



High Potassium Diet

What is potassium?

- Potassium is a mineral that helps your nerves and muscles work well
- You may need to have more potassium in your diet if you are taking some types of medication that causes your body to lose potassium or if you have a medical condition that causes potassium loss in the urine or digestive tract

What is a normal potassium level?

- A normal blood potassium level for adults is 3.5-5.2mmol/L



What foods are high in potassium?

Almost all foods contain potassium, but some contain much more than others. Foods high in potassium include:

- Certain fruits, vegetables, and juices
- Whole grain bread and pasta, brown and long grain rice, and whole grain cereal and bran products
- Milk products
- Bean and legumes
- Nuts and seeds

Fruits

1 serving is equal to ½ cup unless otherwise noted

Lower Potassium		Higher Potassium	
Apple (1)	Lemon (1)	Apricots	Dates
Apple rings (5)	Lime (2)	Banana	Nectarine
Applesauce	Loganberries	Breadfruit	Orange (large)
Blackberries	Lychees (10)	Cantaloupe	Papaya
Blueberries	Mandarin orange	Coconut (dried)	Passion fruit
Boysenberries	Mango (1/2)	Coconut (raw)	Persimmon
Canned fruit	Peach (1)	Dried fruit (all types)	Pomelo (1/2)
Casaba melon	Pear (1)	Durian	Prickly pear (1)
Cherries (10)	Pineapple	Elderberries	Raisins (1 box)
Clementine (1)	Plum (1)	Figs	Sapote
Crab-apple	Pomegranate (1/2)	Guava	Sugar apple
Cranberries	Prunes (2)	Honeydew melon	Tamarind
Currants	Raspberries	Kiwi (1)	
Fruit cocktail	Rhubarb		
Gooseberries	Strawberries		
Grapefruit (1/2)	Tangelo (1)		
Grapes (20)	Tangerine (1)		
Kumquats (5)	Watermelon		

Juices and Nectars

1 serving is equal to half a cup and included as part of your fruit serving

Lower Potassium		Higher Potassium	
Apple juice	Lemon/Lime juice	Carrot juice	Pomegranate juice
Apricot nectar	Papaya Necta	Clamato juice	Prune juice
Blackberry juice	Peach nectar	Coconut juice	Tangerine juice
Cranberry juice	Pear nectar	Coconut water	Tomato juice
Grape juice	Pineapple juice	Grapefruit juice	V8 juice (regular)
Guava nectar	Passion fruit juice	Orange juice	Vegetable juice

Vegetables

1 serving is ½ cup unless otherwise noted

Lower Potassium		Higher Potassium	
Alfalfa sprouts	Fiddlehead green (boiled)	Acorn squash	Mushrooms: dried; portabella
Arugula (raw, 1 cup)	Kale (raw)	Artichoke	Parsnips
Asparagus (6 spears)	Leeks	Avocado (1/2)	Parsnips
Bamboo shoots (canned)	Lettuce (1 cup)	Baked beans	Plantain
Beans (green)	Mushrooms: Canned (drained), shitake (raw), white (raw)	Beans: navy, black, pinto, kidney, red, lima, roman, mung, white	Potato
Bean sprouts			Potato chips
Beet greens (raw)			Rapini (cooked)
Broadbeans (fresh,boiled)	Mustard greens	Bamboo shoots (fresh)	Rutabaga
Broccoli	Okra	Beets	Snow peas (cooked)
Cabbage	Onion (all types)	Bok choy	Soybeans
Carrots (baby, 8)	Peas (green)	Broadbeans (canned)	Spinach (cooked)
Carrot (regular)	Peppers	Brussel sprouts (4)	Split peas
Cauliflower	Radish	Burdock root	Succotash
Celeriac (cooked)	Rapini (raw)	Butternut squash	Sweet potatoes
Celery (1 stalk)	Snow peas (raw, 10)	Casava	Swiss chard (cooked)
Chayote	Spaghetti squash	Celeriac (raw)	Taro (cooked)
Chicory greens (1 cup)	Spinach (raw, 1 cup)	Chick peas	Tempeh
Collard greens	Swiss chard (raw)	Cress (cooked)	Tomato paste
Corn	Tomato, cherry (5)	Dock (sorrel)	Tomato sauce
Cress (raw)	Tomato (1/2)	French fries	Water chestnuts (raw)
Cucumber	Turnip	Lentils	Yam
Dandelion greens	Watercress (raw)	Lotus root	Zucchini (cooked)
Eggplant	Water chestnuts (canned)		
Endive (1)	Wax beans		
Fennel	Zucchini (raw)		

Milk Products	
Lower Potassium	Higher Potassium
Cheddar cheese, Swiss cheese, cottage cheese, mozzarella cheese, colby cheese, rice milk, vanilla almond milk, nondairy creamer (Coffee Mate, Coffee Rich)	Milk, yogurt, chocolate milk, packaged or canned puddings, ice-cream, malted milk, half and half
Grains	
Lower Potassium	Higher Potassium
Bread: any bread, bagels, rolls, or tortillas made with white flour, light rye, or 60% whole wheat	Bread: any bread, bagels or rolls made with whole grain, 100% whole wheat or dark rye
Cereal: any corn or rice-based cereals (i.e. Corn Flakes [®] , Rice Krispies [®] , Cream of Rice [®]) cream of wheat, non-bran cereals	Cereal: bran or whole grain cereal, granola, shredded wheat, cereals containing dried fruit or nuts
Crackers: low sodium crackers made with white flour, graham crackers, matzo crackers, soda crackers, low sodium tortilla chips (non-wheat), white melba toast, white rice cakes	Crackers: any made from whole wheat, grains, or dark rye
Rice/pasta: white rice, white pasta, white noodles	Rice/pasta: brown rice, long grain rice, whole wheat pasta
Baked goods: arrowroot, angel food cake, blueberry muffins, pound cake, shortbread, social teas, sponge cake, sugar cookies, vanilla wafers, white or yellow cake	Baked goods: Danish, doughnuts, date square, fruit cake, gingerbread, gingersnap, granola bar, peanut butter cookie, any baked good made from whole wheat/grains and chocolate
Other: cornmeal, white couscous (1/3 cup), white flour	Other: barley, buckwheat, bulgur, nuts/seeds, pancake/waffle mix, wheat germ, whole wheat flour

My Goals: (e.g., I will choose honeydew melon instead of watermelon)

1. _____

2. _____

3. _____

Dietitian: _____

Telephone: 905-378-4647 ext _____