

ACCEPTABLE POTASSIUM FOODS

Fruits

Serving size: ½ cup fresh or canned or 1 small piece



Berries



Apples



Cherries



Peaches



Pineapple



Grapes



Watermelon



Lemons & Limes



Tangerines



Plums



Pears



Canned Fruit



Mandarin Oranges



Applesauce



Juices: Apple, Grape, Peach
Nectar, Pear, Pineapple,
Cranberry

Vegetables

Serving size: ½ cup cooked or 1 cup raw



Cauliflower



Asparagus



Eggplant



Lettuce



Celery



Cucumbers



Carrots



Onions



Radishes



Green Beans



Cabbage



Peppers



Peas



Corn



Turnips



Okra