

# Potassium Foods

Ask your dietitian how many servings of potassium foods you should have from each group.

Some packaged foods have potassium additives. Every time you shop, look for the word *potassium* in the ingredient list on food packages.

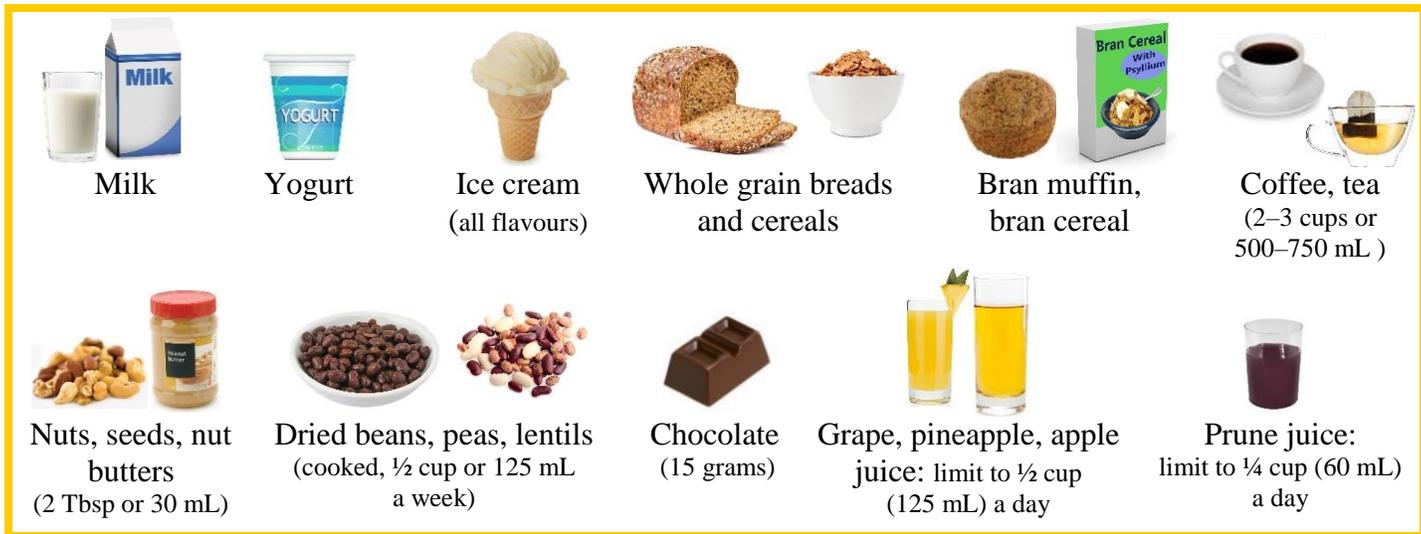
## Low potassium foods

Serving sizes are ½ cup (125 mL) or 1 medium unless another amount is listed.

 Apple	 Apricots (2 raw, 1 canned)	 Berries (strawberries, blueberries, blackberries, raspberries)	 Cherries (10)	 Grapes (20)	 Lemon, lime	
 Mango (½)	 Mandarin orange, tangerine	 Papaya	 Peach	 Pear	 Pineapple	 Plum
 Prunes (3 dried or canned)	 Raisins (2 Tbsp or 30 mL)	 Watermelon, honeydew	 Beans (green, yellow)	 Broccoli	 Cabbage	 Carrot
 Cauliflower	 Celery	 Corn	 Cucumber	 Eggplant	 Garlic	 Leeks
 Lettuce	 Kale	 Mushrooms, raw	 Okra	 Onion	 Peas	 Peppers
 Potato (peeled, cut into small pieces, then boiled)	 Spaghetti squash	 Tomato (½ raw, ¼ cup or 60 mL sauce)	 Turnip	 Zucchini		

## Medium potassium foods

Serving sizes are ½ cup (125 mL) or 1 medium unless another amount is listed.



## High potassium foods

Serving sizes are ½ cup (125 mL) or 1 medium unless another amount is listed.

