

Family Health Centers Nutrition Program
LOW POTASSIUM FOOD CHOICES

Potassium is widely available in the foods we eat. If you need to limit potassium in your diet, select more foods that have lower levels of potassium and limit or avoid foods that are higher in potassium.

Milk and Yogurt - limit to one 1 cup serving per day

Meats, Fish, Eggs, Cheese, Dried Peas and Beans, Nuts and Seeds -
limit to 3-4 ounces per day

Vegetables -

Low Potassium choices:

green beans wax beans
raw cabbage
cucumber (peeled) lettuce
watercress
green pepper water chestnuts

Medium Potassium Vegetables (1 serving per day):

broccoli cooked cabbage carrot
cauliflower celery
collards
corn eggplant kale
mushroom mustard greens
onion
radish spinach (raw) peas
(green or snow)
summer squash turnip
turnip greens

High
Potassium
Vegetables
(occasional)

small
servings
only):

asparagus
beets
brussels sprouts
cooked celery
chili peppers
okra
parsnip
potato (all
forms)
pumpkin
tomato & products
vegetable juice
chard (cooked)
spinach (cooked)
winter squash

LOW POTASSIUM DIET (continued)

FRUITS-

Low Potassium Fruits:

applesauce	blueberries	cranberries & juice
	grape juice	lemon
	peach nectar	pear (canned)
		pear nectar
		papaya nectar

Medium Potassium Fruits (eat 1 serving a day):

	apple & juice	blackberries	cherries
fruit cocktail	grapes	grapefruit & juice	
lemon juice	mango	papaya	
	peach	pineapple	plum
	raspberries	rhubarb	strawberries
	tangerine	watermelon	

High Potassium Fruits (occasional small servings only):

apricot	avocado	banana
---------	---------	--------

cantaloupe dates

figs

honeydew melon kiwi

nectarine

orange & juice pear (fresh)

prunes
&
juice

raisins

Breads, Cereals and Starches -

whole grains and bran - limit to occasional servings

Miscellaneous Food Items (avoid or limit to occasional small servings) -

chocolate

molasses

nuts, especially peanuts and peanut butter

commercial soups

salt substitutes with potassium chloride

packaged foods containing high amounts of potassium chloride

Following these guidelines should keep potassium intake to under 60 mEq per day.

©keytnc

If you would like personal instruction on how to incorporate nutritional guidelines into your life and improve your health, schedule an appointment with:

Karen Youket, Dietitian / Nutritionist

by calling The Family Health Centers at 828-258-8681