

# Potassium in Vegetables







Choose 3 serves of vegetables each day

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

## Low potassium vegetables

## Choose 1 fist size of 'energy' food each day\*

					
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\*You may need to top up your plate with other low potassium carbohydrates such as rice or pasta

## High potassium vegetables

