Low Potassium Diet
Chinese Foods

- 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
- Cherries (10)
- Grapes
- Mandarin/Orange
- Longan, Lychee
- Mango/Papaya *limit to ½ cup*
- Nectarine
- Pear
- Pineapple
- Watermelon
- Bean Sprouts
- Bell pepper
- Cabbage/Lettuce
- Cauliflower
- Eggplant
- Gai Lan, Choy Sum, Gai Choy
- Green/Yardlong Beans
- Onion
- Snow Peas
- Winter Melon/Hairy Melon/Chayote Squash
Avoid (or limit) these higher potassium foods.

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Banana</th>
<th>Cantaloupe/Honeydew Melon</th>
<th>Dried Fruit of all kinds</th>
<th>Durian</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
<td>Persimmon</td>
<td>Bamboo Shoots, cooked</td>
<td>Bitter Melon</td>
<td>Bok Choy (cooked)</td>
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<tr>
<td>Broccoli (cooked)</td>
<td>Lotus Root</td>
<td>Mushrooms (cooked)</td>
<td>Potato, Sweet Potato, Yam</td>
<td>Spinach (cooked)</td>
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<tr>
<td>Taro</td>
<td>Winter Squash (Kabacha)</td>
<td>Coconut Milk, Juice or Water</td>
<td>Orange Juice</td>
<td>Coffee - More than 2 cups Ovaltine™/Milo™</td>
</tr>
</tbody>
</table>

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