

IF YOU ARE PRESCRIBED A LOW POTASSIUM DIET CHOOSE FOODS THAT ARE LOW IN POTASSIUM

Apricots, apples, apple juice, applesauce, blackberries, blueberries, cherries, cranberries, fruit cocktail, grapes, grape juice, grapefruit, mandarin oranges, peaches, pears, pineapple and juice, plums, raspberries, strawberries, tangerine, watermelon, foods prepared with white flour (e.g., pasta, bread), white rice, cheddar or Swiss cheese, cottage cheese, angel or yellow cake, pies without chocolate or high-potassium fruit, cookies without nuts or chocolate, non-dairy creamer, fruit punch, drink mixes (e.g., Kool-Aid), tea, coffee, green or wax beans, alfalfa sprouts, asparagus, cabbage, carrots, cauliflower, celery, corn, cucumber, eggplant, kale, lettuce, mushrooms, okra, onions, parsley, green peas, green peppers, water chestnuts, radish, rhubarb, watercress, spinach, zucchini, chicken, turkey, tuna, eggs, baloney, shrimp, sunflower or pumpkin seeds (1 ounce), raw walnuts, cashews, almonds, or peanuts, flax seeds, unsalted peanut butter.

AVOID FOODS THAT ARE HIGH IN POTASSIUM

Salt-free soups and low-sodium bouillon cubes, unsalted broth, imitation bacon bits, lite salt or salt substitutes. orange juice, oranges, bananas, potatoes, tomato, tomato juice, vegetable juice cocktail, tomato sauce, sports drinks (Gatorade, etc.), instant breakfast mix, soy milk, peanut butter, nuts or seeds, fig cookies, chocolate, molasses, apricots, avocado, coconut, melon (cantaloupe, honeydew), kiwi, mango, nectarines, papaya, pears, plantains, pomegranate, dried fruits, dates, figs, prunes, raisins), prune juice, yams, whole-grain breads, wheat bran, granola and granola bars, bamboo shoots, baked or refried beans, beets, cooked broccoli, Brussels sprouts, raw cabbage, carrots, chard, greens, kohlrabi, olives, canned mushrooms, parsnips, pickles, pumpkin, rutabaga, sauerkraut, cooked spinach, squash, milk and milk products, buttermilk, yogurt, clams, sardines, scallops, lobster, whitefish, salmon, ground beef, sirloin steak, pinto beans, kidney beans, black beans, navy beans.

Soak vegetables for at least two hours or overnight and drain the water.

Drain canned fruits, vegetables, and meats before serving.