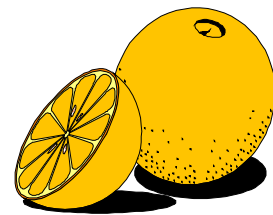


# High Potassium Foods



A potassium of 3.5 to 6.0 is acceptable.

A high potassium can affect the beating of your heart.

Try to avoid the high-potassium foods listed below.

## Fruits

apricots  
avocado  
banana  
cantaloupe  
casaba  
dates  
dried fruits  
figs  
guava  
honeydew  
kiwi  
mango  
nectarine  
orange  
passion fruit  
prunes  
raisins

## Juices

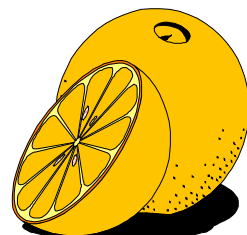
apricot nectar  
orange juice  
prune juice  
tomato juice  
V-8  
carrot juice

## Vegetables

artichokes  
baked beans  
broccoli, raw  
brussels sprouts  
dried, canned or frozen beans & peas  
(navy, kidney, split, etc.)  
lentils  
lima beans  
mushrooms  
parsnips  
potato: baked, chips, French fries,  
home fries, potato pancakes  
sweet potato, baked  
spinach  
tomato  
tomato sauce  
winter squash, baked  
yams, baked

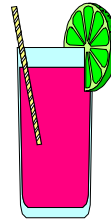
## Other

chocolate  
coconut  
milk & milk products  
nuts  
salt substitute  
whole grain breads and cereals  
bran breads and cereals



- \* Limit all other fruits and juices to no more than 3 servings per day.  
One serving is one small piece of fresh fruit or one half cup canned fruit or fruit juice.
- \* Limit all other vegetables to no more than 2 servings per day. One serving is one half cup.
- \* Hard vegetables (potato, carrot, etc.) should be peeled and cut into small pieces, then soaked for one hour. Drain the soaking water and boil the vegetable in new water.
- \* Limit regular coffee to 2 cups per day. Switch to decaffeinated coffee or tea for a lower potassium choice.
- \* If you are hungry between meals, snack on foods in the bread group: cereals & bread (not whole grain or bran), noodles, pasta, rice, cookies, etc.
- \* Choose from the following list of juices lowest in potassium:

cranberry & all the cranberry combinations  
lemonade & limeade  
pear & peach nectars  
pink grapefruit cocktail



- \* Choose from the following list of fruits lowest in potassium:

applesauce  
cranberry sauce  
fruit cocktail  
plums  
canned peaches  
canned pineapple  
canned pears  
blueberries  
grapes

