

Low-Potassium Foods

The following table list foods which are low in potassium. **A portion is ½ cup** unless otherwise noted. **Eating more than 1 portion can make a lower potassium food into a higher potassium food.** For more information please visit the National Kidney Foundation at <http://www.kidney.org/>

Fruits	Vegetables	Other Foods
Apple (1 medium)	Alfalfa sprouts	Rice
Apple Juice	Asparagus (6 spears)	Noodles
Applesauce	Beans, green or wax	Pasta
Apricots, canned in juice	Cabbage, green and red	Bread/Bread products: (No Whole Grains)
Blackberries	Carrots, cooked	Cake: angel, yellow
Blueberries	Cauliflower	Coffee: limit to 8 ounces
Cherries	Celery (1 stalk)	Pies (no chocolate or high potassium fruit)
Cranberries	Corn, fresh (½ ear) frozen (½ cup)	Cookies without nuts or chocolate
Fruit Cocktail	Cucumber	Tea: limit to 16 ounces
Grapes	Eggplant	
Grape Juice	Kale	
Grapefruit (½ whole)	Lettuce	
Mandarin Oranges	Mixed Vegetables	
Peaches, fresh (1 small) canned (½ cup)	Mushrooms, fresh	
Pears, fresh (1 small) canned (½ cup)	Okra	
Pineapple	Onions	
Pineapple Juice	Parsley	
Plums (1 whole)	Peas, green	
Raspberries	Peppers	
Strawberries	Radish	
Tangerine (1 whole)	Rhubarb	
Watermelon(limit to 1 cup)	Water Chestnuts, canned	
	Watercress	
	Yellow Squash	
	Zucchini Squash	