

Low-Potassium Foods\*

| Fruits<br>(1½ cups/day) | Vegetables<br>(1 cup/day) | Starches<br>(__ servings/day)               |
|-------------------------|---------------------------|---|
| Apples                  | Alfalfa sprouts           | Rice  |
| Applesauce              | Asparagus                 | Noodles                                     |
| Blackberries            | Beans, green or wax       | Bread & bread products                      |
| Blueberries             | Bean sprouts              | Cereals                                     |
| Boysenberries           | Beets                     | Cake  |
| Cherries                | Cabbage                   | Cookies                                     |
| Cranberries             | Carrots                   | Pies (no chocolate or high-potassium fruit) |
| Gooseberries            | Cauliflower               |   |
| Grapes                  | Corn                      |   |
| Loganberries            | Cucumber                  |   |
| Mandarin oranges        | Eggplant                  |   |
| Pears                   | Lettuce                   |   |
| Pineapple               | Mixed vegetables          |   |
| Raspberries             | Okra                      |   |
| Strawberries            | Onions                    |   |
| Tangerines              | Parsley                   |   |
| • Watermelon            | Peas                      |   |
| Juice of these fruits   | Radish                    |   |
|                         | Rutabagas                 |   |
|                         | Squash (summer, zucchini) |   |



\*Remember, almost all foods contain some potassium. The serving size affects whether the foods have low, moderate, or high levels of potassium. A large portion of a low-potassium food can turn it into a high-potassium food.