

VEGETABLES – POTASSIUM

<u>Low - OK</u> 50-150 mg	<u>Medium – some OK</u> 150-250 mg	<u>High - AVOID</u> 250-350 mg
Alfalfa Sprouts Bamboo Shoots (canned) Bean Sprouts Cabbage Carrots Cauliflower Corn (1/2 cup) Cucumber Endive Garlic Green Beans Lettuce Mushrooms Onions Radishes Water Chestnuts Watercress	Asparagus (6 spears) Broccoli Carrots Celery (1 stalk) Eggplant Kale Mixed Vegetables Peas Peppers Summer Squash Turnips Zucchini	Artichokes Avocado Beans Beets Black eyed peas Brussels Sprouts Chard Greens (beet, collard, etc.) Kohlrabi Lima, baked Okra Parsnips Potatoes Pumpkin Rutabagas Spinach Sweet Potatoes Tomatoes Tomato Juice (low sodium) V-8 Juice (low sodium) Wax beans Winter Squash Yams

FRUIT - POTASSIUM

<u>Low - OK</u> 50-150 mg	<u>Medium – some OK</u> 150-250 mg	<u>High - AVOID</u> 250-350 mg
Apple (1) Apple Juice Applesauce Apricots, canned in juice Blackberries Blueberries Boysenberries Cranberries Cranberry Juice Cocktails Fruit Cocktail Gooseberries Grape Juice Grapes Lemon or Lime (1) Papaya Nectar Peach (½ cup canned), Peach Nectar Pear (1/2 cup canned), Pear Nectar Pineapple (2 rings) Plums (1 whole) Raspberries Strawberries Tangerines Watermelon (1 cup)	Cherries Cantaloupe Figs (2 whole) Grapefruit (1/2 whole) Grapefruit Juice Guava Mango Nectar Papaya Peach (1 small fresh) Pear (1 small fresh) Rhubarb Prunes (5) Raisins Tangelo	Banana Dates (1/4 cup) Honeydew Melon Kiwi Mango Nectarine Orange (1) Orange Juice Pomegranate Prune Juice

***Additional – AVOID dried fruit, bran cereals, peanut butter, nuts, chocolate, salt substitute**
Safe potassium level – 3.5-5.0

HIGH PHOSPHOROUS FOODS

<p>Baking Powder Beans (bakes, black, garbonzo, kidney, lima, northern, soy) Beef Liver Beer Biscuits, Muffins (1 small) Bran Cereals Brewer's Yeast Cakes (1 slice, 2x2 inch piece) Caramels Carp Cheese (1 ounce) Chicken Liver Chocolate drinks Cocoa Condensed & Evaporated Milk (1/4 cup) Cooked, Dried Beans & Peas (1/2 cup) Corn Cottage Cheese (1/4 cup) Crayfish Cream Soup Custard Fish Roe Granola, Oatmeal (1/2 cup) Hot Dogs/Sausage</p>	<p>Ice Milk or Ice Cream (1/2 cup) Lentils Light Cream or Half-and-Half (1/2 cup) Milk, all kinds (1/2 cup) Milkshake (1/2 cup) Non-dairy "milk" Replacements (1 cup) Nut Butters (2 TBSP) Nuts (1/2 cup) Organ Meats (1 oz) Oysters Pancakes, waffles (1 4-inch diameter) Peanut Butter Pizza Pudding, (1/2 cup) Sardines (1 oz) Soda, dark (except Root Beer) Soy Milk (1 cup) Split Peas Tofu (1/4 cup) Tortillas, Corn (2 6-inch diameter) Vegetarian meat replacements (such as Garden burgers or Boca burgers – 2 oz) Whole Wheat Bread, Cereal (1/2 cup) Yogurt, plain or fruit flavored (1/2 cup)</p>
---	---

LOW PHOSPHOROUS FOODS

<p>Apples Corn Flakes Crackers Eggs English Muffin Fish Grapes Green Beans</p>	<p>Hamburger Noodles Pasta Pineapple Popcorn Tortilla White Bread</p>
---	---