

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



LIMA BEANS MUSHROOMS (cooked) OKRA (cooked)



POTATOES FRENCH FRIES YAMS/SWEET POTATOES

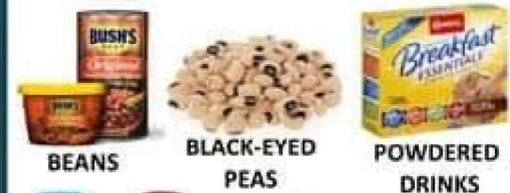


PUMPKIN RUTABAGAS SPINACH (cooked)



SQUASH (Acorn) SQUASH (Butternut) SWISS CHARD TOMATOES

OTHERS



BEANS BLACK-EYED PEAS 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.