

# High Potassium Foods

Limit the following foods to ½ cup servings. Only ONE serving can be eaten each day.

## Fruits

Apricots, fresh or dried  
Avocado/Guacamole  
Banana/Plantain  
Breadfruit  
Cantaloupe/Muskmelon  
Chinese Cabbage (Bok Choy)  
Casaba Melon  
Dried Fruits  
Figs, fresh and dried  
Guava  
Honeydew Melon  
Kiwi fruit  
Mango  
Nectarines  
Oranges (& Juice)  
Papaya  
Passion Fruit  
Persimmon  
Pomegranate  
Prunes (& Juice)  
Tangelo



## Vegetables

Artichoke, fresh  
Asparagus, fresh, steamed  
Bamboo Shoots, fresh  
Brussels Sprouts  
Dried Beans and Peas  
Kale  
Hummus  
Mushrooms  
Parsnips  
Potatoes, Potato Chips,  
Instant Potato Mixes, French  
Fries, Tater Tots  
Pumpkin  
Soybeans (Edamame)  
Spinach  
Squash, winter (acorn,  
butternut)  
Sweet Potatoes & Yams  
Swiss Chard  
Tofu  
Tomatoes & Tomato Products  
V-8 Juice



## Other

Carrot Juice  
Chocolate  
Chewing tobacco  
Dairy Products: Milk, Ice  
Cream, Yogurt, Custard,  
Pudding, Eggnog  
Molasses  
Nuts & Seeds  
Smoothies  
Soy Milk

## Do Not Eat ... EVER!

Lite Salt  
Nu-Salt  
Salt Substitute  
Star Fruit (carambola)- toxins  
can be deadly to dialysis  
patients

