

## Potassium in some common foods

Include no more than 6 servings a day of fruit and vegetables. Your dietitian may suggest you limit your intake of milk and milk alternatives.

Choose foods with low to medium potassium		Avoid foods with high potassium
Fruit	One serving	Fruit
Apple	1 small	Apricot
Apple sauce	½ cup	Avocado
Apricots, canned	½ cup	Banana
Blackberries	½ cup	Breadfruit
Blueberries	½ cup	Dates
Cantaloupe	1/8 small	Figs
Cherries	½ cup	Guava
Cranberries	1 cup	Honeydew melon
Currants	½ cup	Jackfruit
Fruit cocktail	½ cup	Kiwi fruit
Gooseberries	½ cup	Mango
Grapefruit	½ small	Nectarine
Grapes	15 small	Orange
Lemon	1 medium	Papaya
Limes	2 medium	Persimmon
Mandarin orange sections	½ cup	Pomegranate
Passion fruit	2 fruits	Prune
Peach, fresh	1 small, 2 inch	Pummelo (pomelo)
Peaches, canned	½ cup	Sapote
Pears, fresh	1 small, 2 inch	Soursop
Pears, canned	½ cup	Starfruit
Pineapple, fresh	1 slice	
Pineapple, canned	½ cup	
Plums, canned or fresh	1 medium	
Raisins	2 tbsp	
Raspberries	½ cup	
Rhubarb	½ cup	
Strawberries	5 medium	
Tangerine	1 small	
Watermelon	1 cup	

<b>Choose foods with low to medium potassium</b>		<b>Avoid foods with high potassium</b>
<b>Fruit</b>	<b>One serving</b>	<b>Fruit</b>
<b>Juice:</b>		<b>Juice:</b>
Apple juice	½ cup	Grapefruit juice
Apricot nectar	½ cup	Orange Juice
Cranberry juice	1 cup	Passion fruit juice
Grape juice	½ cup	Pomegranate juice
Lemon juice	½ cup	Prune juice
Papaya nectar	½ cup	Tangerine juice
Peach nectar	1 cup	
Pear nectar	1 cup	
Pineapple juice	½ cup	
<b>Vegetables</b>	<b>One serving</b>	<b>Vegetables</b>
Alfalfa sprouts	½ cup	Artichoke
Asparagus	5 spears	Bamboo shoots, raw or cooked
Bamboo shoots, canned	½ cup	Beet greens
Beans, green or yellow	½ cup	Beets
Bok Choy, raw	1 cup	Bok choy, boiled
Broccoli	½ cup	Brussel sprouts
Cabbage, cooked	½ cup	Celery, cooked
Cabbage, raw	1 cup	Chard, cooked
Carrots, cooked	½ cup	Kohlrabi
Carrots, raw	1 small, 5 inches	Mushrooms, cooked
Cauliflower	½ cup	Parsnips
Celery, raw	1 stalk	Potatoes – all except peeled and double boiled
Chard, raw	1 cup	Pumpkin
Collard	½ cup	Rapini, cooked
Corn	½ ear	Rutabaga
Cucumber	½ cup	Spinach, cooked
Eggplant	½ cup	Squash, winter
Endive, Belgium or Escarole	1 cup	Sweet potato
Fiddlehead greens	½ cup	Yam
Kale	½ cup	Zucchini, cooked
Lettuce, all varieties	1 cup	
Mushrooms, canned or raw	½ cup	
Mustard greens	½ cup	

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<b>Vegetables</b>	<b>One serving</b>	<b>Vegetables</b>
Okra	½ cup	<b>Juice:</b> Vegetable juice Vegetable cocktail V8, all types Tomato juice
Onions	½ cup	
Peas, green	½ cup	
Pepper, sweet	½ cup	
Potato – peeled and double boiled only	½ cup	
Radishes	½ cup	
Rapini, raw	½ cup	
Sauerkraut	½ cup	
Snow peas	½ cup	
Spinach, raw	½ cup	
Squash, summer	½ cup	
Turnip greens	½ cup	
Tomato	½ medium	
Tomato sauce	3 tbsp	
Turnips	½ cup	
Watercress	1 cup	
Zucchini, raw	½ cup	
<b>Milk and Alternatives</b>	<b>One serving</b>	<b>Milk and Alternatives</b>
Cheese	1 ½ ounces	Cheese whiz
Cottage cheese	½ cup	Chocolate
Frozen yogurt	½ cup	Milk, chocolate
Ice cream	½ cup	Processed cheese
Milk, white	½ cup	Pudding, chocolate
Milkshake, all types	½ cup	
Pudding, all but chocolate	½ cup	
Yogurt	100 grams	

