

Low Potassium Food List

Translations available in:

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

Fruits

Apples, apple juice, applesauce
Apricot nectar
Blackberries, blueberries
Cranberries, cranberry juice cocktails
Fruit cocktail
Grapes, grape juice
Lemons, limes, lemon juice, lime juice
Papaya nectar
Peaches, canned
Peach nectar
Pears, canned
Pear nectar
Pineapple
Plums (1)
Raspberries, strawberries
Tangerine (1)
Watermelon

Vegetables

Alfalfa sprouts
Bamboo shoots, canned
Bean sprouts
Beets, canned
Cabbage
Carrots
Cauliflower
Corn
Cucumber
Endive
Eggplant
Green beans
Lettuce, all types
Mushrooms
Onions
Radishes

Miscellaneous

Bagels, bread, rolls
Crackers
English muffins
Pasta
Plain cake or
cookies
Popcorn
Refined cereals
Rice



Tortilla chips
Hard candies
Popsicles
Soda pop
Sugar

Margarine
Mayonnaise
Oil

