

Potassium and Food

Potassium is a mineral found in many foods.

If your blood potassium level is high: Avoid high potassium foods. Choose low potassium foods instead.

If your blood potassium level is low: Choose high potassium foods more often.

High Potassium Foods		
Fruits	Vegetables	Other
Avocado	Artichoke	Beans (pinto, black, etc.)
Banana	Beets, beet greens	Chocolate
Cactus	Bok choy	Cocoa
Cantaloupe	Broccoli	Coconut milk
Cherimoya	Brussels sprouts	Coconut water
Coconut	Burdock root	Custard
Dates	Carrots	Granola
Dried fruit	Cassava (yucca root)	Lentils
Figs	Chard	Milk
Grapefruit	Chili peppers, raw (Pasilla)	Milkshakes
Guava	Chinese cabbage, Pak choi	Molasses
Jackfruit	Chipotle peppers in adobo sauce	Mole sauce (Poblano)
Kiwi	Collard greens	Nuts
Mango	Kohlrabi	Nut butter
Melons	Lima beans	Pudding
Nectarine	Mushrooms	Salt substitute (e.g. Nu-Salt®, Morton's Salt Substitute®)
Orange	Mung beans	Soy milk
Papaya	Parsnips	Tempeh
Passionfruit	Peas (split, black-eyed)	Tofu
Peach (fresh)	Potato	Wheat bran
Pear (fresh)	Rutabaga	Yogurt
Persimmons	Salsify (oyster plant)	
Plantain	Spinach	
Pomegranate	Squash (acorn, butternut, hubbard, zucchini)	
Prunes	Sweet potato	
Pumpkin	Taro root	
Pummelo	Tomato – fresh, canned, juice, sauce, soup	
Raisins	Yam	
Soursop	Zucchini, cooked	
Tamarind		

Lower Potassium Foods

Fruits	Vegetables	Other
Apple, apple juice, applesauce Apricot Blackberries Blueberries Boysenberries Cactus (nopales) Cherries Clementine Coconut, shredded Cranberries (raw or dried), cranberry juice, cranberry sauce Fruit cocktail, canned Grapes, grape juice Kumquat Lemon Lime Loquat Lychee Mandarin oranges, canned Peaches, canned Pears, canned Persimmon Pineapple, pineapple juice Plum Quince Raspberries Rhubarb Strawberries Tangerine Watermelon	Arugula Asparagus Beans (green, wax) Bell peppers Cabbage Calabash (gourd) Cauliflower Celery Chayote Chili peppers, canned Corn Cucumber Daikon Dandelion greens Eggplant Endive/ escarole Green onions (scallions) Hominy Jalapeno peppers Jicama Kale Leeks Lettuce (iceburg, romaine) Mustard greens (frozen or cooked) Okra Onions Peas (green, pod) Radishes Serrano peppers Squash (crookneck, straightneck, scallop, spaghetti) Tomatillos Turnip, turnip greens Water chestnuts, canned Zucchini, raw	Almond milk Bread Cereal: cornflakes, Cheerios®, puffed rice Cheese Cottage cheese Coffee Hummus Nondairy creamer Oatmeal Pasta/ noodles Rice Rice milk Salt-free seasoning (e.g. Mrs. Dash) Seitan Sunflower seeds Sunflower seed butter Tapioca Tea Tofu Tortillas