

AVOID Food High in Potassium (greater than 200 mg per serving):

One serving is about 1/2 cup or as stated

STARCHES: Cracklin' Oat Bran; Fiber One; Raisin Bran; All Bran; Bran Buds (1/4 cup); Bran Flakes; Fruit and Fiber; Mueslix; Shredded Wheat (1 cup)

VEGETABLES: Artichoke; Beets; Brussels Sprouts; Carrot Juice; Carrots, raw; Collard Greens; French Fries; Greens*, beet; Mixed Vegetables, canned; Parsnips; Potato, leached; Potato* (baked, boiled, dehydrated, fried, mashed); Potato Chips*; Pumpkin; Rutabaga; Spinach*, cooked; Squash* (acorn, butternut, spaghetti); Sun Dried Tomatoes; Sweet Potato; Swiss Chard; Taro; Tomatoes; Tomato Juice*; Tomato Paste*; Tomato Sauce*; Vegetable Juice*; Yams*

FRUITS: Apricots*, fresh; Avocado*, Banana*; Cantaloupe; Dates*; Dried Fruits*; Figs*, dried; Guava; Honeydew*; Kiwi; Mango; Nectarines; Oranges; Orange Juice*; Pear, fresh; Prunes; Prune Juice*; Raisins; Tangelo; Watermelon (1 cup)

DAIRY: Chocolate Milk; Cocoa; Hot Chocolate; Milkshakes; Pudding (all flavors); Yogurt

MISCELLANEOUS: Baked Beans*; Black-eyed Peas*; Butter Beans*; Garbanzo*; Kidney*; Lentils*; Lima*; Navy*; Pinto*; Refried Beans*; Split Peas*; Soybeans*; CHOCOLATE; Baby Ruth Bar; Butterfinger Bar; Payday Bar; Snickers Bar; Molasses; Nuts (all kinds); Salt Substitute*; Trail Mix

* very, very high in potassium.

WATCH OUT FOR Foods Moderate in Potassium (150 - 200 mg per serving):

One serving is about 1/2 cup or as stated

STARCHES: Basic 4 Cereal (1 cup); Fruit Shredded Wheat; Grape Nuts; Great Grains; Just Right (1cup); Low Fat Granola-no raisins; Nutri-Grain Cereal (1 cup); Quick-N-Hearty Quaker Oatmeal

VEGETABLES: Asparagus; Bamboo Shoots, canned; Broccoli; Carrots, boiled; Celery; Corn; Greens (mustard, turnip); Mixed Vegetables, frozen; Mushrooms; Okra; Peas, green; Rutabaga; Soybeans, sprouted; Summer Squash; Zucchini, cooked/raw

POTATO: Ore Ida Crispy Crowns (12 pc.); Ore Ida Potatoes O'Brien with onions and peppers; Ore Ida Mini Tater Tots (19 pc.); Ore Ida Southern Style Has Browns (2/3 cup)

FRUITS: Apricot Nectar; Cherries, sweet; Grapefruit (1/2); Grapefruit Juice; Mandarin Oranges, canned; Papaya (1/4 whole fruit); Peach, fresh; Pineapple Juice; Rhubarb; Tangerine

DAIRY: Buttermilk; Cream, Half & Half; Dry Milk; Ice Cream; Ice Milk; Milk (skim, whole, 1%, 2%)

MISCELLANEOUS: Krackel Bar; Hershey Hugs/Kisses (8); Milky Way Bar; Peanut Brittle (4 oz.); Peanut M&Ms; Reese's Peanut Butter Cups (2); Soy Milk; Tofu

OK TO EAT Foods Low in Potassium (less than 150 mg per serving):

One serving is about 1/2 cup or as stated

STARCHES: Breads (any type); Bagels; Crackers (graham, soda, snack); Cookies; Corn Chips; Croissants; Doughnut; English Muffin; Pasta; Popcorn; Rice; Sweet Roll; Triscuit; CEREAL - all others including: Cap N' Crunch; Cheerios; Corn Chex; Cornflakes; Cream of Wheat; Crispix; Grits; Kix; Life; Oat Bran (1/4 cup); Oatmeal; Special K; Wheaties

VEGETABLES: Alfalfa Sprouts; Beans (green, wax); Bean Sprouts; Beets, canned; Cabbage, coleslaw; Cauliflower; Cucumber; Eggplant; Garlic; Hominy; Lettuce; Onion; Parsley; Peppers; Radish; Snow Peas; Turnips; Water Chestnuts

FRUITS: Apples; Apple Juice; Applesauce; Apricots, canned (4-halves); Blackberries; Boysenberries; Blueberries; Cranberries; Cranberry Juice; Fruit Cocktail; Grapes; Grape Juice; Lemon; Lime; Papaya Nectar; Passion Fruit; Peaches, canned; Peach Nectar; Pears, canned; Pineapple; Plums; Raspberries; Strawberries

DAIRY: Cheese; Eggs; Cottage Cheese; Sour Cream; pudding cups

MISCELLANEOUS: Almond Joy Bar; Butterscotch; Caramel (5 pc.); Coffee; Fig Bars; Gelatin; Gingersnaps; Hard Candy; Hershey's Chocolate Syrup; Jam/Jelly; Kit Kat Bar; Ketchup (1 Tbsp); Krave Bars; M&M's, plain; Mrs. Dash; Ocean Spray; Peanut Butter (1 T.); Nestle Crunch Bar; Nutri-Grain Bars; Onion Rings; Popsicles; Pie (apple, cherry, lemon, pineapple, strawberry, raspberry); Rice Cakes; Salad Dressing; Soda Pop; Sorbet/Sherbet; Sunny Delight; Tang; Tea; Three Musketeers Bar; Very Fine Juice (apple, banana, strawberry)