

# POTASSIUM IN YOUR DIET



## Fruits to Avoid

Apricots, Avocado, Banana, Cantaloupe, Dates, Figs, Honeydew, Orange, Papaya, Raisins, Rhubarb

## Fruit Juices to Avoid

Grapefruit Juice, Gator-Aid, Orange Juice, Prune Juice, Tomato Juice, V-8 Juice

## 1 1/2 cups TOTAL Servings of Fruits Allowed

1 Apple, 1/2 c berries, 1/2 c cherries, 1/2 grapefruit, 1/2 c grapes, 1/2 kiwi, 1 lemon, 1 lime, 1/2 small mango, 1/2 nectarine, 1/2 peach, 1/2 pear, 1 plum, 1/2 c pineapple, 3 prunes, 1 tangerine, 1/2 c watermelon

## Canned Fruit: 1/2 c servings

Applesauce, fruit cocktail, grapefruit sections, peaches, pears, pineapple, plums

## Juices: 1/2 c servings

Apple Juice, Grape Juice, Pineapple Juice, Cranberry Juice, Peach Nectar, Pear Nectar, Lemonade

## Vegetables to Avoid

Beans: Baked, Buttered, Great Northern, Pinto, Kidney, Lima, Navy, Lentils, Black Eyed Peas, Chick peas, Chowder Peas, Split Peas; Artichokes, Broccoli, Brussels Sprouts, Collards and Spinach, Potatoes\*, Potato Chips, French Fries, Parsnips, Pumpkin, Radishes, Rutabaga, Winter Squash (such as Acorn or Butternut) Sauerkraut, Yams\*

## 1 cup TOTAL Servings of Vegetables Allowed

(All servings are 1/2 cup)

Asparagus, Green Beans or Waxed Beans, Beets, Cabbage, Carrots, Cauliflower, Celery, Corn, Cucumber, Eggplant, Mustard Greens and Turnip Greens, Kale, Lettuce, Mushrooms, Okra, Onions, Green Peas, Green Pepper, Summer Squash (Zucchini or Crookneck), 1/2 Small Tomato, 1/4 c Tomato Sauce, Turnips

## Miscellaneous Foods to Avoid

Bran, Whole Wheat and Pumpernickel Bread, Chocolate, Molasses, Nuts, Nut Bread, Peanut Butter, Salt Substitutes, Tomato Paste, Tomato Puree, FruitCake

## \*Prepare White and Sweet Potatoes This Way to

## Decrease Potassium Content: Serving size is 1 cup

1. Peel and slice into small slices
2. Place in a large pot or bowl and fill with a large amount of water
3. Soak potato for at least two hours
4. Drain and rinse the potatoes
5. Boil the potatoes in a large amount of new water
6. Drain the potatoes, then mash, fry, or serve in slices with margarine or butter

