



Low Potassium

From The Kroll Medical Group

Avoid These High Potassium Foods

Grains

Whole-grain breads, wheat bran, granola and granola bars

Drinks

Sports drinks (Gatorade, etc), instant breakfast mix, soy milk

Snacks/Foods Sweets

Peanut butter (2 tablespoons), nuts or seeds (1 ounce), fig cookies, chocolate (1.5 to 2 ounces), molasses (1 tablespoon)

Fruits

Apricots, avocado (¼ whole), bananas (½ whole), coconut, melon (cantaloupe and honeydew), kiwi, mango, nectarines, oranges, orange juice, papaya, pears (fresh), plantains, pomegranate (and juice), dried fruits (apricots (5 halves), dates (5), figs, prunes, raisins), prune juice, yams

Vegetables

Bamboo shoots, baked or refried beans, beets, broccoli (cooked), Brussels sprouts, cabbage (raw), carrots (raw), chard, greens (except kale), kohlrabi, olives, mushrooms (canned), potatoes (white and sweet), parsnips, pickles, pumpkin, rutabaga, sauerkraut, spinach (cooked), squash (acorn, butternut, hubbard), tomato, tomato sauce, tomato juice, and vegetable juice cocktail

Dairy

Milk and milk products, buttermilk, yogurt

Proteins

(3-ounce serving) Clams, sardines, scallops, lobster, whitefish, salmon (and most other fish), ground beef, sirloin steak (and most other beef products), pinto beans, kidney beans, black beans, navy beans (and most other peas and beans, serving size is ½ cup)

Soups

Salt-free soups and low-sodium bouillon cubes, unsalted broth

Condiments

Imitation bacon bits, lite salt or salt substitutes (avoid completely)