



# HIGH POTASSIUM FOODS



APRICOTS



ARTIS



AVOCADO



BOK  
CHOY



CHIKOO



COCONUT



DRAGON  
FRUIT



DRIED  
FRUITS



DURIAN



GUAVAS



JACKFRUIT  
(breadfruit)



LANZONES



LOQUATS



NECTARINE



ORANGE



PAPAYA



PASSION  
FRUIT



POMEGRANATE



PUMMELO



STARFRUIT



TAMARIND



TANGELOS

# HIGH



# POTASSIUM FOODS



BANANAS



BRAN  
CEREAL



CANTALOUPE



CARROTS  
RAW



CHOCOLATE



FRENCH  
FRIES



HONEYDEW



KIWI



MILK



NUTS AND  
SEEDS



ORANGE or  
ORANGE JUICE



PEAR



PLUMS



POTATO



POTATO  
CHIPS



PRUNES or  
PRUNE  
JUICE



SALT  
SUBSTITUTES



TOMATO



# LOWER POTASSIUM FOODS



APPLES or  
APPLE JUICE



BREAD  
WHITE OR RYE



BLUEBERRIES



BEANS  
GREEN or WAX



CANNED FRUIT



CABBAGE



CAULIFLOWER



CORN



CRANBERRIES  
or CRAN JUICE



GRAPES



LETTUCE



NOODLES or  
PASTA



MANDARIN



PEACH



PEAS  
(FRESH)



PLAIN  
COOKIES



RICE



SODA  
CRACKERS



STRAWBERRY  
or JAM