noodles
Applesauce	Beans, green or wax	Pasta
Apricots, canned in juice	Cabbage, green and red	Bread and Bread products (not whole grains)
Blackberries	carrots, cooked	Cake, angel and yellow
Blueberries	Cauliflower	Coffee (limit to 8 oz)
Cherries	Celery (1 stalk)	Pies without chocolate or high potassium fruit
Cranberries	Corn, fresh (1/2 ear)	Cookies without nuts or chocolate
Fruit Cocktail	Corn, frozen	Tea (limit to 16 oz)
Grapes	Cucumber	
Grapefruit (1/2 whole)	Eggplant	
Mandarin oranges	Kale	
Peaches, fresh (1 small)	Lettuce	
Peaches, canned	Mixed Vegetables	
Pineapple	Mushrooms, fresh	
Pineapple Juice	Okra	
Plums (1 whole)	Onions	
Raspberries	Parsley	
Strawberries	peas, green	
Tangerine (1 whole)	peppers	
Watermelon (limit to 1 cup)	Radish	
	Rhubarb	
	Water Chestnuts, canned	
	Watercress	
	Yellow Squash	
	Zucchini Squash	