

Acceptable Potassium Foods

Eat ____ to ____ Servings (1/2 cup serving size) Each Day

Fruits



Apples



Berries

(Strawberries, Blueberries, Raspberries
& all others)



Lemon



Peaches



Pears



Pineapple



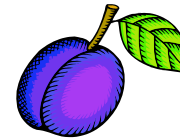
Watermelon



Grapes



Cherries



Plum



Fruit Cocktail

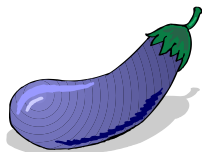
Vegetables



Raw Broccoli



Cabbage



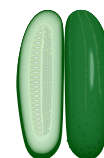
Eggplant



Cauliflower



Celery



Cucumber



Radish



Green Peas,
Green or Wax Beans



Corn



Carrots



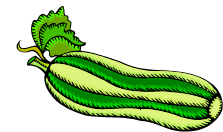
Raw Spinach



Onions



Peppers



Summer Squash, Zucchini