

# High Potassium Foods

Avoid or Limit to ½ cup Each Day

## Fruits



Avocado



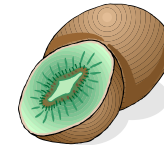
Bananas



Cantaloupe



Honeydew Melon



Kiwi



Oranges



Mango

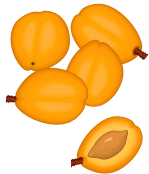


Nectarine

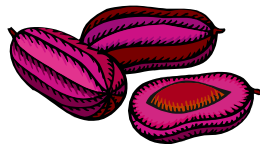


Papaya

## Dried Fruits



Apricots



Dates



Figs



Prunes

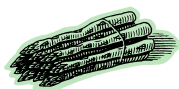


Raisins

## Vegetables



Artichoke



Asparagus



Potato

Potato Products  
(Fries, Hashbrowns, Chips)



Pumpkin



Sweet  
Potato



Winter  
Squash



Tomato  
Tomato Products  
(Sauce, Paste)



Cooked  
Spinach

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## Juice



Orange Juice

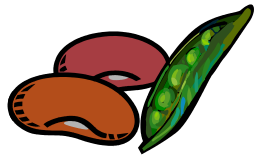


Prune Juice



Tomato Juice

## Other



Beans, Lentils, Peas



Nuts, Peanut Butter, Seeds



Chocolate & Hot Chocolate



Limit Dairy to ½ - 1 Serving per Day



Avoid Blended Juices that contain  
High Potassium Fruits or  
Vegetables



Limit Coffee to 8 to 16oz per Day



Avoid Salt Substitute