

# FOODS THAT ARE HIGH IN POTASSIUM

## FRUITS

- Avocado
- Banana
- Coconut
- Cantaloup & honeydew
- Dates
- Dried fruits
- Figs
- Kiwi
- Mango
- Nectarines
- Oranges & orange juice
- Prunes & prune juice
- Raisins

## VEGETABLES

- Artichokes
- Baked beans
- Beets
- Broccoli
- Brussels sprouts
- Cabbage (raw)
- Carrots (raw)
- Chard
- Olives
- Potatoes (white & sweet)
- Pickles
- Pumpkin
- Rutabaga
- Squash (acorn, butternut, hubbard)
- Tomatoes & tomato juice

## PROTEINS

- Black beans
- Clams
- Ground beef
- Kidney beans
- Lobster
- Navy beans
- Pinto beans
- Salmon
- Sardines
- Scallops
- Steak
- Whitefish

## OTHER

- Chocolate
- Dairy products
- Granola
- Milk
- Peanut butter
- Salt-free/low sodium soups
- Soy milk
- Sports drinks
- Tomato sauce
- Wheat bran & bran products
- Whole grain bread
- Yogurt