

# High Potassium Foods

## FRUITS



BANANAS CANTALOUPE KIWI



MANGO HONEYDEW FRESH PEACHES



NECTARINE ORANGES ORANGE JUICE



PAPAYA PRUNES PRUNE JUICE



POMEGRANATE DRIED FRUIT RAISINS

## VEGETABLES



ARTICHOKES AVOCADO BEETS BOK CHOY



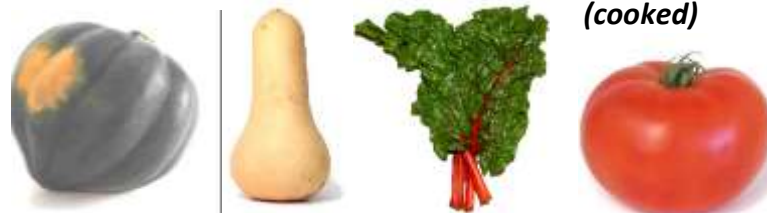
EDAMAME (soybeans) LIMA BEANS MUSHROOMS (cooked)



POTATOES FRENCH FRIES YAMS/SWEET POTATOES



PUMPKIN RUTABAGAS SPINACH (cooked)



SQUASH (Acorn) SQUASH (Butternut) SWISS CHARD TOMATOES

## OTHERS



BEANS SALSA POWDERED DRINKS



ENSURE/BOOST COCONUT WATER MILK



POTATO SALAD SWEET POTATO PIE



SALT SUBSTITUTE MOLASSES SPAGHETTI SAUCE

Ask your doctor about seeing a registered dietitian for more great ideas on kidney-friendly foods!

Portion size for fruits and veggies is 1/2 c fresh, 1/2 c canned, 1/2 c cooked, 1/4 c dried, and 1/2 c. juice.