Potassium In Foods
NUTRITION TIPS TO MANAGE POTASSIUM INTAKE

What is it?
Key nutrient
Essential mineral
Electrolyte for energy

Specialized Needs
Can be depleted with diarrhea, certain cancer treatments
May be elevated with kidney disease

Tips & Tricks

Low <150 mg
Fruits: berries, lemon, lime, pineapple
Veggies: asparagus, cabbage, corn, cucumber, eggplant, green beans, green pepper, lettuce, onions, radishes

Medium 150-250 mg
Fruits: apples, cherries, coconut, fig, grapefruit, peach, pear, watermelon
Veggies: beets, carrots, cauliflower, celery, kale, mushrooms, zucchini

High 250-400 mg
Fruits: apricot, dried coconut, kiwi, mango, oranges, papaya, plantain, persimmon, prunes, pumpkin, rhubarb, v-8 juice, carrot juice, OJ, tomato juice, prune juice
Veggies: acorn squash, cooked beets, Brussels sprouts, collard greens, escarole, lentils, beans, parsnips, boiled potatoes, sweet potatoes, swiss chard, tomatoes

Very High >400 mg
Fruits: avocado, banana, cantaloupe, dates, dried fruit, honeydew, pomegranate, raisins
Veggies: acorn squash, artichoke, baked beans, broccoli, chickpeas, baked potato, tomato paste/sauce, winter squashes, almonds, peanuts

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS & SUPPLEMENTS