



High Potassium Foods: to avoid or limit

- **Juices:** Orange juice, passionfruit juice, prune juice, carrot juice, tomato juice, vegetable juice, V8 juice
- **Fruits:** Apricots, bananas, breadfruit, cantaloupe, dried fruits (apricots, cherries, cranberries, currants, dates, figs, prunes, raisins), guava, honeydew, melon, jackfruit, kiwi, mango, nectarine, orange, papaya, persimmon, pomegranate, sadopilla, sapote, soursop
- **Vegetables:** Artichoke (fresh), asparagus, avocado, baked beans, bamboo shoots (fresh, boiled), dried beans/peas/lentils, brussels sprouts, bok choy, celery (boiled), swiss chard, chicory greens, dock, green banana, kohlrabi, lotus root, mushrooms (dried/cooked), okra, parsnips, potatoes (roasted, microwave, French fries, potato chips), plantain, pumpkin, rutabaga, spinach (cooked), succotash, sweet potato, taro, tomato and tomato products, water chestnut (fresh), winter squash (acorn, butternut, hubbard), yam
- **Grains:** Cornbread, corn Johnnycake, oatmeal bread, rasin bread, dark rye, pumpernickel, 60%-100% whole wheat, whole wheat melba toast, multigrain bread, english muffin, whole grain roll, whole grain pasta, whole grain rice, wild rice, oat cake, bran muffin, pancake, waffle, whole grain roll
- **Other:** Salt substitutes (NoSalt, NuSalt, HalfSalt, LowSalt), salt-free cheese, nuts, seeds, coconut, chocolate, potato chips, brown sugar, molasses, maple sugar, maple syrup, specialty coffee, strong coffee/tea, cocoa, Ovaltine, Postum



Moderate Amounts of Potassium: eat with caution

- **Juices:** Grape juice, grapefruit juice, pineapple juice, tangerine juice
- **Fruits:** Apple, casaba melon, cherries, currants (fresh), elderberries, grapes, grapefruit, kumquats, lychees, peach, pear, plum, pomelo, prickly pear, starfruit, tangelo
- **Vegetables:** Artichoke (canned hearts), burdock root, carrot, cauliflower, corn, kale, mushroom (canned), mustard greens, green peas, snow peas, spinach (raw), summer squash (zucchini, crookneck, straightneck, scalopini)
- **Dairy:** custard, cream soup, ice cream, milk, pudding, sherbet, yogurt



Why your potassium matters

Potassium is a mineral which helps your nerves and muscles work well. Your potassium level in your blood can be too high or too low, which both can affect your heart function. Most of the potassium in your body comes from the foods and drinks you consume, which is why making conscious decisions regarding your diet is so important, especially if your potassium is outside of the normal range.

Low Potassium Foods: Eat more of these

- **Juices:** Apple juice, apricot nectar, cranberry juice, lemon juice, lime juice, papaya nectar, peach nectar, pear nectar
- **Fruits:** Apple rings, applesauce, blackberries, blueberries, clementine, crabapple, cranberries, cranberry sauce, gooseberries, loganberries, mandarin oranges (canned), peach (canned), pear (canned), pineapple, raspberries, strawberries, tangerine, watermelon
- **Vegetables:** Asparagus (canned), alfalfa sprouts, bamboo shoots (canned), broccoli, cabbage, cassava, celery (raw), chayote (chocho, christophene), collards, cucumber, dandelion greens, eggplant, Belgian endive, green and yellow string beans, yellow wax beans, leeks, lettuce (all types), mushrooms (raw), onion, peppers, radish, rhubarb, spaghetti squash, turnip, turnip greens, water chestnut (canned), watercress (raw)
- **Grains:** breadsticks, cracked wheat, french, hamburger bun, hot dog bun, Italian, kaiser bun, light rye, plain white bagel, white pita pocket, white roll, corn grits, cornflakes, cornmeal porridge, cream of rice, cream of wheat, farina, puffed rice, Rice Chex, Rice Krispies, corn bran cereal: limit to 1/2 cup/day, corn tortilla, cream or water crackers, crispbread made with white flour, matzo, melba toast, white rice cakes, risks, soda crackers (unsalted), taco shell, zwieback, polenta, white pasta, white rice
- **Other:** herbs and spices, herb mixes (Mrs. Dash), butter margarine, oil, mayonaise, sugar, sugar substitute, honey, jamaica, jelly, pancake or corn syrup, soft drinks (noncolas), regular and decaf coffee, tea, lemonade, fruit punch, sherbet, sorbet
- **Protein:** eggs, canned tuna, beef, poultry limited to 1oz serving sizes



*all canned fruits and vegetables must be drained, the juice must be thrown out

**Information drawn from the Ontario Renal Network & National Kidney Foundation