

Low Potassium Foods

Remember, eating large amounts of low potassium foods can cause a high potassium level.

Fruits

Apple, Applesauce & Apple Juice
Apricot Nectar
Blackberries, fresh or frozen
Blueberries, fresh or frozen
Boysenberries, fresh or frozen
Cranberries & Juice; Cranberry Sauce, Cran-Apple, Cran-Grape, Cran-Apricot Fruit Cocktail, canned
Gooseberries, fresh, frozen or canned
Grapes & Grape Juice
Lemon, Lime; fresh and Juice
Lemonade, Limeade
Mandarin Oranges, canned
Peaches, canned
Peach Nectar
Pears, canned
Plums, fresh or canned
Raspberries, fresh or frozen
Rhubarb, cooked
Tangerines, fresh
Watermelon



Vegetables

Alfalfa Sprouts, Bean Sprouts, fresh
Beans; green, wax; fresh, frozen or canned
Cabbage, fresh or cooked
Carrots, fresh or cooked
Cauliflower, fresh, frozen, cooked
Celery, fresh or cooked
Cucumbers, fresh
Eggplant, cooked
Salad Greens; fresh; arugula, butter, endive, iceberg, leaf, radicchio, romaine, watercress
Hominy, canned
Jicama, fresh or cooked
Onion, leeks; fresh or cooked
Peas, green; fresh, frozen or canned
Pea Pods, Sugar Peas; fresh or frozen
Peppers; sweet, chili; fresh, frozen, canned
Radish, fresh
Squash; zucchini, spaghetti, yellow, fresh or cooked
Tomatillo, fresh, frozen, canned
Turnip root, fresh, cooked

Other

Almond Milk
Bagel, plain
Barley, cooked
Bread, wheat or white
Coffee
Coconut Milk
Cornflakes®
English muffin
Falafel
Ginger ale
Noodles, Pasta
Oatmeal
Popcorn
Rice; brown, white, ckd
Rice Krispies®
Rice Milk
Tea
Tortillas

