

FOODS THAT ARE LOW IN POTASSIUM

FRUITS

- Apples
- Blackberries
- Blueberries
- Boysenberries
- Cherries
- Cranberries
- Gooseberries
- Grapes
- Loganberries
- Mandarin oranges
- Pears
- Pineapples
- Raspberries
- Strawberries
- Tangerines
- Watermelon
- Juices of these fruits

VEGETABLES

- Alfalfa sprouts
- Asparagus
- Beans (green, wax)
- Bean sprouts
- Beets
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Lettuce
- Mixed vegetables
- Okra
- Onions
- Parsely
- Peas
- Radish
- Rutabaga
- Squash (summer, zucchini)

OTHER

- Rice
- Noodles
- Bread & bread products
- Cereals
- Cake
- Cookies
- Pies (no chocolate or high potassium fruit)