This chart may help you with serving sizes:

Metric and Imperial Sizes		
250 mL	=	1 cup
175 mL	=	¾ cup
125 mL	=	½ cup
60 mL	=	¼ cup
15 mL	=	1 tablespoon (tbsp)
5 mL	=	1 teaspoon (tsp)
25 grams	=	1 ounce (oz)

Choose foods with low to medium potassium	Avoid foods with high potassium
<b>Grain Products</b> (white and refined grains)	<b>Grain Products</b> (dark and whole grains)
<p><b>Breads:</b>            Bagel, plain            Bread/roll, white or light rye            English muffin, white            Hamburger/hot dog bun, white            Muffin, except bran, carrot, chocolate, whole wheat            Pita, white            Tortilla/taco, white</p> <p><b>Cereals:</b>            Corn Flakes            Corn Pops            Cornmeal            Cream of Wheat            Froot Loops            Frosted Flakes            Honey Nut Chex            Puffed rice            Puffed wheat            Rice Krispies            Special K            Trix</p> <p><b>Rice/Pasta:</b>            Noodles, egg, rice or soba            Pasta, white            Rice, white</p> <p><b>Crackers/Cookies:</b>            Arrowroot cookies            Graham crackers            Melba toast, white            Rice cake, white            Social Tea cookies            Soda crackers            Tortilla chips            Vanilla wafers</p>	<p><b>Breads:</b>            Bagel, whole wheat or multigrain            Bread/roll, whole wheat, multigrain, corn, dark rye, oatmeal, pumpernickel or raisin            English muffin, whole wheat            Hamburger/hot dog bun, whole wheat            Muffin, bran, carrot, chocolate, whole grain            Pita, whole wheat, multigrain            Tortilla/Taco, whole wheat or multigrain</p> <p><b>Cereals:</b>            All Bran            Bran Buds            Bran Flakes            Cheerios            Fibre One            Frosted Mini Wheats            Grape Nuts            Honeycomb            Just Right            Oatmeal            Red River            Wheaties</p> <p><b>Rice/Pasta:</b>            Pasta, whole wheat            Rice, brown            Rice, wild</p> <p><b>Crackers/Cookies:</b>            Crackers, whole wheat/grain            Danish            Date squares            Fruitcake            Gingerbread            Granola bar            Peanut butter cookie</p>

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<b>Grain Products</b> (white and refined grains)	<b>Grain Products</b> (dark and whole grains)
<b>Other grain products:</b> Cake, pound Cake, sponge Cake, marble Couscous Flour, white Popcorn	<b>Other grain products:</b> Baked items with whole wheat/grain chocolate or carrot Cake, white, yellow, angel food, fruit, gingerbread Barley Buckwheat Bulgur Pancake or waffle mix Wheat germ Whole wheat flour
<b>Meat and Alternatives</b>	<b>Meat and Alternatives</b>
Beef Chicken Egg Fish Lamb Pork Turkey Veal Tofu	Beans, baked, black, kidney, lima, mung, navy, pinto or white Chickpeas Lentils Nuts Peanut butter Seeds Soybeans Split peas
<b>Other</b>	<b>Other</b>
Brown sugar (1 tbsp) Butter, margarine Club House No Salt Added™ Cream cheese Herbs and spices Honey Hot sauce Jam, jello Lemonade Maple syrup – pure (1 tbsp) Mrs. Dash™ Mustard Non-dairy creamer and whipped topping Relish Soft drinks, all but cola Soup, broth Table syrup White sugar	Barbeque sauce Beer Caramel candy Caramel topping Chocolate bar Coconut Cola drinks Coriander Gravy Ketchup Meat extract (Oxo®, Bovril®) Molasses Potato chips Salt substitutes Soup, tomato and cream