

Foods that are low in potassium

The following is a list of foods which are low in potassium. A portion is $\frac{1}{2}$ cup unless otherwise noted. Eating more than 1 portion can make a lower potassium food into a higher potassium food.

Fruits

Apple (1 medium)
Apple juice
Applesauce
Apricots (canned in juice)
Blackberries
Blueberries
Cherries
Cranberries
Fruit cocktail
Grapes
Grape juice
Grapefruit ($\frac{1}{2}$ whole)
Mandarin oranges
Peaches (Fresh; 1 small
Canned; $\frac{1}{2}$ cup)
Pears (Fresh; 1 small
Canned; $\frac{1}{2}$ cup)
Pineapple
Pineapple juice
Plums (1 whole)
Raspberries
Strawberries
Tangerine (1 whole)

Vegetables

Alfalfa sprouts
Asparagus (6 spears)
Beans (green or wax)
Cabbage (green or red)
Carrots (cooked)
Cauliflower
Celery (1 stalk)
Corn (Fresh; $\frac{1}{2}$ ear
Frozen; $\frac{1}{2}$ cup)
Cucumber
Eggplant
Kale
Lettuce
Mixed vegetables
Mushrooms (Fresh)
Okra
Onion
Parsley
Peas
Peppers (green)
Radish
Rhubarb
Squash (yellow or Zucchini)
Watercress

Other Foods

Bread/Bread products
(Not whole grains)
Cake (angel/yellow)
Coffee (limit to 8 ounces)
Cookies (no nuts or chocolate)
Noodles
Pasta
Pies (no chocolate or
high potassium fruit)
Rice
Tea (limit to 16 ounces)