



Low Potassium Diet

Your doctor has recommended that you follow a low potassium diet. There are several factors that can cause elevated blood potassium levels, including certain medications. Potassium is a mineral that occurs naturally in many foods. All fruits, vegetables, bread and grains, milk and dairy products contain potassium. The following food lists will help you choose low-potassium foods to better regulate your blood potassium. Salt substitutes are made out of potassium chloride and **should not** be used.

Food Group	Choose (Low potassium) Less than 200 mg per serving	Avoid (High potassium) More than 200 mg per serving
<p>Fruits</p> <p>Choose up to 2-3 servings of low potassium fruit per day</p>	<p>Apple (peeled) medium Apple juice Applesauce Blackberries (½ cup) Blueberries (½ cup) Cherries (10 each) Cranberries (½ cup) Cranberry juice cocktail (½ cup) Fruit cocktail (½ cup) Grape juice (½ cup) Grapefruit (½ each) Grapes (½ cup) Lemons or limes (1 each) Nectar of apricot mango, papaya or pear (½ cup) Peach (1 each) Peach canned (½ cup) Pear canned (½ cup) Pineapple juice (½ cup) Pineapple fresh or canned (½ cup) Plum (1 each) Raspberries (½ cup) Rhubarb (½ cup) Strawberries (½ cup) Tangerines (1 each) Watermelon (½ cup)</p>	<p>Apricots Avocado Banana Cantaloupe Dates Dried Figs Grapefruit juice Honey dew melon Kiwi Mango Nectarine Orange Orange juice Papaya Pear Pomegranate Pomegranate juice Prune juice Prunes Raisins</p>

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<p>Vegetables</p> <p>Choose up to 2-3 servings of low potassium vegetables per day</p>	<p>Alfalfa sprouts (1 cup) Asparagus (½ cup or 6 spears) Green or yellow beans (½ cup) Beet - canned (½ cup) Broccoli, raw (½ cup) Cabbage (½ cup) Carrots cooked or raw (½ cup) Cauliflower, raw (½ cup) Celery, raw (½ cup) Corn (½ cup or 1 ear) Cucumbers (½ cup) Eggplant (½ cup) Endive, raw (½ cup) Greens: kale, turnip, collard (½ cup) Lettuce, all types (1 cup) Mixed vegetables (½ cup) Mushrooms, raw (½ cup) Okra (½ cup) Onions, raw (½ cup) Peas, green, frozen (½ cup) Peppers, red or green (½ cup) Radishes, raw (10 each) Spaghetti squash (½ cup) Spinach, raw (1 cup) Summer squash (½ cup) Swiss chard, raw (1 cup) Water chestnuts (½ cup) Watercress, raw (½ cup chopped)</p>	<p>Artichoke Beans, lima, or baked, canned Beets, raw or cooked Broccoli, boiled Brussels sprouts Dried beans and peas Greens, beet Kale, raw Kohlrabi, rutabaga, parsnips Lentils Mushrooms, boiled Potato, baked with skin Potatoes, boiled Potatoes, mashed Pumpkin, canned Spinach, canned Squash, butternut or acorn Sweet potato, baked with skin Swiss chard Tomato or vegetables juice Tomato sauce Tomato, raw Tomatoes, canned Zucchini</p>
<p>Grains, breads and cereals</p>	<p>Brown or Wild rice (½ cup) Oatmeal (½ cup) Tortilla, flour or corn White flour products: white bread, white pasta, white rice, crackers. Whole wheat bread (1 slice)</p>	<p>Bran muffin Bran cereal Wheat germ</p>
<p>Meats</p>	<p>Choose up to 3 ounces/meal of beef, poultry, pork, fish or egg.</p> <p>* Note 3 ounces = size of deck of cards</p>	<p>Portions larger than 3 ounces at a meal of beef, ground beef, chicken, canned clams, fish, pork; canned tuna, or turkey Nuts (if more than one ounce) Peanut butter (if more than 2 Tbsp) Seeds (if more than 1 ounce)</p>
<p>Dairy</p>	<p>Milk and yogurt (1 cup or 6 ounce yogurt maximum per day) Cheese (1 ounce) Cottage cheese (1 cup)</p>	

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Fats	Vegetable oils (olive, corn, soybean, canola, sunflower, safflower) Butter Margarine Mayonnaise Salad dressings	
Desserts	Cake or pies made without chocolate or other ingredients from the avoid list. Chocolate (up to a 1½ oz bar) Ice cream or frozen yogurt, chocolate or vanilla (½ cup) Vanilla pudding (½ cup)	More than 1 ½ ounce of chocolate More than ½ cup chocolate pudding
Beverages	Water, sparkling water Beer (12 ounces) Carbonated drinks (12 ounces) Wine, red or white (5 ounces)	
Condiments	Fresh or dried herbs and spices. Vinegar, mustard, pepper, red pepper.	Avoid salt substitutes. Avoid low sodium products that use potassium chloride.

If you have questions, a nutrition education specialist is available to help at 1-508-852-6175 or 1-888-392-0183.