




















# 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