Use this handout if you have been told to eat less potassium in your diet.

Choose these acceptable potassium foods every day. Portion size = ½ cup.

- Apple
- Berries: Blueberries, Raspberries, Blackberries, Strawberries
- Grapes
- Lemon/Lime
- Mandarin/Clementine/Tangerine
- Mango/Papaya *limit to ½ cup*
- Peach
- Pear
- Pineapple
- Watermelon
- Broccoli (raw or frozen)
- Cabbage
- Cauliflower
- Cucumber
- Eggplant
- Green Beans
- Green Peas (frozen)
- Lettuce
- Okra
- Onion
Avoid (or limit) these higher potassium foods.

- Avocado
- Banana
- Cantaloupe
- Dried Fruit: Prunes, Apricots, Dates, Figs
- Jackfruit
- Honeydew Melon
- Kiwi
- Orange Juice
- Pomegranate
- Mushrooms
- Parsnips
- Potato (samosa with potato)
- Saag (cooked spinach)
- Sweet Potato/Yam/Taro
- Cassava
- Winter Squash/Pumpkin
- Milk (limit to 1 cup per day)
- Salt Substitutes (No salt™)
- Tamarind
- Tomato Paste/Sauce/Juice

Starfruit (or Carambola) is low in potassium but should be completely avoided in kidney disease and dialysis.