

High Potassium Food List

Translations available in:

[Arabic](#), [Chinese](#), [French](#), [Korean](#), [Russian](#), [Spanish](#)

AVOID

Fruits

Apricots
Banana
Dates
Honeydew melon
Kiwifruit
Nectarine
Orange
Orange juice
Prune juice
Prunes
Raisins



Miscellaneous

Bran buds or 100% bran
Dried beans and peas
Nuts
Potato chips
Salt substitute
Soy milk and nuts
Yogurt



Vegetables

Artichokes
Avocado
Bamboo shoots, fresh or raw
Beets, fresh
Brussels sprouts
Chard
Greens,
 Beet
 Collard
 Mustard
Kohlrabi
Okra
Parsnips
Potatoes
Pumpkin
Rutabagas
Spinach
Sweet potatoes
Tomatoes
Tomato sauce, puree
Tomato juice
V-8 juice ®
Winter squash
Yams



Patient Food and Nutrition Services
UH-2C227/0056
1500 E. Medical Center Dr.
Ann Arbor, MI 48109-0056
734-936-7527