

## What foods are high in potassium?

Most foods contain some amount of potassium. It is important to avoid or limit foods that are high in potassium if you are on a low-potassium diet, or if blood level of potassium is too high.

Some foods that are high in potassium include the following:

- bananas
- prunes
- oranges
- potatoes
- orange juice
- sweet potatoes
- grapefruit juice
- tomato sauce
- cantaloupe

Use the following list as a guide in your child's food choices. Your child's physician or dietitian will let you know how much potassium your child can have each day.

### **Potassium content of foods:**

Most fruits, juices, and vegetables are high in potassium, especially when eaten raw. Use this list as a guide to your child's food choices. Be sure to monitor your child's portion sizes, especially if he/she is on a low-potassium diet.

<b>LOW (0 to 100 mg)</b>	<b>MEDIUM (101 to 200 mg)</b>	<b>HIGH (more than 201 mg)</b>
Fruits applesauce blueberries cranberries cranberry juice grape juice lemon papaya nectar peach nectar canned pears pear nectar	Fruits apples apple juice apricot nectar blackberries cherries canned figs fruit cocktail grapes grapefruit lemon juice mango papaya peaches pineapple plums raisins (2 Tbsp.) raspberries rhubarb	Fruits apricots avocado bananas cantaloupe dates dried figs grapefruit juice honeydew melon kiwi nectarines oranges orange juice fresh pears prunes prune juice

	strawberries tangerines watermelon	
Vegetables alfalfa sprouts bamboo shoots green or wax beans bean sprouts raw cabbage cucumber lettuce peppers water chestnuts watercress	Vegetables artichoke broccoli cooked cabbage carrots cauliflower celery greens (collard, mustard) corn eggplant mushrooms onions green peas radishes summer squash turnips (and greens)	Vegetables asparagus beets (and greens) baked beans dried beans and peas brussel sprouts butter beans okra potatoes hash browns french fries and chips sweet potatoes (yams) pumpkin tomatoes tomato products tomato juice vegetable juice (V8®) spinach
		Miscellaneous 100 percent bran cereals molasses and chocolate salt substitutes (NoSalt®) lite salt (SaltSense®) buttermilk nuts

(Portion sizes - 1/2 cup)

Some potassium can be removed from potatoes and other vegetables by following the instructions below:

1. Peel and dice the vegetable.
2. Soak the vegetable in hot water for two hours, or in cold water overnight.
3. Drain, rinse, and drain the vegetable.
4. Cover the vegetable with fresh water, boil for five minutes, and simmer until done.
5. Drain and serve (boiled, fried, or mashed) or freeze for later.