

POTASSIUM

	LOW	MEDIUM	HIGH
FRUITS AND VEGETABLES	<p>JUICES Apple juice, apricot nectar, cranberry juice, lemon juice, lime juice, papaya nectar, peach nectar, pear nectar</p> <p>FRUITS Apple rings(5 dried), applesauce, blackberries, blueberries, clementine, crabapple, cranberries, cranberry sauce, gooseberries, loganberries, mandarin oranges(canned)*, peach(canned)*, pear(canned)*, pineapple, raspberries, strawberries, tangerine, watermelon</p> <p>VEGETABLES Asparagus(canned)*, alfalfa sprouts, bamboo shoots(canned)*, broccoli, cabbage, cassava, celery(raw), chayote(chocho, christophene), collards, cucumber, dandelion greens, eggplant, Belgian endive, green and yellow string beans, yellow wax beans, leeks, lettuce(all types), mushrooms(raw), onion, peppers, radish, rhubarb, spaghetti squash, tofu, turnip, turnip greens, water chestnut(canned)*, watercress(raw)</p> <p>_____servings/day (1 serving=1/2 cup)</p>	<p>JUICES Grape juice, grapefruit juice, pineapple juice, tangerine juice</p> <p>FRUITS Apple, casaba melon, cherries, currants(fresh), elderberries, grapes, grapefruit(1/2medium), kumquats, lychees, peach, pear, plum, pomelo, prickly pear, tangelo</p> <p>VEGETABLES Artichoke(canned hearts), beets(canned), burdock root, carrot, cauliflower, corn, kale, mushroom(canned)*, mustard greens, green peas, snow peas, raw spinach, summer squash(zucchini, crookneck, straightneck, scaloppini)</p> <p>_____servings/day (1 serving=1/2 cup)</p> <p>∴ ∴ ∴ double-boiled potato (1/2 cup) tomato paste (1 Tbsp.) tomato sauce (1/4 cup) Limit to _____servings/day or week</p>	<p>JUICES Carrot juice, orange juice, passionfruit juice, prune juice, tomato juice, V8 juice, vegetable juice</p> <p>FRUITS Apricots, banana, breadfruit, cantaloupe, dried fruits (examples include apricots, cherries, cranberries, currants, dates, figs, prunes, raisins), guava, honeydew melon, jackfruit, kiwi, mango, nectarine, orange, papaya, persimmon, pomegranate, sapodilla, sapote, soursop, starfruit</p> <p>VEGETABLES Artichoke(fresh), asparagus, avocado, baked beans, bamboo shoots(fresh, boiled), dried beans/peas/lentils(examples: chickpeas, lentils, split peas, kidney beans, soya beans), fresh beets, brussels sprouts, bok choy, boiled celery, swiss chard, chicory greens, dock, green banana, kohlrabi, lotus root, mushrooms(dried/cooked), okra, parsnips, potatoes(chips, french fries, microwaved, roasted), plantain, pumpkin, rapini, rutabaga, spinach(cooked) succotash, sweet potato, taro, tomato and tomato products, water chestnut(fresh), winter squash(acorn, butternut, hubbard), yam</p>
MILK AND DAIRY PRODUCTS		<p>Custard, cream soup, ice cream, milk(cow, goat, soya), pudding, sherbet, yogurt</p> <p>_____servings/day (1 serving=1/2 cup)</p>	

*All canned fruits and vegetables must be drained. The juice must be thrown out.

POTASSIUM	CHOOSE	AVOID
<p>BREADS AND CEREALS</p>	<p><u>Breads:</u> Breadstick, cracked wheat, French, hamburger bun, hot dog bun, Italian, kaiser bun, light rye, plain white bagel, white bread, white pita pocket, white roll</p> <p><u>Cereals:</u> Corn grits, cornflakes, cornmeal porridge, cream of rice, cream of wheat, farina, puffed rice, Rice Chex, Rice Krispies. [Corn bran cereal: limit to ½ cup per day]</p> <p><u>Sweetened Cereals:</u> Apple Jacks, Captain Crunch, Corn Chex, Froot Loops, Frosted Rice Krispies, honey and nut cornflakes, Honeycomb, Sugar Corn Pops, Sugar Frosted Flakes, Trix</p> <p><u>Crackers:</u> Corn tortilla, cream or water crackers, crispbread made with white flour, matzo, melba toast, rice cake made with white rice, rusks, unsalted soda crackers, taco shell, zwieback</p> <p>Homemade muffin made using allowed ingredients, pies made with allowed fruit, polenta, white flour, white pasta, white rice</p>	<p>Corn Johnnycake, cornbread, dark rye, english muffin, multigrain bread, oatmeal bread, pumpernickel, raisin bread, whole grain roll, whole wheat bread, whole wheat melba toast</p> <p>All Bran, Alphabits, barley, 100% Bran, Bran Buds, Bran Chex, bran flakes, buckwheat, bulgur, Cheerios, Cracklin' Bran, Fibre One, Frosted Mini Wheats, Fruit & Fibre, Golden Grahams, granola, Grape Nuts, Grape Nuts Flakes, Honey Bran, Honey Nut Cheerios, Just Right, Kix, Life Cereal, Lucky Charms, Maltex, Muffets, Muslix, Nutrigrain, oatmeal, Product 19, puffed wheat, raisin bran, Red River, Rocky Road, Roman Meal, Shredded Wheat, Shreddies, Special K, Sugar Smacks, Team, Toasted Wheat & Raisins, Total, Weetabix, Wheat Chex, Wheatena, Wheaties</p> <p>All those made from whole wheat, whole grain or dark rye, graham wafers</p> <p>Barley, bran muffin, oat cake, pancake, waffle, whole grain pasta, whole grain rice, whole grain roll, whole wheat flour, wild rice</p>
<p>ADDITIONAL ITEMS</p>	<p>Herbs and spices, herb mix(example, Mrs. Dash)</p> <p>Butter, margarine, oil, mayonnaise Sugar, sugar substitute Honey, jams, jelly, pancake or corn syrup</p> <p><u>*Beverages:</u> Soft drinks(noncolas), regular and decaf coffee, tea, lemonade, fruit punch, drink crystals, KoolAid, sherbet, sorbet made from allowed fruit</p> <p>*INCLUDE IN YOUR DAILY FLUID ALLOWANCE</p>	<p>Salt substitute (example: NoSalt, NuSalt, HalfSalt, LowSalt), salt-free cheese</p> <p>Nuts and seeds, coconut in any form, nut butter, chocolate, potato chips</p> <p>Brown sugar, molasses, maple sugar or maple syrup</p> <p>Specialty coffee (example: cappuccino, espresso, turkish coffee), strong coffee/tea, cocoa, Ovaltine, Postum</p>