

Potassium in fruit

Choose 2 serves of fruit each day

One serve is ½ cup or what fits into the palm of your hand

Low potassium fruits



Apple



Blackberries



Blueberries



Boysenberries



Cherries



Cranberries



Feijoa



Lemons



Lychees



Nashi pear



Passionfruit



Paw Paw



Pear



Persimmon



Raspberries



Strawberries



Tangelo



Tinned fruit
(no juice)



Watermelon

High potassium fruits



Apricot



Avocado



Banana



Coconut



Dried fruit



Fruit juice



Grapes



Kiwifruit



Mandarin



Mango



Melon



Nectarine



Orange



Peach



Pineapple



Plum



Pomegranate



Rhubarb



Tamarillo



Grapefruit

AVOID eating starfruit and grapefruit
as these can interfere with how
your medication works



Starfruit