

High Potassium Diet

Potassium is a mineral found in most foods. It is regulated by the kidneys and helps to keep your heart functioning properly.

If your potassium level is too low, you can experience muscle weakness, dizziness, or confusion and your heart may not function properly.

Your doctor wants you to eat more foods high in potassium to keep you healthy. Most potassium in the diet can be found in fruits and vegetables.

For your best health, you should eat daily:

- At least three to four half-cup servings of fruits and vegetables from the high-potassium group
- 2 or more ½ cup servings of fruits and vegetables from the medium or low potassium groups
- Eat 3 or more servings from the “Additional High Potassium Foods” list

High Potassium Group (250mg or more per serving)

Fruits	Vegetables
Apricots	Artichokes
Banana (1 small)	Avocado
Dates (1/4 cup)	Beets (fresh)
Honeydew Melon	Brussels Sprouts
Kiwifruit	Greens (beet, collard)
Nectarine	Okra
Orange and Orange Juice	Potatoes
Prunes (5)	Pumpkin
Prune Juice	Spinach
Raisins	Sweet Potatoes
	Tomatoes/Tomato Sauce
	Tomato Juice
	V-8 Juice
	Wax Beans
	Winter Squash
	Yams

Medium Potassium Group (150 - 250 mg per serving)

Fruits	Vegetables
Cherries	Asparagus
Cantaloupe	Broccoli
Figs (2)	Celery
Grapefruit*	Kale
Grapefruit Juice*	Mixed Vegetables
Mango	Peas
Papaya	Peppers
Peach (fresh)	Summer Squash
Pear (fresh)	Turnips
Rhubarb	Zucchini

***Note:** Refrain from consuming grapefruit/grapefruit juice if you are taking cardiac medication or FK-506 (Tacrolimus), as it can interfere with the action of the drug.

Low Potassium Group (150mg or less per serving)

Fruits	Vegetables
Apple and Apple Juice	Alfalfa Sprouts
Applesauce	Bean Sprouts
Blackberries	Beets (canned)
Blueberries	Cabbage
Cranberries/Cranberry Juice	Carrots
Fruit Cocktail	Cauliflower
Grapes/Grape Juice	Corn
Lemons/ Lemon Juice	Cucumber
Limes/ Lime Juice	Eggplant
Peach (canned)	Green Beans
Pear(canned)	Lettuce (all types/1 cup)
Pineapple	Mushrooms
Plum	Onions
Raspberries	Radishes
Strawberries	Water Chestnuts (can)
Tangerine	Watercress
Watermelon	

Additional High Potassium Foods (350mg or more per 1 cup serving)

- Milk
- Yogurt
- Soup made with milk
- Beans (refried, baked, garbanzo, kidney, lima, navy, soy and vegetarian)
- Lentils.

The low potassium level you have may not be correctable via diet change alone: if your low level persists, medications for potassium replacement may also be needed.

**If you have any questions, please call the Dietitian Office at Roswell Park
716-845-2398.**