

# HIGH POTASSIUM FOODS

## Fruits

Serving size: ½ cup fresh or canned or 1 small piece  
1/4c dried fruit



Oranges &  
Orange Juice



Kiwi



Cantaloupe



Dried Fruits



Pomegranate



Bananas



Mango



Nectarines



Raisins

## Vegetables

Serving size: ½ cup cooked or 1 cup raw



Greens  
(Beet / Spinach)



Tomatoes &  
Tomato Juice



Avocado



Squash  
Winter & Summer



Bok Choy



White & Sweet  
Potatoes



Artichoke



Broccoli



Pumpkin

## Other



Chocolate



Milk & Soy Milk



Raisin Bran



Salt Substitute



Nuts & Seeds



Yogurt



French Fries &  
Potato Chips



Coconut Water  
& Coconut Milk